

Individual Employee Resource

Where did the line go?

Work-life balance isn't about doing less, it's about the line between work and everything else staying visible.

The evening message you answer "just quickly"

Every quick reply resets the expectation that you're reachable.



The blurred start and end of the day

A deliberate close to the day signals the shift, even a short walk or a changed room.



Saying yes by default

Each yes is a small vote for the current balance staying exactly as it is.



Boundaries aren't about being less committed to your work. They're what makes sustained good work possible.



You don't need to wait until it feels unmanageable. Support is available for a quiet conversation, whatever is driving it.