



inConfidence

October feature – Work-life Fit for Everyone

Your morning commute. That to-do-list that keeps you up into the wee hours. How are you supposed to fit it all in and do a great job? **inConfidence** is here to help with all that you're juggling in your busy life -- both personal and family responsibilities. Contact us any time, 24/7, to connect with a consultant who can provide support on everything from managing stress to finding services that can help make your life easier.

You can also log in any time to www.myinconfidence.ca to access hundreds of helpful resources, including:

- A new podcast, [Tips on Making Flexibility Work](#). Allison O'Kelly, a leading workplace expert, shares tips on how to build strong relationships and maximize productivity when you work a flexible schedule or work remotely.
- Articles, such as: [Quick Tips for Making Time for Yourself](#), [Talking with Your Manager About Your Workload](#), [Tips for Working Fathers and Working Mothers](#), [Time Squeeze Tips](#), and [Getting Through Hectic Times at Work](#).
- A recording, [Fitting Work and Life Together](#), filled with expert advice that will help you achieve work-life success as you define it.
- Our [Work-Life blog](#), featuring posts from a seasoned journalist who writes about better ways to handle stress, find better work-life fit, and other great topics.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

**You can also visit www.myinconfidence.ca
(username: NLMA; password: inconfidence).**

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