



# THE MINISTRY OF TRAINING AND TERTIARY EDUCATION

## Learning and Development Unit

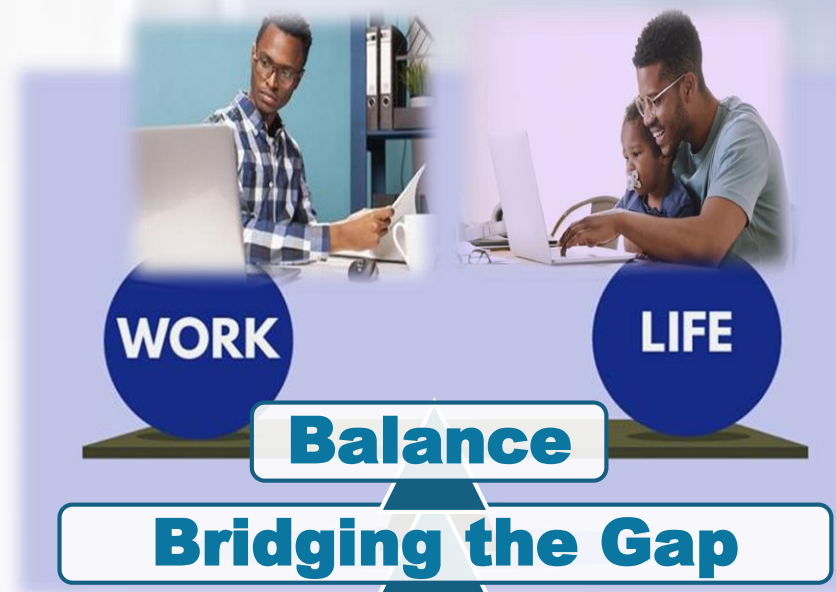
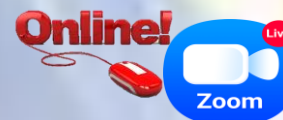
in collaboration with the Ministry of the Public Service and Network Services Centre Inc.



January 23, 2026  
10:30 a.m. to 12:00 noon



Invites all interested public officers to a **Webinar** presentation



### Key Discussion Topics

- ❖ Understanding the concept of work life “balance”
- ❖ The Cost of Imbalance: Burnout, Stress, and Emotional Fatigue
- ❖ Building Bridges: Bridge Builder Plan for Sustainable Work–Life Synergy

**Registration closes January 19, 2026, 12 noon**

Contact for further information  
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Visit: [LDU Course Catalogue 2025-2026.pdf](#)