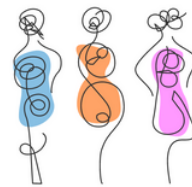


Workshop: "Weaving Work-Life Balance: A Family Tapestry"



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Objective:

Utilize creativity and manual work to explore and reflect on the importance of balancing work and family life.

Duration:

2-3 hours

Materials:

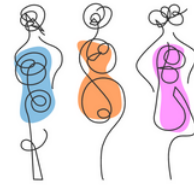
- Fabrics of various colors and textures
- Colored threads
- Sewing needles
- Scissors
- Embroidery hoops (optional)
- Paper and pencil
- Fabric glue
- Textile markers
- Templates of figures related to family and work (optional)

Workshop Structure:

1. Introduction (15 minutes)

- Welcome and Introduction: Present the facilitators and explain the purpose of the workshop.
- Opening Activity: A brief introduction activity where each participant shares one word they associate with "family" and another with "work."

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2. Guided Reflection (30 minutes)

- Group Discussion: Facilitate a discussion about the challenges and benefits of balancing work and family life.

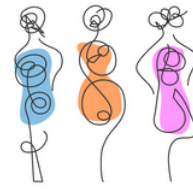
Ask participants (*examples*):

- What are the main obstacles you face in balancing work and family life?
- What practices have you found helpful in achieving a balance?
- What support would you like to receive from your employers?

3. Creative Activity: Creating a Family Tapestry (1.5 hours)

- Initial Instructions:
 - Each participant will create a fabric square representing an aspect of their family and work life.
 - Provide examples and show some basic sewing and fabric collage techniques.
- Design and Creation:
 - Design Phase (15 minutes): Ask participants to draw a sketch of their design on paper. They should think about how colors, textures, and shapes can represent their ideas about balance.
 - Creating the Square (60 minutes): Using the available materials, participants cut, sew, and glue fabric pieces to create their squares. They can add words, phrases, or symbols that reflect their thoughts on balance.

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- Sharing and Reflecting (15 minutes): Each participant presents their square and explains their design and its meaning.
4. Assembling the Collective Tapestry (30 minutes)
- Joining the Squares: Put all the individual squares together to form a large collective tapestry, symbolizing community and the diversity of experiences.
 - Final Reflection: Facilitate a reflection on the process and what participants have learned. Ask:
 - What have you discovered about your own experiences of balance?
 - How can the company better support these needs?
5. Closing (15 minutes)
- Conclusions: Summarize the key points discussed and the ideas generated during the workshop.
 - Thanks and Farewell: Thank the participants for their participation and creativity.

