

Question 1

Question text

Benefits of improved work life balance can be listed as:

Select one:

- A. Better physical and mental health
- B. High employee retention
- C. Both (a) & (b)
- D. None of the above

Question 2

Question text

Factors at work leading to improper **work-life balance** are:

Select one:

- C. Only (a)
- B. Role overload
- D. Both (a) & (b)
- A. Global economy

Question 3

Question text

Improper work life balance leads to _____

Select one:

- A. Fatigue
- B. Burnout
- C. Both (a) & (b)
- D. None of the above