



THE UNIVERSITY OF THE WEST INDIES

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PRESS RELEASE

ACHIEVING WORK LIFE BALANCE

The project *Work/Life Balance and Ageing in Trinidad: Studying the Productivity and Wellbeing of Working Men and Women* funded by the Research Development Impact Fund of the University of the West Indies is a rewarding partnership between the Institute for Gender and Development Studies (IGDS) and the Social Work Unit, Department of Behavioural Sciences, Faculty of Social Sciences of The University of the West Indies, St. Augustine. The project kicked off in April 2015 and now into its second year it has reached a major milestone in marrying research with impact.

The research team was recently recruited by the Trinidad and Tobago Electricity Commission (T&TEC) to deliver workshops on 'Achieving Work Life Balance' to all T&TEC departments nationwide. T&TEC offices are located from Point Fortin to Tobago and in a team comprised of various members of the RDI project, we allow participants to identify areas which they need to prioritize to reduce stress thus impairing their work life balance. Juggling work and family obligations can become overwhelming and if unchecked can weaken organisational commitment and productivity and lead to an unhealthy lifestyle and stress-related illnesses. The workshops are designed to be informative and interactive, ensuring that participants leave with knowledge of healthy and easy techniques to reduce the negative effects of maintaining work-life balance. This UWI project is committed to promoting supportive and healthy work and family environments to ensure work-life balance among employers and employees. This workshop series runs from August to the end September 2016 and is led by Renée Maria Cozier with the support of principal investigators who include Project Leader Professor Patricia Mohammed, Ms. Cheryl-Ann Boodram (Social Work Unit), Dr. Angelique V. Nixon, and Professor Paula Morgan; and Research Assistants, Raquel Sukhu, Sommer Hunte, Samantha Mendoza and Rachel Taylor.

It is hoped that the series of workshops with T&TEC will lead to similar participation with other workplaces. The insights gained from this interactive set of workshops will allow the project to make recommendations for initiatives and policy that can shape the quality of our lives in Trinidad and Tobago and the region. The project runs from May 1, 2015 to April 30, 2018.

End

