

Certificate of Completion

UWA Achieving a Work Life Balance in Teaching UWALH001

In this course, participants demonstrated the following objectives:

- *Explain the benefits of work–life balance and the detrimental effects on teachers and students when it is missing.*
- *Discuss physical, emotional, and mental energy, and assess how these contribute to a sense of work–life balance.*
- *Identify and apply specific organizational strategies for managing aspects of workload, including emails, paperwork, and other obligations.*
- *Devise evaluation methods for progress and success at meeting personal and professional goals set for the course.*
- *Create an artifact that supports the teaching of work–life balance strategies, and plan for its implementation and evaluation of its success.*

This certificate of completion certifies (Your Name Here) participated in the educational course described above. This completion has earned 50 Clock Hour credits.



Dean, UWA College of Education

Date of Completion

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