



July Work-Life Balance

Carl Gustav Jung – Individuation and Wholeness Theory (born 26 July 1875)

Carl Jung believed that wellbeing comes from living
a balanced and authentic life.

His concept of individuation reminds us that we are more
than our professional roles;
we are also family members, friends, creators, adventurers, and
individuals with dreams and interests.

By nurturing relationships, hobbies, rest, and personal passions,
we can grow into more complete and fulfilled individuals.

*"Never get so busy
making a living that you forget to
make a life."*

Dolly Parton

