

BUSINESSMAKER ACADEMY & HR CLUB PHILIPPINES PRESENTS

HR LEADERSHIP & TECHNOLOGY FORUM 2025

Work-Life Integration:
Fostering Balance and
Well-being in a Digital
World

ZOOM

APR 2025
10
10AM-12NN

www.hrtechnologyfair.com



LIVING A WORK-LIFE INTEGRATED LIFE



Our Story

BUILD OUR COMPANY



Businessmaker[®]
ACADEMY



HR Club Philippines

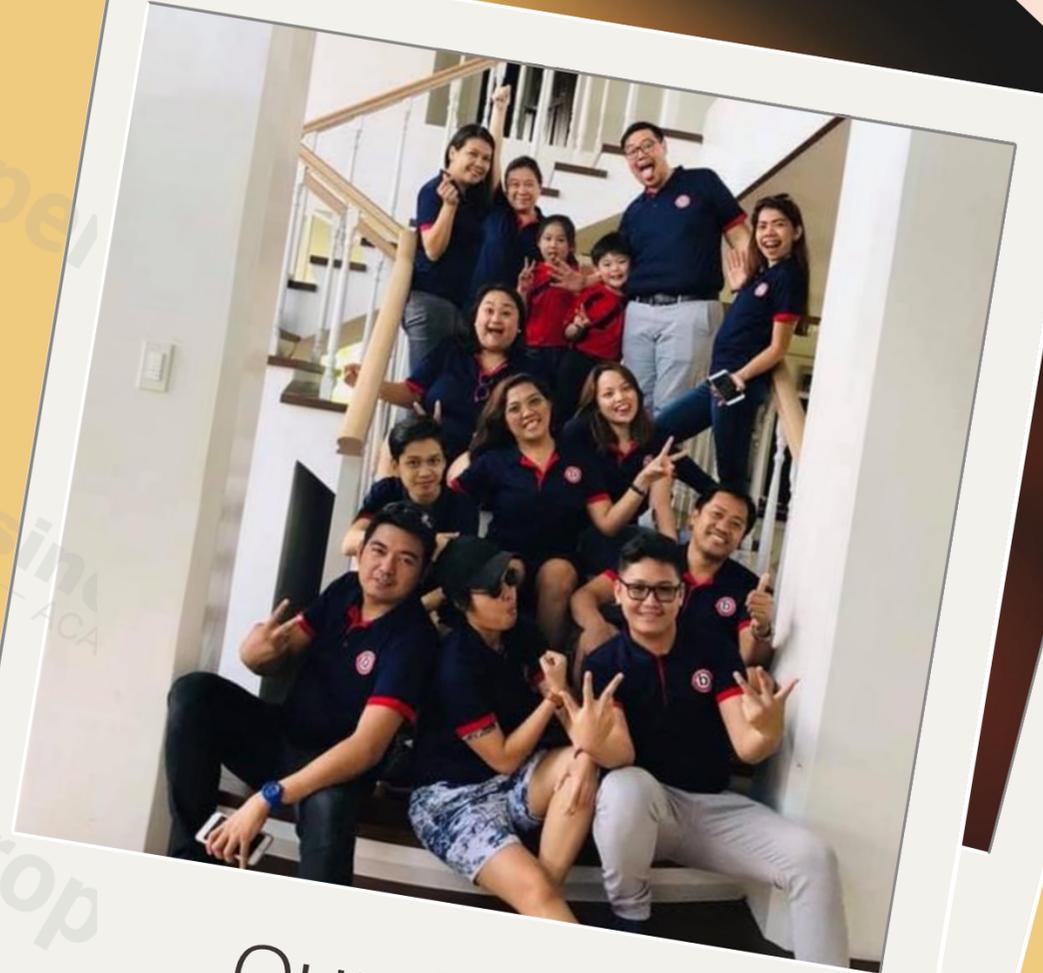


Our Story



WORK-LIFE INTEGRATION

a way of life where you blend your personal and professional responsibilities in a flexible, fluid and results-driven manner.



Our Story

WHY DO WE WORK?

- To earn a living for ourselves and our families
- To find purpose and contribute
- To grow and develop ourselves

Workplace Questions

If I can deliver quality output on time and under budget, from anywhere, why should it matter if I go to the office or not?

Mahal mag commute, ubos ang oras at energy sa traffik!

Life Balance po sana.

Workplace Trends

REMOTE WORK STATS IN 2024

49%

of workers in the Philippines (post pandemic) Continue and Prefer to work remotely

51%

Of people are still doing traditional (in-person) office jobs such as purchasing and sales

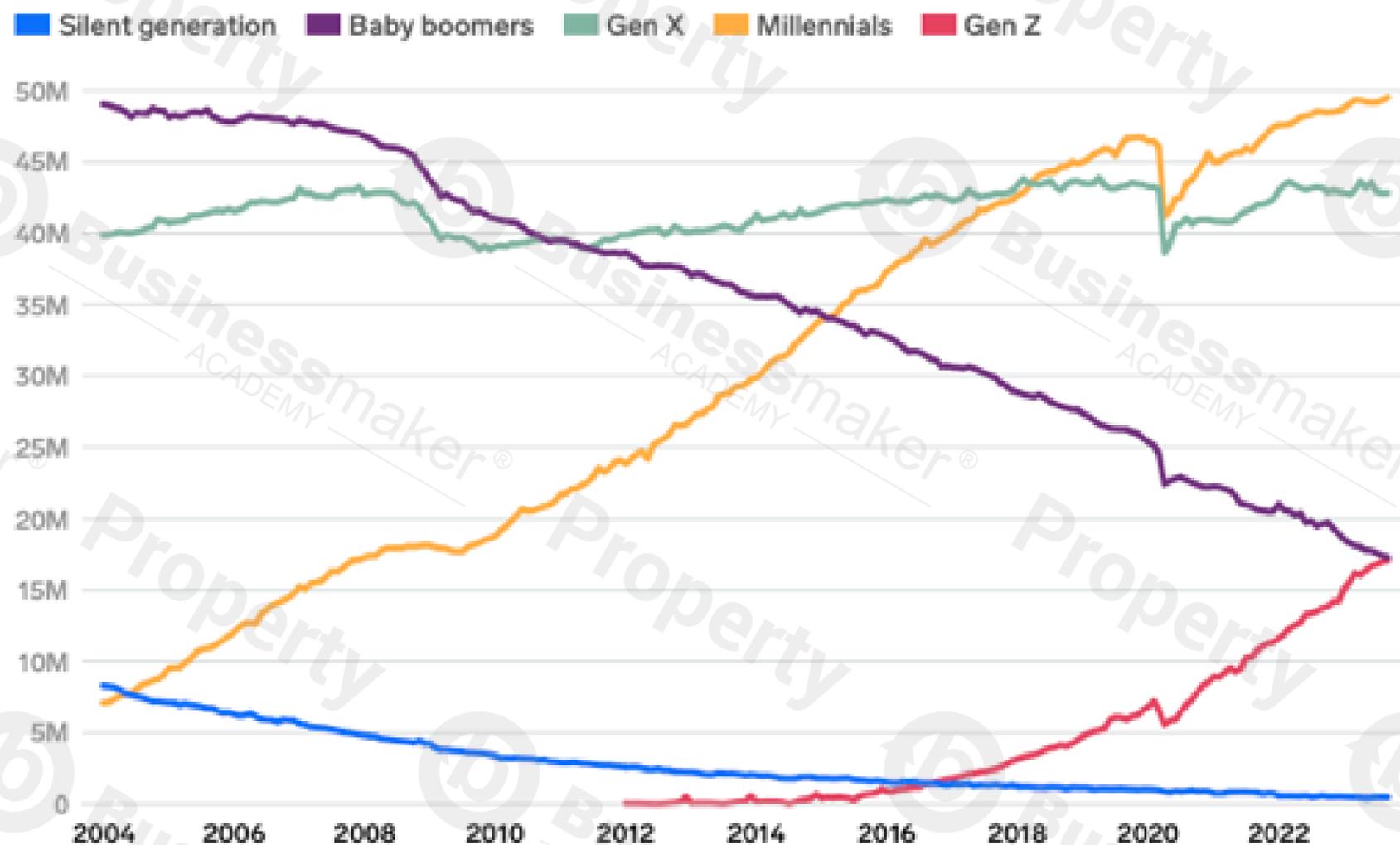
SANA ALL

Source: Seek Asia (Parent company of Jobstreet)

Workplace Trends

REMOTE WORK STATS IN 2024

Full-time employment by generation



Note: Full-time employment was defined as at least 35 hours per week.

Chart: Madison Hoff/Business Insider • Source: [An analysis of Current Population Survey data from Glassdoor Economic Research](#)

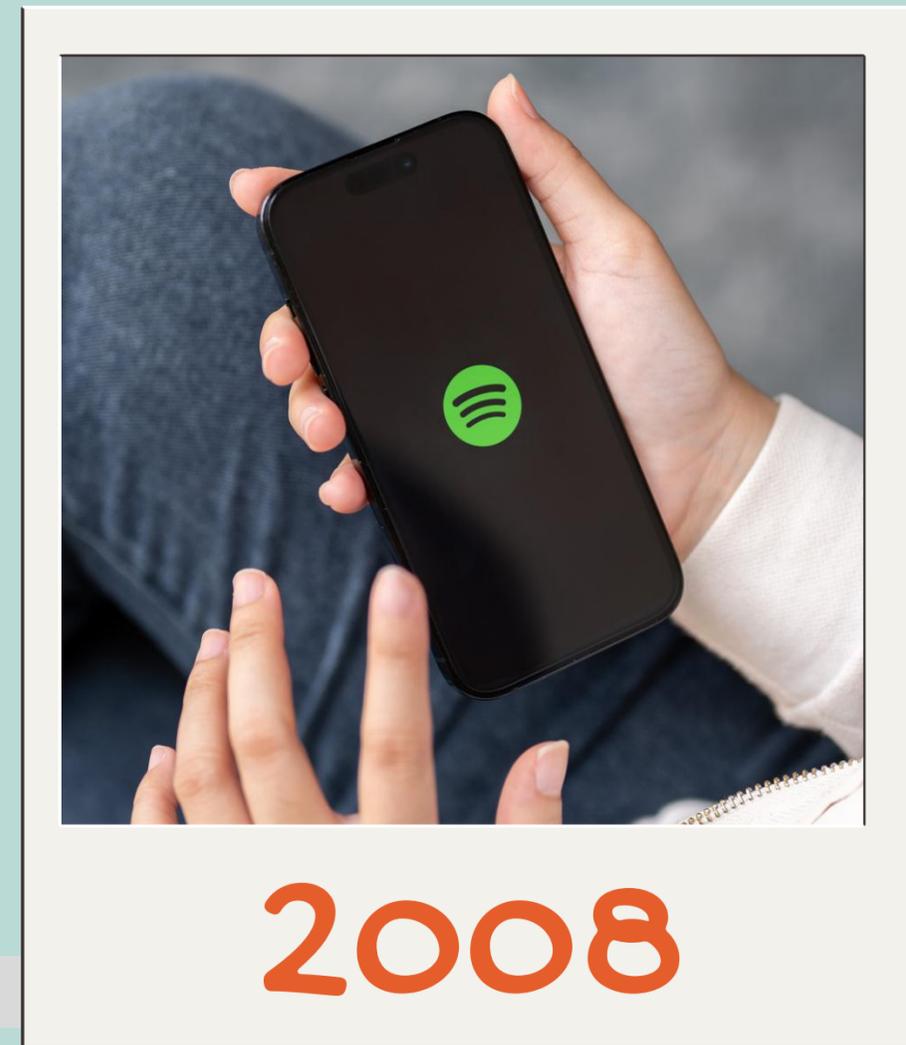
1. Gen Z will surpass Baby Boomers in 2024. Millennials are still the majority in the workforce, followed by Gen X
2. Gen X Prepping for Retirement, Millennials prepping for family life.
3. Premiums will be placed on workplace flexibility



**LIVING IN A
HYBRID
DIGITAL & AI
WORKPLACE**

for better or for worse

DIGITAL EVOLUTION: MUSIC



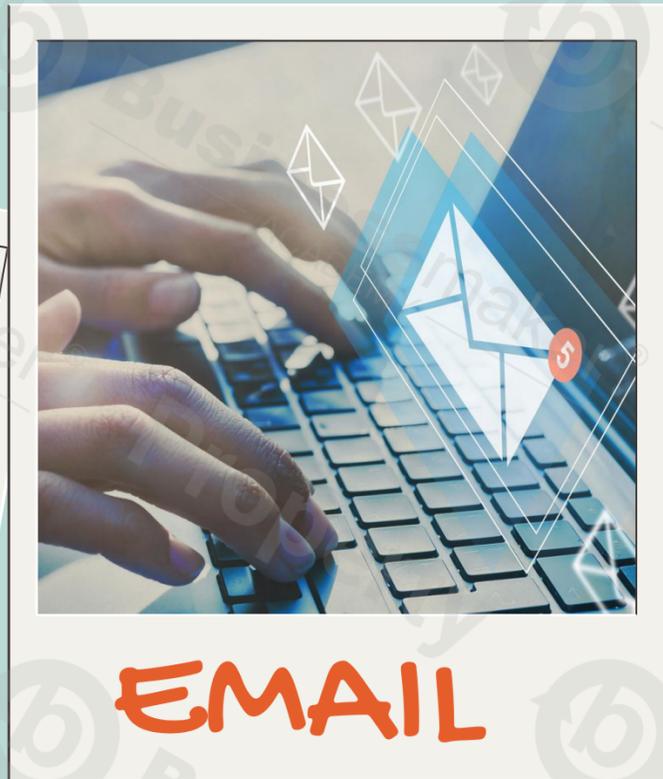
DIGITAL EVOLUTION: COMMUNICATION



letter



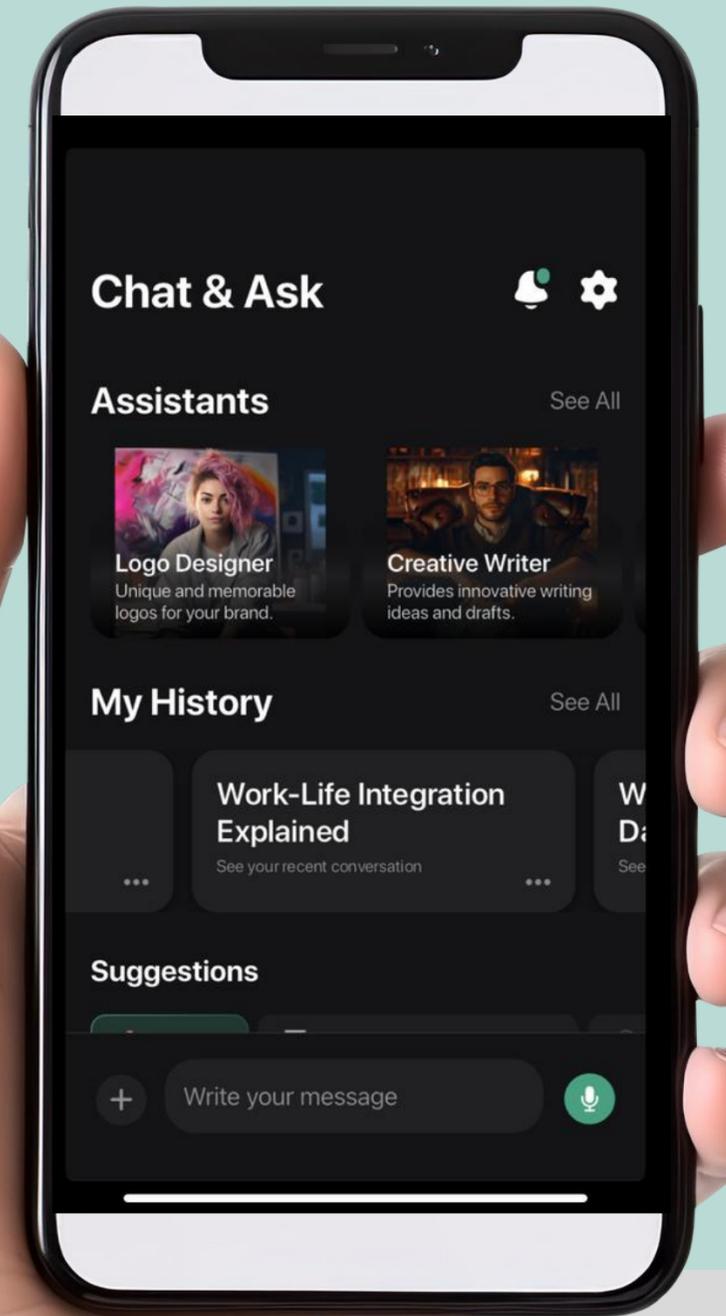
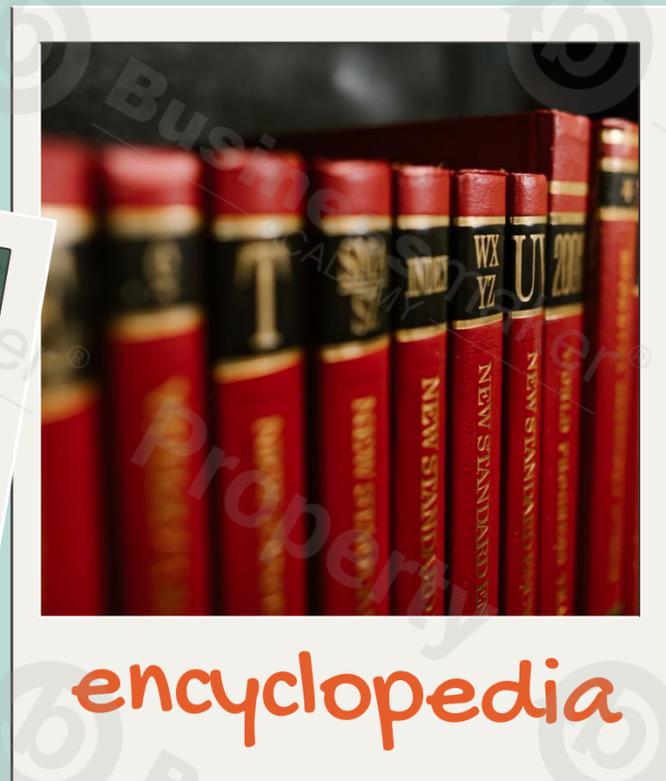
FAX



EMAIL



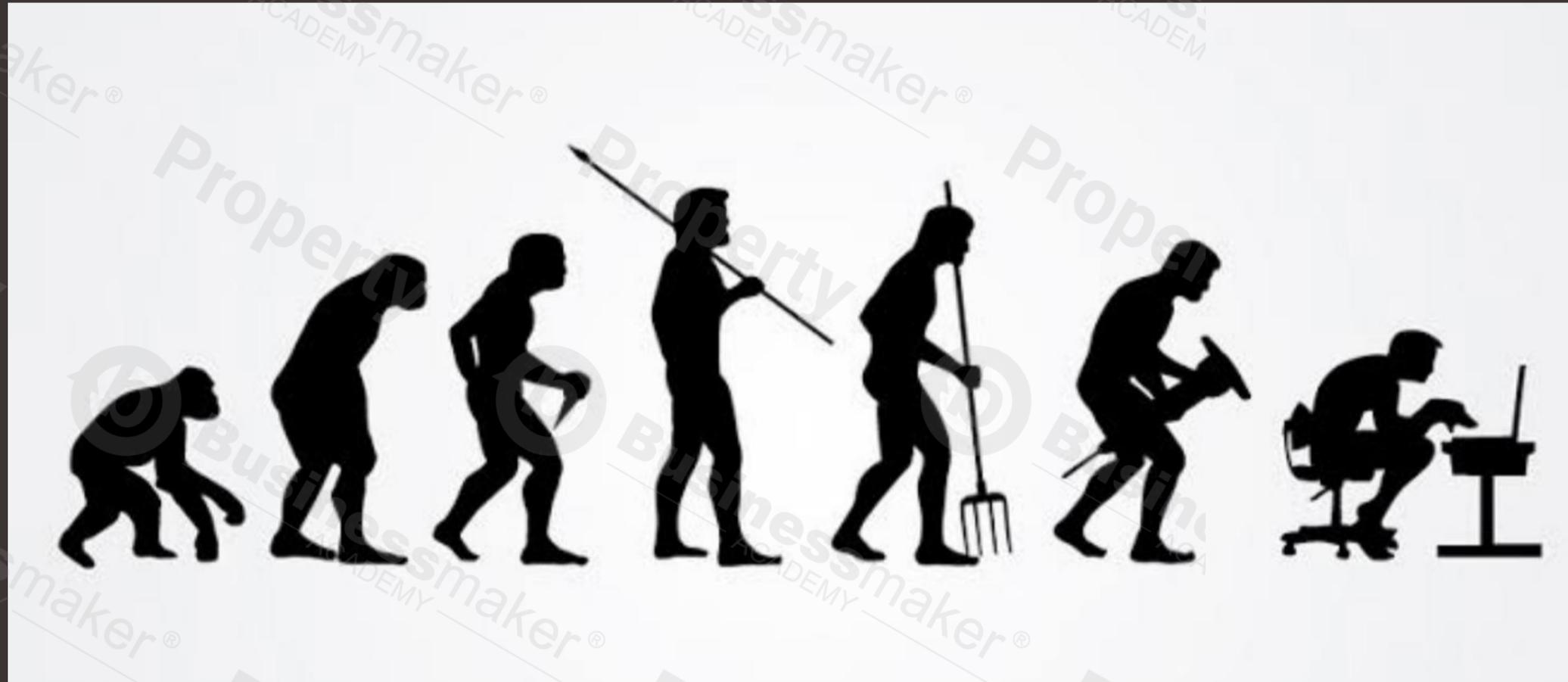
DIGITAL EVOLUTION: KNOWLEDGE



THE MANY WONDERS OF TECH

- Speed & Convenience
- Access to Information
- Social Connectivity
- Innovation
- Work Anywhere

DIGITAL & HUMAN EVOLUTION



DIGITAL ZOMBIES

- Addiction
- Doom scrolling
- Distraction

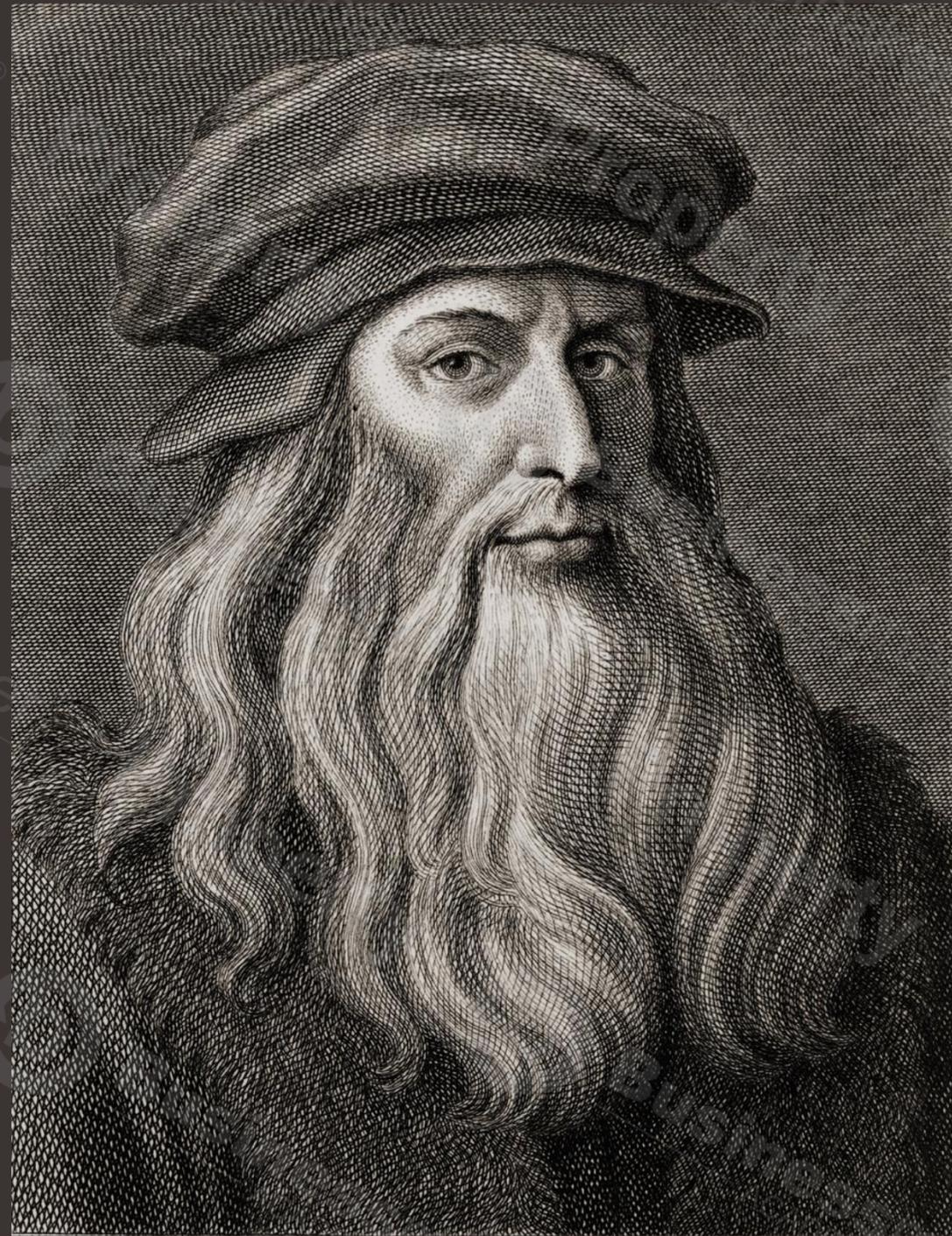
SCREEN POTATOES

- Physical Health Issues
- Social Issues
- Mental Health Issues

DIGITAL FATIGUE

- Work Challenges
- Burn Out
- Stress

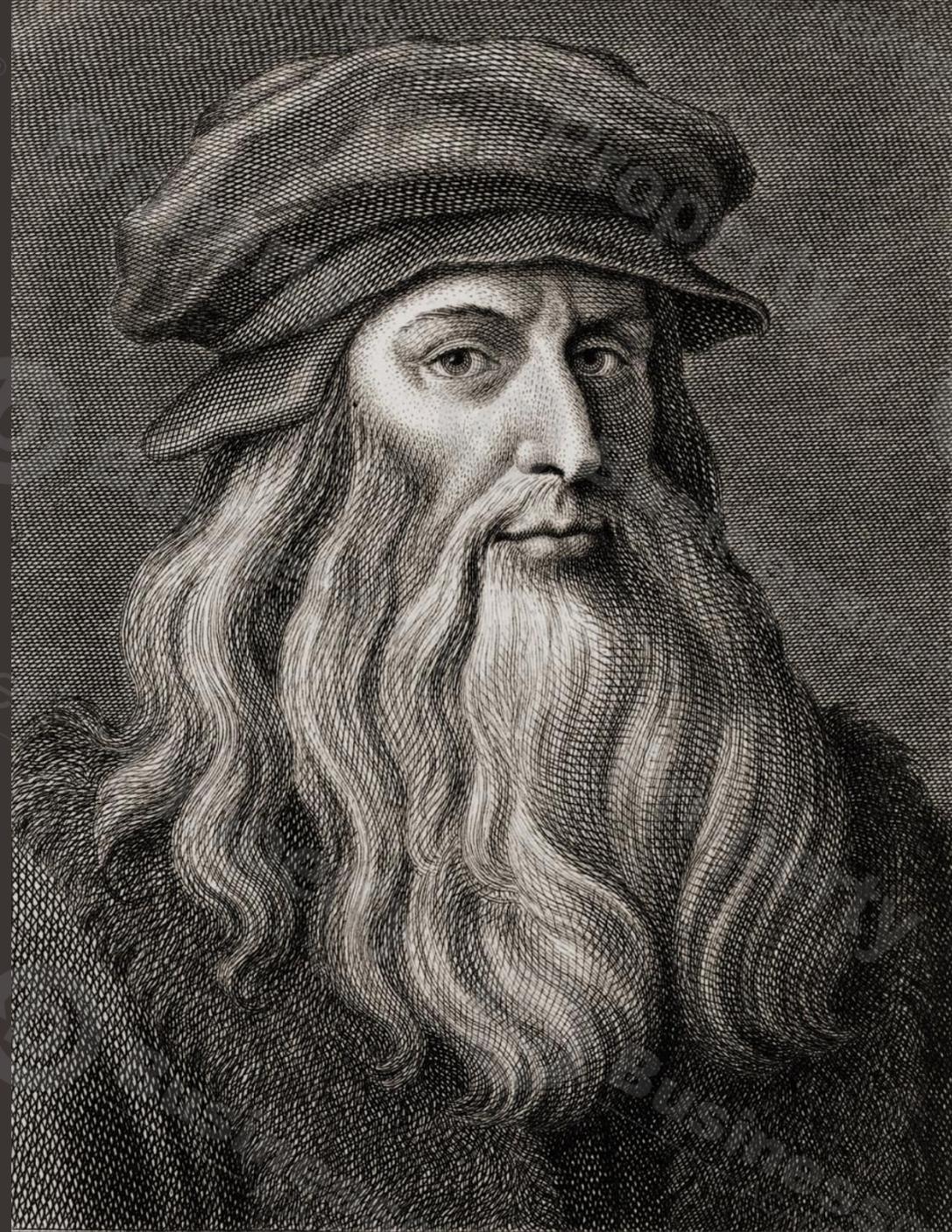
THE RENAISSANCE MAN



leader
decision-maker
problem-solver
researcher
recruiter
event planner
mtg facilitator
report writer
graphics designer
video maker
business planner
finance planner
counsellor

wife
mom
teacher
nurse
home organizer
event planner
travel agent
meal planner
budget manager
estate planner
investor
files keeper
photographer

THE RENAISSANCE MAN



TIRED MOM



The image features a dark background with several stage lights at the top. From left to right, the lights cast beams of purple, yellow, yellow, purple, and blue light. The central text is brightly lit by the yellow beams. The background is also covered with a repeating watermark of a logo and the text 'Businessmaker ACADEMY' and 'Property' in a light blue color.

MENTAL HEALTH AWARENESS

**MENTAL
HEALTH ISSUES**

Reactive

**MENTAL
STRENGTHENING**

Proactive

BUILDING MENTAL RESILIENCE

WITH WORK LIFE INTEGRATION



MODEL

WORK LIFE BALANCE



Professional

Personal

MODEL

Spiritual

Physical

Financial

Emotional

**WORK LIFE
INTEGRATION**

Professional

Social

Developmental

**Personal
Passions**

MINDSET

I CAN



PERO HINDI AKO SI SUPERMAN

MIND STRENGTHENING WORKOUT



1 FILTER

MIND STRENGTHENING WORKOUT

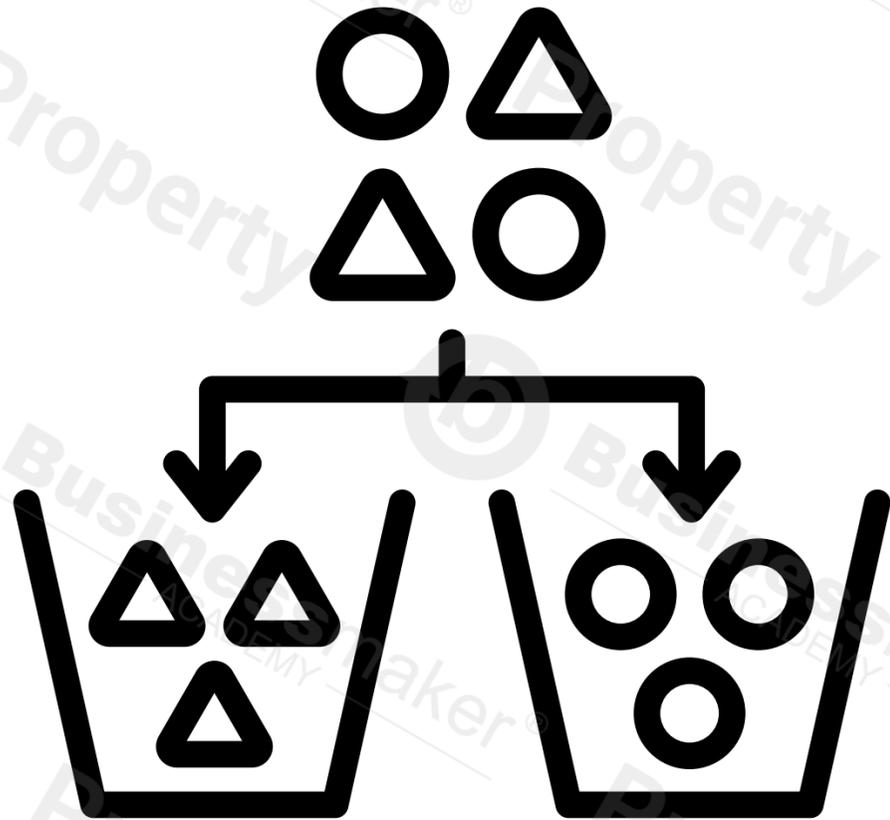


MIND STRENGTHENING WORKOUT



1 **FILTER**

MIND STRENGTHENING WORKOUT



BMA
REbiz
Finance

Family
Homeschool
Passion Projects

1

FILTER

2

COMPARTMENTALIZE

MIND STRENGTHENING WORKOUT

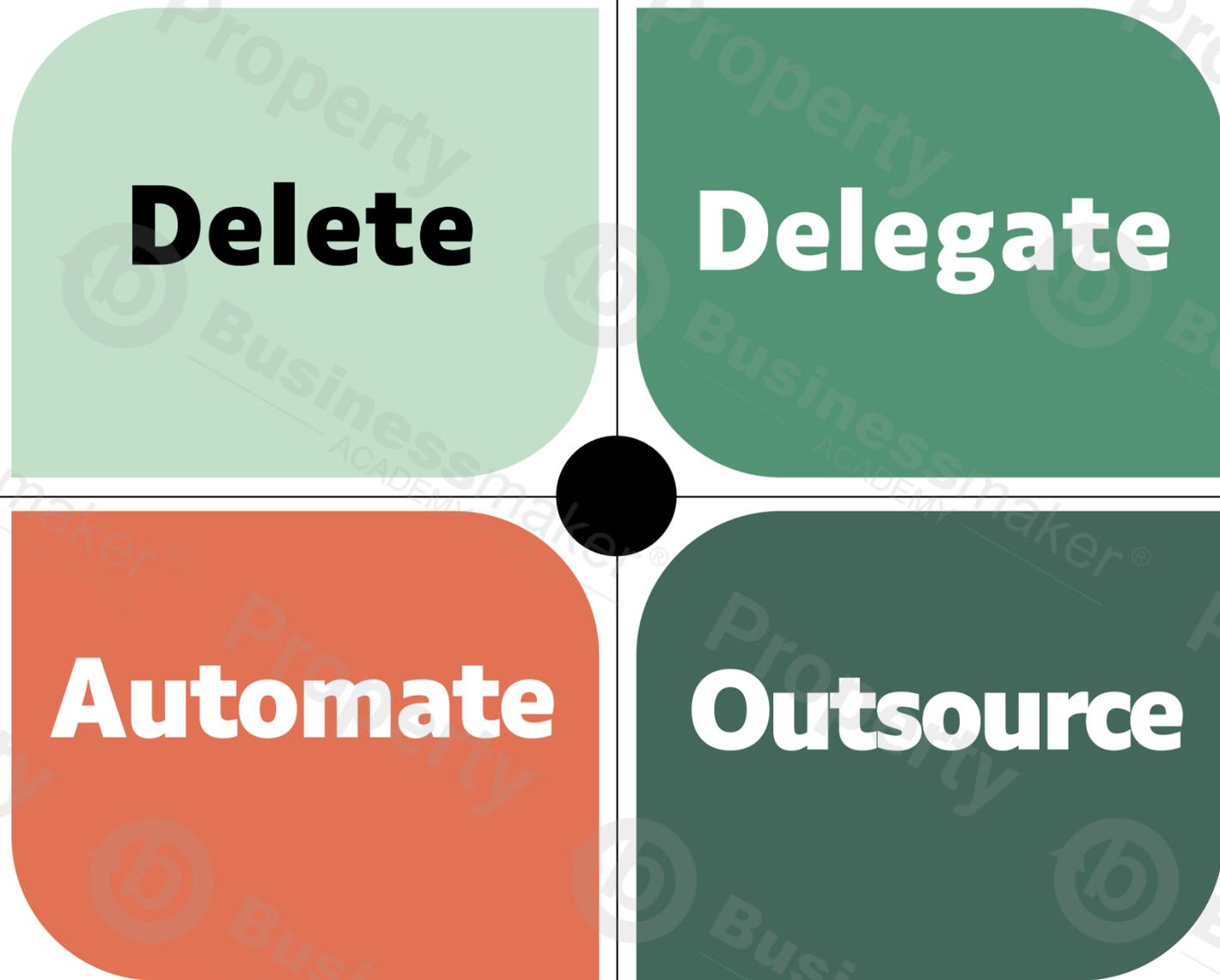
N.U.T.S.

Nagging Unfinished Things Syndrome

**DON'T AGONIZE,
INSTEAD, ORGANIZE!**

- 1 FILTER
- 2 COMPARTMENTALIZE
- 3 ORGANIZE

MIND STRENGTHENING WORKOUT



- 1 FILTER
- 2 COMPARTMENTALIZE
- 3 ORGANIZE
- 4 MULTIPLY

MIND STRENGTHENING WORKOUT

- **BLOCK TIME**



- **CATCH UP SESSIONS**

1

FILTER

2

COMPARTMENTALIZE

3

ORGANIZE

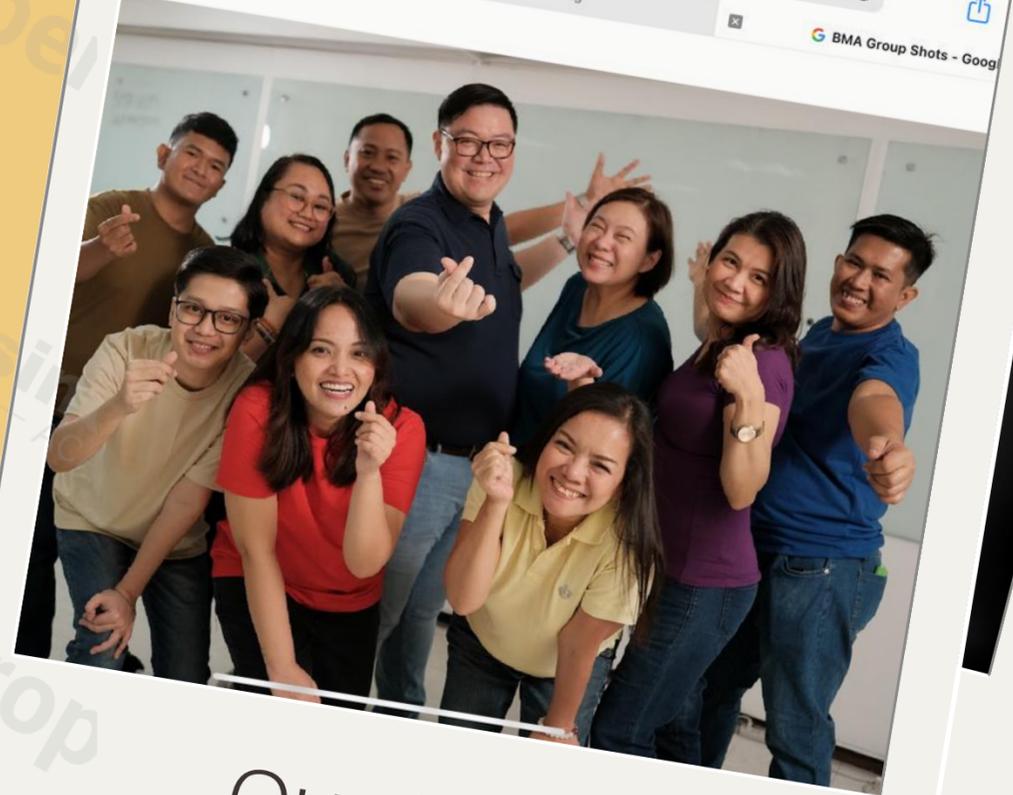
4

MULTIPLY

5

UTILIZE: BT & CUPS

HOW CAN LEADERS HELP?



Our Team

QUICK TIPS

SET BOUNDARIES

Try not to text outside work hours. Respect family time.

EMPOWER YOUR TEAM

Provide tools, trainings Programs or tips on how they can work and live smart

APPROVE LEAVE REQUEST W/ CARE

Understand that people have lives. Allow them to spend special occasions with their loved ones.

WHY DO WE WORK?

- To earn a living for ourselves and our families
- To find purpose and contribute
- To grow and develop ourselves



Businessmaker[®]
ACADEMY

THANK YOU FOR LISTENING!

Let me know if you have any questions!



BMA Team