



Cynthia Aisha Meguid

Excel in your Mental, Emotional & Spiritual Wellbeing

BALANCING LIFE DOMAINS

Create Balance. Reduce Overwhelm.
Live with Greater Purpose.

Align what matters most and build a healthier,
more fulfilling life.

ENROLL
NOW

What is Balancing Life Domains?

Life is made up of many interconnected areas—work, relationships, health, personal growth, finances, recreation, and purpose. When one area dominates or is neglected, it can impact your overall wellbeing.

This course helps you assess each life domain, identify where imbalance exists, and develop practical strategies to create a more sustainable, fulfilling lifestyle that aligns with your personal values and goals.

Who this Course is for

Perfect For:

- ✓ Individuals feeling overwhelmed or out of balance
- ✓ Professionals seeking healthier work-life integration
- ✓ Parents and carers managing multiple responsibilities
- ✓ Students juggling study, work, and personal commitments
- ✓ Anyone wanting a more meaningful and balanced lifestyle

Features



100% ONLINE
LEARNING



SELF-PACED
COURSE



PRACTICAL
ACTIVITIES



COMPLETION
CERTIFICATE

What you will LEARN



Understand Life Domains

Explore the key areas that
influence your wellbeing



Clarify Your Priorities

Identify what truly
matters to you



Create Healthy Balance

Learn practical ways
to balance competing
demands



Manage Time & Energy

Develop habits that reduce
stress and prevent burnout



Strengthen Relationships

Nurture meaningful
personal and
professional connections



Build a More Fulfilling Life

Create sustainable
routines that support
long-term wellbeing



Meet Your Instructor Cynthia Aisha Meguid

Wellbeing Education Specialist

Cynthia empowers individuals and organisations to create healthier, more balanced lives through evidence-based wellbeing education grounded in positive psychology. Her practical and engaging approach helps learners develop resilience, clarity, and lasting positive change.



READY TO CREATE A LIFE WITH GREATER BALANCE?
www.aishameguid.com

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