

# WORK-LIFE BALANCE

*Why working from our space at The Lambourn, Abingdon will help with finding your work-life balance*



In today's fast-paced work environment, finding a balance between work and other aspects of our lives can be a significant challenge. According to a study by the Society for Human Resource Management, employees who achieve a better work-life balance are more productive and engaged in their work. But how can you achieve that balance with so many demands on your time? If you're a business owner or CEO, you might be asking yourself this question about your employees. If you're an employee, you may be struggling to find that balance yourself. This is where our workspace in Abingdon comes in. The Lambourn: we provide a solution to help you achieve a better work-life balance.

One of the most significant benefits of The Lambourn is the flexibility we offer. Our workspace is designed to meet specific business needs, whether you need a private office, a meeting room, or a co-working area. We offer a range of options, so you can choose the best fit for your needs. Our flexible workspace allows you to plan your workday around your personal needs. If you have an office with us, you can come in at the crack of dawn or leave it until a little later, depending on your schedule. You can also work from home or any one of our locations.

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Collaboration is essential in today's business world, and our workspace is designed to encourage this. It is a dynamic and collaborative environment, where like-minded professionals can work together, share ideas, and learn from each other. You can collaborate with other businesses and individuals, build new networks, and find new customers. The Lambourn is not just a workspace; it's a community of like-minded professionals.

The Lambourn provides all the amenities that business owners and employees need to be productive. With a professional team on site, we ensure that all your needs are met, so you can focus on your work without any worries. The Lambourn promotes work-life integration by offering a range of events and services that support your life outside work. We can signpost you to external wellness events such as yoga classes and



meditation sessions. We offer the opportunity to network at our "Go Meet" business events, and social events such as happy hours. These events allow you to connect with other professionals, network and develop your personal and professional interests while also getting work done.

Finding your work-life balance is essential, but achieving this balance can be challenging. We encourage you to consider The Lambourn, Abingdon if you're looking for a better work-life balance.

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