

# GOLDEN HOURS the masterkey to Work-Life Balance

**Work Yoga Series** 

### **ME HOUR**



make time for gym, sports, hobby, or just a quiet read

## **FAMILY HOUR**



dinner as sacred time (no TV, mobile, arguments)

## **SILENT HOURS @ WORK**



Set two 'Poke free' hours daily, andlet everyone know

#### **About Sapience Vue**

Sapience Vue is our automated Enterprise Work Activity Analytics, Insights and Productivity product that accurately captures effort data in a contactless manner and provides actionable insights for fact-based decision making by keeping employee privacy at its core.

With our actionable insights, self-reporting, and predictive analytics, you can build your new Way of Working WoW) by streamlining

- Remote working

- Outsourcing governance
- End-user experience management

- Workforce productivity and analytics
- IT software management
- Sales Workforce Productivity

capience is the recipient of several industry awards for its innovative product and fast growth, including Dun & Bradstreet, Frost & Sullivan, including Dun & Bradstreet, Frost & Bradstree

