

# Work life



# Vocabulary

**Predisposed:** liable or inclined to a specified attitude, action, or condition.

**Lurking:** (of an unpleasant feeling or quality) to exist although it is not always noticeable

**Leeway:** freedom to act within particular limits

**Conducive:** providing the right conditions for something good to happen or exist

**Undervalued:** if something is undervalued, it is considered to be less valuable or important than it really is.

# Introduction

Most individuals generally dedicate approximately 8 or 12 hours a day, performing tasks at their workplaces. If the environment is not **conducive** to their requirements, they will find themselves feeling depressed and exhausted. A healthy work life ensures individuals are happy and contribute to their full potential.

