

ABSTRACT:

This Thesis looks closely at the problematic harmony of personal and business lives of Educational Professionals. It examines different aspects important in this area.

The theoretical part of this Thesis is focused on the heavy workload experienced by School Principals, the different sources of the workload, stress, health and life balance, health risks prevention, time management and further personal development.

Practical part consists of data analysis obtained from a survey of Educational Professionals in three different types of schools and tenure recommendation.

KEYWORDS:

Harmony of personal and business life, Educational Managers' workload, life values, work place stress, life and lifestyle, lifestyle balance.