

BORCELLE

GOVERNMENT OFFICERS SKILLS DEVELOPMENT FOR BETTER SERVICE

Date: 22 August 2025 Time: 9:00 AM – 4:30 PM, Participants: 40 Government Officers (Development Officers and similar ranks) Theme: "Empathy in Action: Building Resilient Communities through Soft Skills & Substance Use Prevention"

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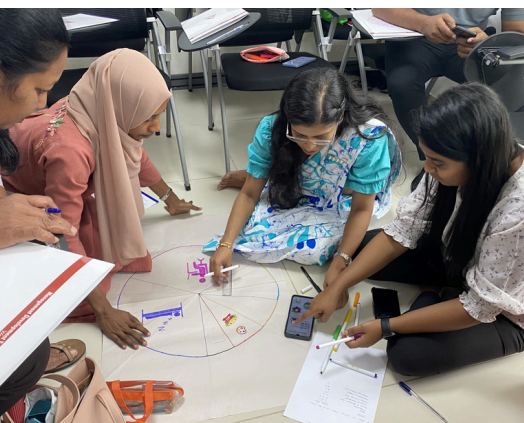
Time Management for Family, Work, and Leisure – Enhancing Quality of Life

This session was designed to address a critical yet often overlooked aspect of professional and personal well-being among mid-level public service officers: the effective management of time across work responsibilities, family commitments, and personal leisure.

Development Officers and similar ranks frequently operate under high-pressure environments, balancing administrative duties, fieldwork, and community engagement, often at the expense of their own emotional and relational health.

The session aimed to:

- Introduce practical frameworks for time allocation and prioritization
- Highlight the psychological and relational benefits of balanced living
- Encourage officers to reflect on their current routines and identify areas for improvement
- Provide tools for enhancing the quality of family interactions, workplace productivity, and personal renewal



Through a combination of interactive discussions, reflective exercises, and scenario-based learning, participants were guided to recognize time not merely as a resource to be managed, but as a foundation for sustainable service and personal fulfillment. The session emphasized that improved time management contributes directly to emotional resilience, professional effectiveness, and stronger family and community relationships. This intervention aligns with broader goals of capacity building and psychosocial empowerment within the public sector, reinforcing the importance of holistic well-being in service delivery.

Substance Use Disorder is not merely a medical or behavioral issue—it is deeply intertwined with emotional distress, social disconnection, and poor coping mechanisms. Therefore, equipping officers and educators with foundational life skills such as time management, emotional intelligence, and work-life balance is a strategic and preventive intervention.