

Managing your Work Life Balance

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Do you neglect your relationships and feel bad because you don't know how to create balance in your life?

Balance is different things to different people. Some people like to exert all their energy at work, whilst others like to save it up for their hobbies or children.

Whatever balance means to you, one thing we can be sure of is that it requires constant attention and tweaking even if we only do this sub-consciously.

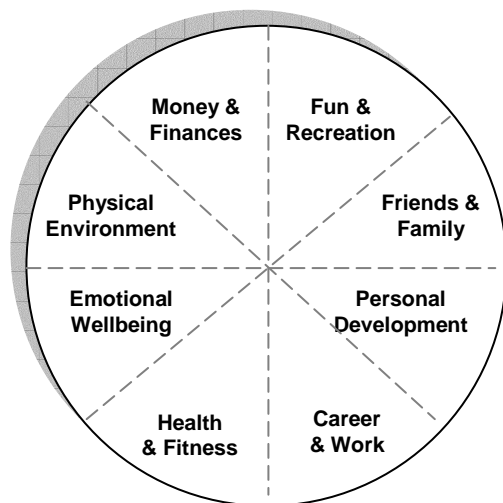
You hear the term work life balance, almost as though "our work" is separate from our lives and it's only when we've finished work that we start living!

Maybe some of this thinking originates from beliefs like "work hard, play hard". The problem with this is that people can become workaholics from working too hard and then suffer from stress, which is seen as a sign of having no work life balance.

Coaching Exercise

Whether you feel that your life is perfectly balanced or not, its worth trying this exercise out to see if it reveals anything new to you about what balance means to you or how you go about maintaining it.

Wheel of Life



Review the following 8 areas of your life in terms of balance and general satisfaction.

1. Score each area from 1-10, where 1 = unsatisfied and 10 = satisfied.
2. What areas would you need to change to create more balance?
3. If you were to make these changes, how would you feel?
4. How would these changes impact other areas of your life?
5. What is it going to take for you to bring about these changes?
6. What is the first step you are going to take? When?

Useful Links

- www.cipd.co.uk/subjects/wrkgtime/wrktmewrklfbal/worklifeba.htm
www.dfi.gov.uk/employment/workandfamilies/flexible-working/index.html
www.employersforwork-lifebalance.org.uk/work/definition.htm