

Work/Life Balance: Myths and Common Themes for Achieving Balance, March 25, 2015

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Good Afternoon A Rising Tide,

I will be leading our next Leadership Learning Series session on **Wednesday, March 25**. The topic of this week's discussion will be centered around work/life balance.

TOPIC: Work/Life Balance: Myths and Common Themes for Achieving Balance

DISCUSSION THEMES:

Understanding work/life balance is a personal struggle for me and an issue for many individuals during their careers. For me, how do you balance having a young family, pursuing career opportunities that might require a greater time and effort commitment, a long commute, and other extra curricular activities? Consider the following themes when reviewing the preparatory materials for this session and come prepared to talk about your experiences and philosophies on the topics:

1. How do you define success in your life? Consider that definition for both your home and work lives.
2. What is the time frame for achieving balance? Is it daily balance? Weekly? Monthly?
3. Is it possible to have work/life balance in any career or position you choose? Are some choices incompatible with having both success at home and success in the office?
4. How do you access and use support networks in the decisions you make and in your daily routines to try to achieve balance?

PREP MATERIALS:

1.) Article: "Manage Your Work, Manage Your Life" by Boris Groysberg and Robin Abrahams from the March 2014 issue of Harvard Business Review (PDF attached if link does not work)

<https://hbr.org/2014/03/manage-your-work-manage-your-life>

2.) TED Talk from Nigel Marsh: "How to make work-life balance work"

https://www.ted.com/talks/nigel_marshall_how_to_make_work_life_balance_work