

Work/Life Balance Questions

1. What is work-life balance? How do you know when you've got it? How do you know when you don't?
2. How do you balance the benefits of mobile technology (e.g. cell phone, lap top, etc.) and your personal life? Is it always good to be reachable?
3. How do you say no to your boss? How do you turn down special projects or additional work in order to maintain a good work/life balance without hurting your career?
4. Do you feel you have to give up things in your work or personal life to “have it all”? Is this different for a single person vs. men vs. women?
5. What creative ideas have you found to make time for yourself?
6. How have your work/life priorities changed throughout your adult life?

7. How do you judge if work/life balance is working?

8. Who do you feel has a good work/life balance that you use as a role model? Do you think a mentor could help you through the issues of work/life balance?

9. If you have an alternative work plan is it hard to stick to it? Does peer pressure play a role?

10. How do you network with members of the community? How do you meet people to learn about how they can help you and how you can help them?

11. Do you feel like your life is out of balance? What are the consequences of living out of balance?

12. How do you ask an employer for support? If you want a flexible work arrangement, how do you initiate that discussion with your manager?

13. How can you take advantage of flexibility without your career suffering?

14. How do you let go of the “small” stuff to focus on the “big” stuff?

Reference Sites/Resources

- ❑ Ask the Expert: Finding Balance - <http://www.bluesuitmom.com/career/findingbalance/>
- ❑ 10 Tips for Getting Your Work/Life in Balance - http://www.quintcareers.com/work-life_balance_tips.html
- ❑ Your Life Will Be Determined By Your Priorities Or Your Pressures - http://www.drzimmerman.com/free_resources/article/worklifebalance/yourlifewillbedeterminedbyyourpriorities.htm
- ❑ Work Life Balance Quiz - <http://www.mhtn.org/quiz/>
- ❑ Truth and Myths of Work/Life Balance – <http://www.workforce.com/section/02/feature/23/36/99/>
- ❑ Working Mother Magazine - <http://www.workingmother.com>
- ❑ Confessions of a Slacker Mom by Muffy Mead-Ferr