



# Work-Life Balance & Recognizing signs of unbalance

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# Learning Outcomes



- Take stock of our work-life balance
- Deeper dive into signs of unbalanced life
- Explore tips to achieving the right balance

# Delivery



- Discussions
  - In plenary
  - With someone
- 2 handouts
  - Wheel of life
  - WLB assessment
- 1 Video

# What's up?



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# What's up?



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# Quote



“NEVER GET SO BUSY MAKING A LIVING  
THAT YOU FORGET TO MAKE A LIFE.”

– Dolly Parton

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# Work-Life Balance



# Why do you need to balance?



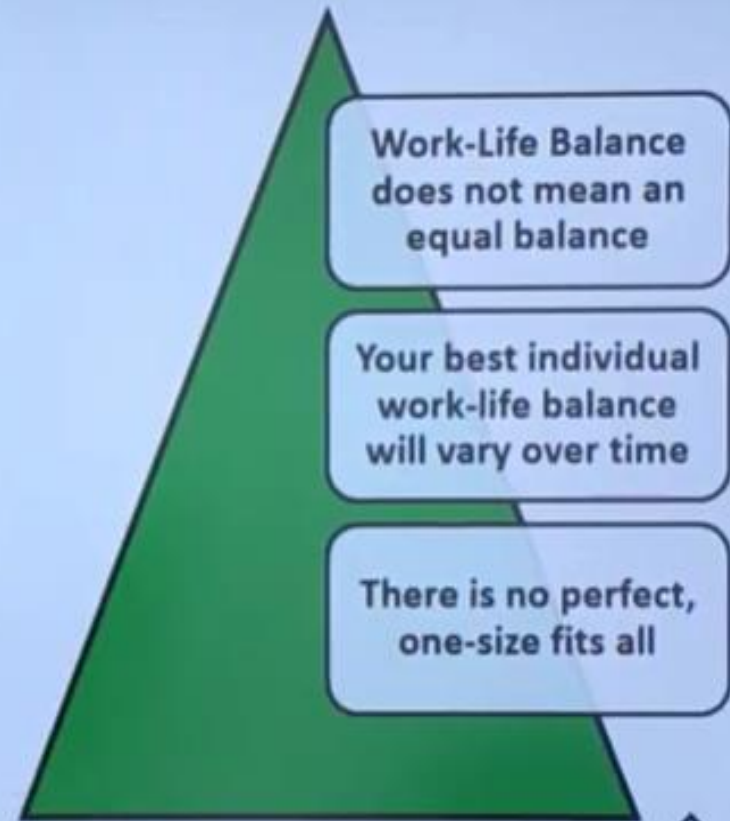
- Increased job satisfaction
- Sense of fulfilment
- Improved relationships
- Increased satisfaction with life
- More productive in work and life
- Better physical and mental health



# Facts on WLB



## What is it Not



# Balanced?



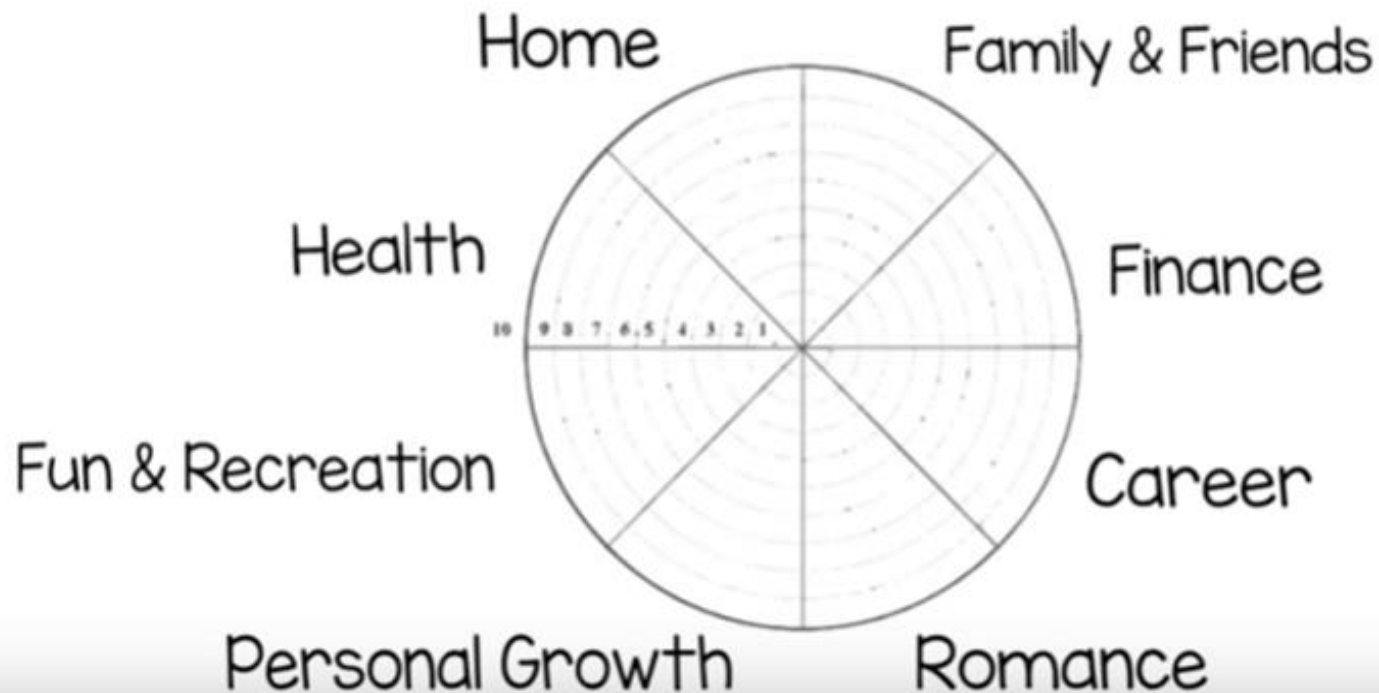
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# Balanced?



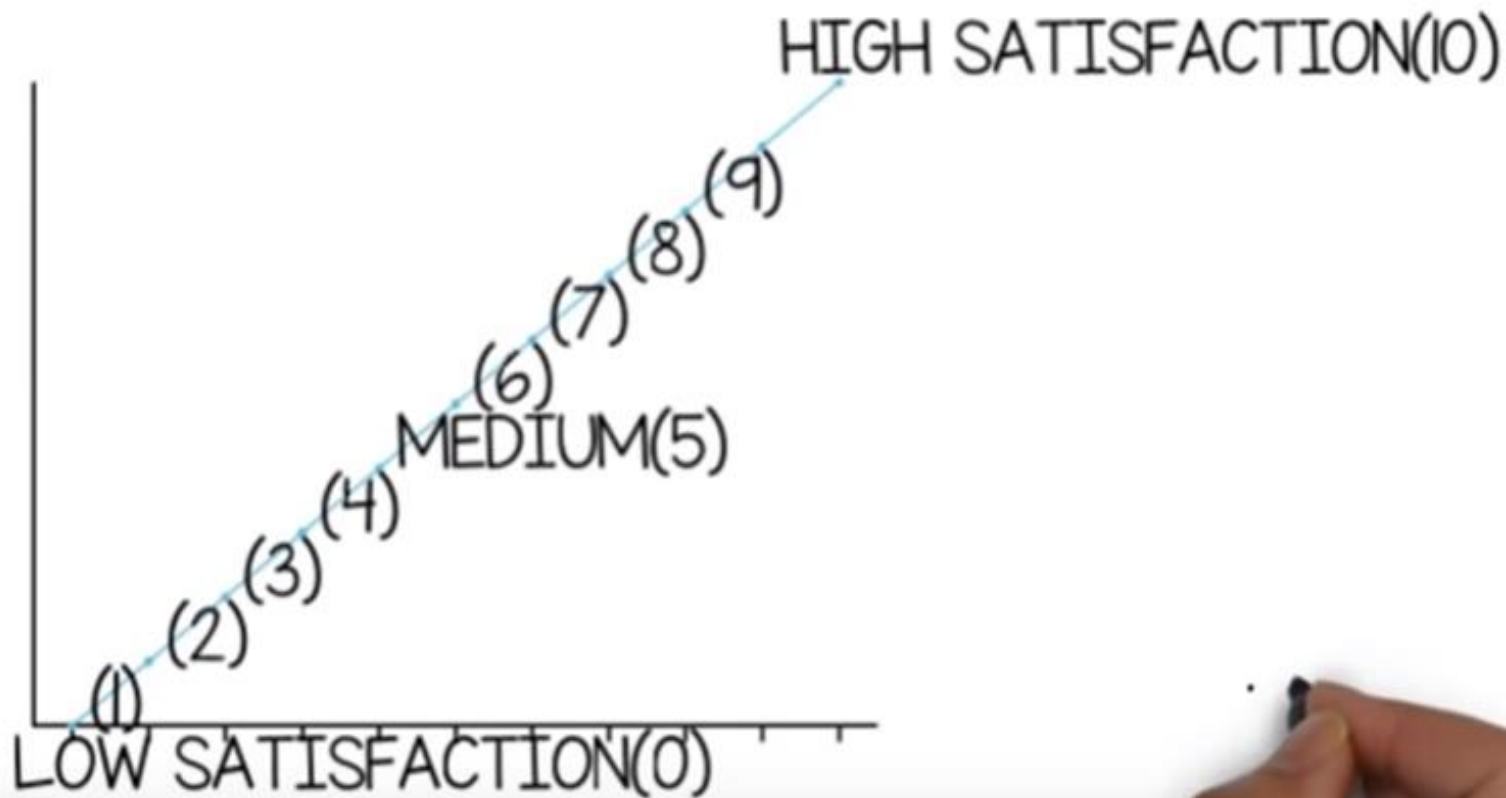
# The wheel of life

## The Wheel Of Life



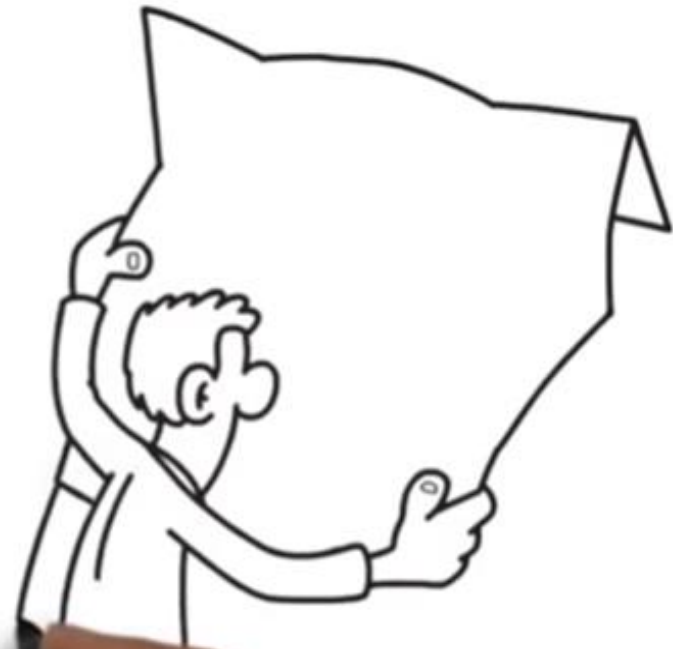


# Your wheel of life





# Your wheel



# Take stock...Quiz



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# Work out your score



- 45 questions in total
- Add up all the numbers cycled
- Divide the total number by the total number of questions that did not get a response of zero (0)
- Final score must fall between the values 0 to 5

# Your score



- 4.0 - 5.0 : Good balance
- 3.0 - 3.9 : Borderline
- 0.0 - 2.9 : Out of balance

# Unpack your score



- What informed your score/signs of balance
- What action can you take/what action should you not take
- Define the behaviour/tendency



# Signs of Imbalance



- Exhaustion/burn-out
- Absence
- Isolation
- Increased levels of stress
- Lack of 'me' time

# Signs of Imbalance



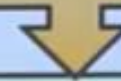
- Body pain
- Memory loss
- Glued to gadgets
- Perfectionism

# Imbalance culprits

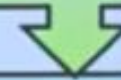


## 4 Causes of Imbalance

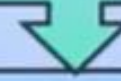
1. Societal expectations



2. Extreme ambition



3. Desperate for perfection



4. Denied depression



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SIMPLY EASY LEARNING

# Imbalance culprits



- Email, message pop ups, social media
- Time management
- Weekends do not mean the week has ended
- Ifs and buts - over thinking
- Lack of 'me' time

# How to strike a balance



- Learn to let go
- Focus on what you can control
- Establish boundaries and stick to those
- Prioritise
- Be selfish with your time



# How to strike a balance



- Enhance resilience
- Ask for help when you need it
- Unplug yourself from the situation
- Manage time wasters
- Better manage stress and triggers

# Video



## **10 Tips for Work-Life Balance**

# Quote



"YOU WILL NEVER FIND TIME FOR  
ANYTHING. IF YOU WANT TIME,  
YOU MUST MAKE IT."

- Charles Buxton



# Consequences of imbalance

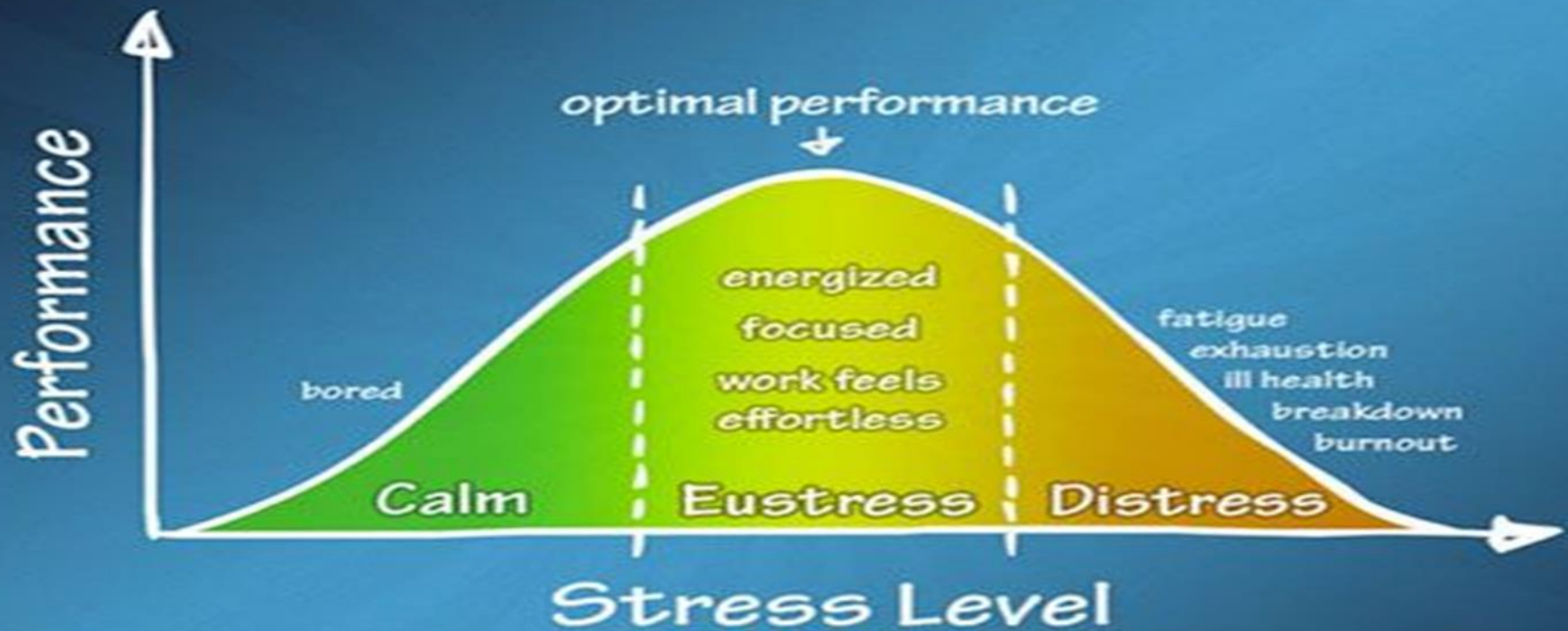


- Burn out
- Depression and anxiety
- Increased relationship conflict
- Parent – child tension
- Escapist behaviour
- Sleep deprivation

# Distress and Eustress



## *Stress Better*



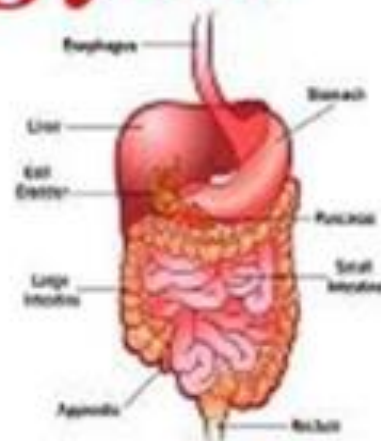


# You must have to know how your emotions are harming you



**Green Yatra**

Be The Change, Bring The Change ...



**Anger : Weakens the Liver**

**Grief : Weakens the Lung**

**Worry : Weakens the Stomach**

**Stress : Weakens the Heart and brain**

**Fear : Weakens the Kidney**

**Pass from all these and you will be well & Healthy.**

**So Stay Happy, Healthy & fit!, Think good, Feel good, Do good, Help to needy, Save Mother Nature & Humanity**

# 8 Natural Ways To Beat Stress



Exercise



Walk or Run  
Outdoors



Practice Yoga



Meditate



Journal About  
What's Stressing  
You Out



Drink Soothing  
Tea, Like  
Chamomile



Take an Epsom  
Salt Bath



Get Enough  
Sleep

VITAFUL

# In summary



- Where exactly are you?
- How well are you balancing things?
- Can you strike the right balance more often?



# In summary



# Quote



“ALWAYS TAKE SOME OF THE  
PLAY, FUN, FREEDOM, AND WONDER  
OF THE WEEKEND INTO YOUR WEEK  
AND YOUR WORK.”

– Rasheed Ogunlaru

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# Contacts



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People skills sessions	<ul style="list-style-type: none"><li>• <b>Personal Effectiveness</b></li><li>• <b>Leading with Emotional Intelligence</b></li><li>• <b>Self Confidence &amp; Self Esteem</b></li><li>• <b>Building high performing teams</b></li><li>• <b>Empowering others / succession planning</b></li><li>• <b>Managing millennials</b></li><li>• <b>Stress is Good for You!</b></li><li>• <b>Work life balance</b></li></ul>
Others	<ul style="list-style-type: none"><li>• <b>Career Coaching &amp; Mentoring, CV/Resume Writing</b></li><li>• <b>Board profile</b></li><li>• <b>LinkedIn profile</b></li></ul>