

Creating Sustainable Work-Life Balance



By

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過労死 (karōshi)

(n.) death from being overworked



SOMEWHERE IN JAPAN

WHAT IS WORK?

.....activity involving mental or physical effort done in order to achieve a purpose or result.

WHAT IS LIFE?

“The meaning of life is not being dead.” – TIM BALE , UOL

Pursuing ends and goals—fitness, family, financial success, academic accomplishment;

Happiness is the meaning and the purpose of life....(Aristotle) .

WHAT IS THE RELATIONSHIP BETWEEN LIFE AND WORK?

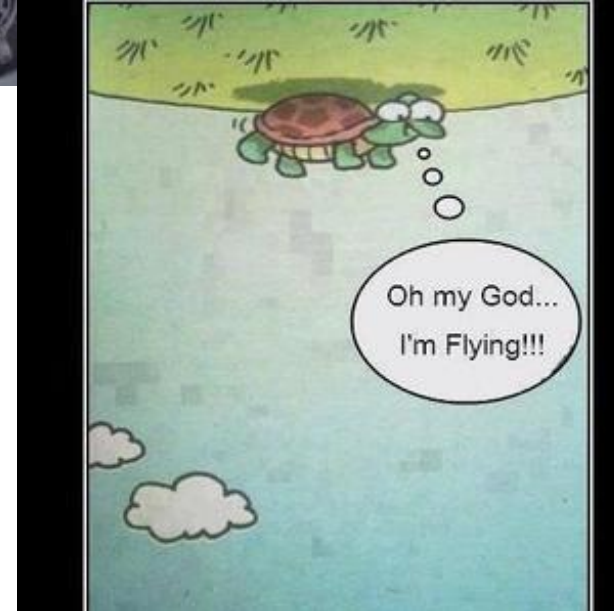


WHAT DISTINGUISHES WORK FROM LIFE?



WORK vs LIFE

Perspective matters...

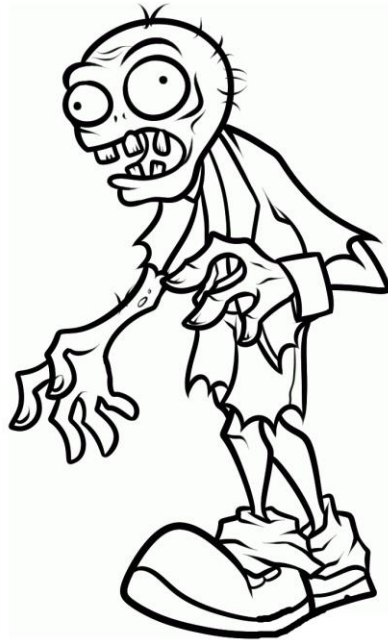


WHAT YOU SEE IS WHAT...?

WHAT DOES WORK-LIFE BALANCE TRY TO ACHIEVE?

1. To maintain your mental health

2. To ensure your physical health and wellbeing



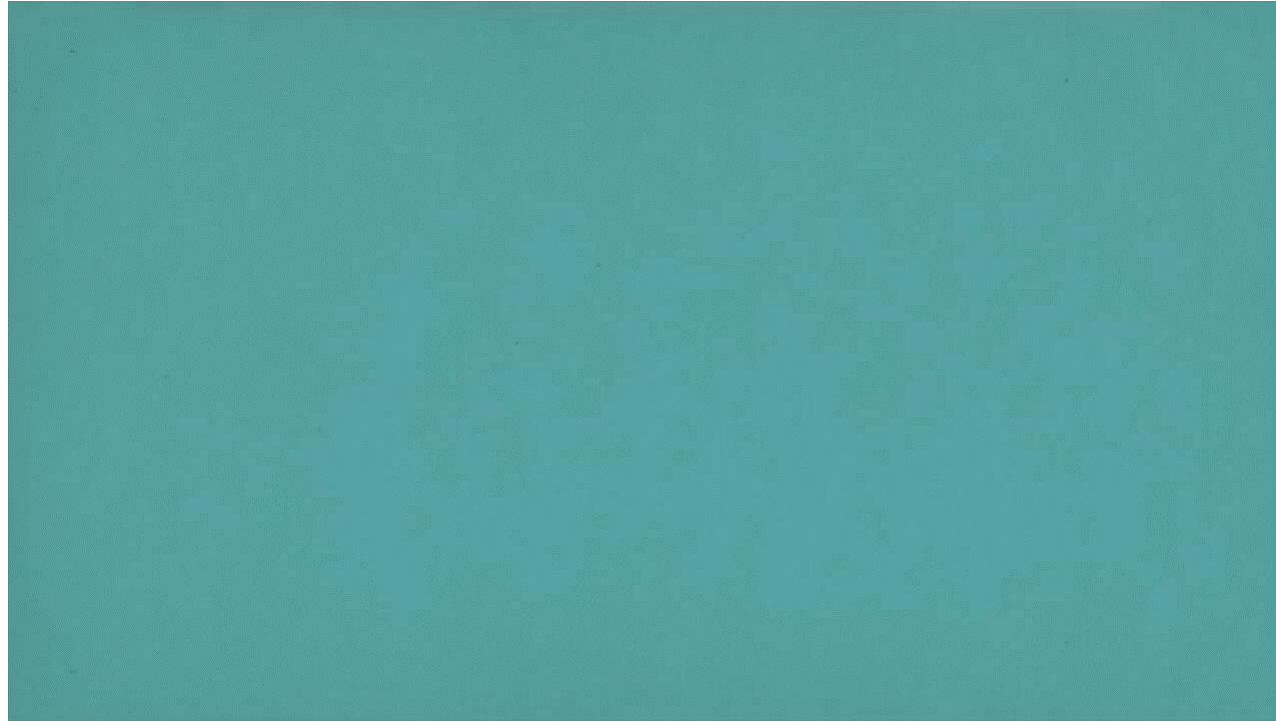
3. It increases productivity

4. Become a more rounded individual

5. To serve the society in which you belong

zom•bie /'zombi \$ 'zɑ:m-/ noun [countable] 1 informal someone who moves very slowly and does not seem to be thinking about what they are doing, especially because they are very tired I walked around like a zombie for most of the day.

Imperfect variety of a flawless focus....



IS WLB TENABLE?

ASSUMPTIONS AND IMPLICATIONS OF WORK-LIFE BALANCE?

- Work-life balance connotes a boundary between work and life....
- It connotes making tough choices to keep your head afloat..
- It implies that we can be happier if we do just enough to keep us alive
- Ignores other work related source of happiness like satisfaction resulting from work
- It does not get to the root of the negatives associated with the imbalance...

DISCUSSION>>>>>>

HOW DO YOU JUGGLE LIVER?



HOW DO YOU DO IT?



Recapitulation....

The concept is work life balance is superficial and the solutions are often impracticable. You if indeed the definition of life involves pursuing goals that lead to your happiness, then satisfaction takes the center and performance is inevitable. The focus should thus be on **OPTIMAL** performance of activities that lead to **SATISFACTION** The four burner theory advocates for:

1. Prioritization of one's goals hence activities
2. Optimization of one's energy
3. Delegation of work/outourcing
4. Identify and establish your core habits that bring satisfaction to you

+++++You may also want to know more about work life integration+++

Merci Beaucoup

**Any
questions?**



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