

Work - Life Balance

Pauline Gangla

4 November 2020

Learning Outcomes



• Examine your Wheel of Life

- Take stock of the triggers
- Unpack signs of unbalanced life
- Explore tips to achieving the right balance



www.shutterstock.com · 613464620

Work-Life Balance





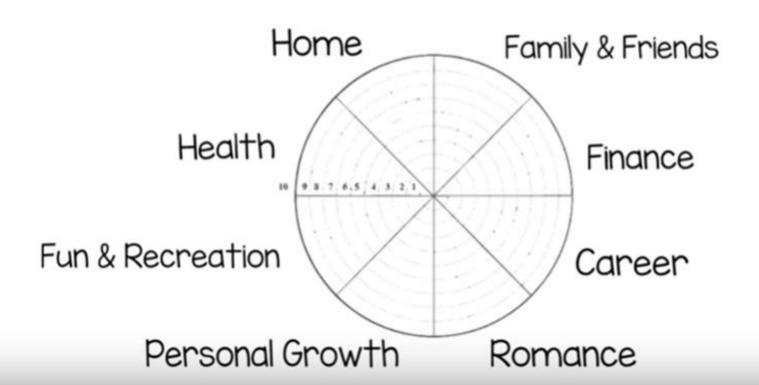
Benefits of Work-life Balance

To Employees To Organization Improved on-the-job and Increased productivity off-the-job relationship A reduction in staff turnover Self-Satisfaction and recruitment costs Improvements in ones' Improved morale health and well-being More value and Better team work and balance in daily life communication

The wheel of life



The Wheel Of Life



(î

What's up?

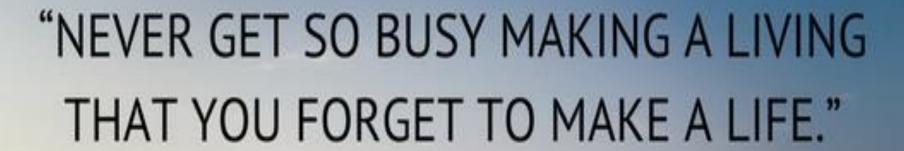




What's up?

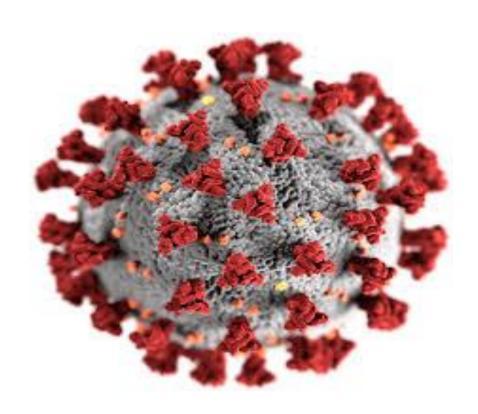


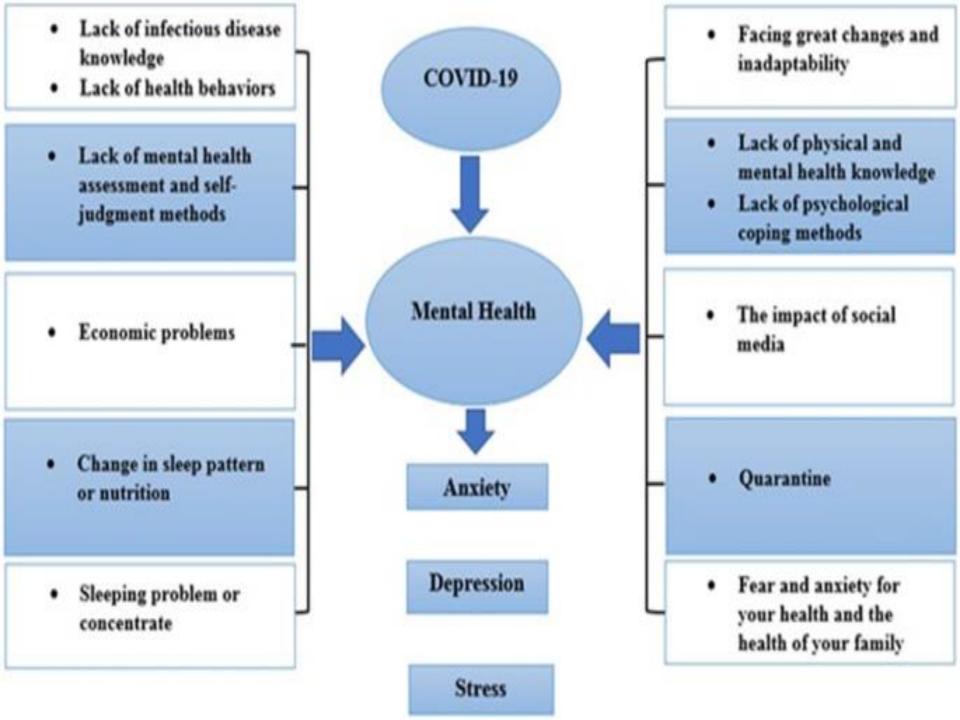






The pandemic





Balanced?





Balanced?





Quiz



- Write numbers 1-15 on a blank paper
- Tick as I read (True or False)
- Add up all the 'True' . 1 true=1 mark
- What does your score mean?

Your score



• 0 - 2 : Good balance

• 3 - 5 : Under control

• 5+ : Out of balance

WLB is a choice not a chance



What do you need to;

- Start doing?
- Stop doing?
- Continue doing?
- Do more?
- Do less?
- Do differently?

Signs of Imbalance



- Absence
- Isolation
- Increased levels of stress
- Lack of 'me' time

Signs of Imbalance



- Unexplained body pain
- Memory loss
- Glued to gadgets
- Perfectionism
- Impatience

Imbalance culprits



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

Imbalance culprits



- Perfectionism
- Overly ambitious
- Societal pressure
- Unclear priorities

Consequences of imbalance



- Burn out
- Anxiety, stress and depression
- Increased relationship conflict
- Escapist behaviour
- Sleep deprivation

Practice good time management

Set goals and plans

Have structure in place

Love your job

Love your life

Stay healthy

Reward yourself

Take holidays and long weekends

Be positive, passionate, and enthusiastic

Tips for Work/Life Balance

6 EASY WAYS TO IMPROVE YOUR WORK-LIFE BALANCE



DONATE
YOUR TIME,
EXPERTISE, OR
FINANCES



FIND A MENTOR
TO PROVIDE
ADVICE &
INSIGHT



PLAN YOUR VACATION & DAYS OFF IN ADVANCE



PRIORITIZE YOUR TOP TASKS & DO THEM FIRST



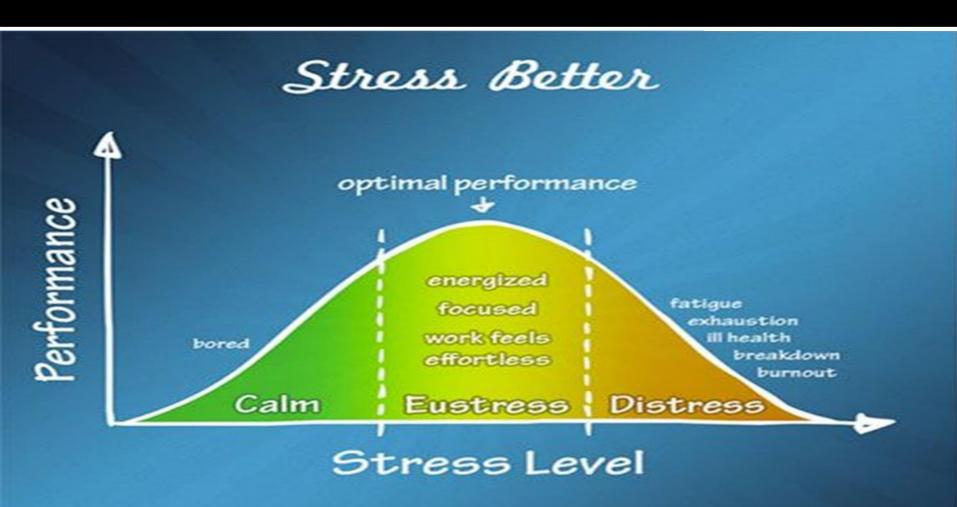
TAKE TIME TO REST BOTH MENTALLY & PHYSICALLY



ADD EXERCISE AS A PART OF YOUR DAILY ROUTINE



Distress and Eustress



www.GoZen.com

You must have to know how your emotions are harming you

Green Yatra

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



www.shutterstock.com · 293144903

In summary



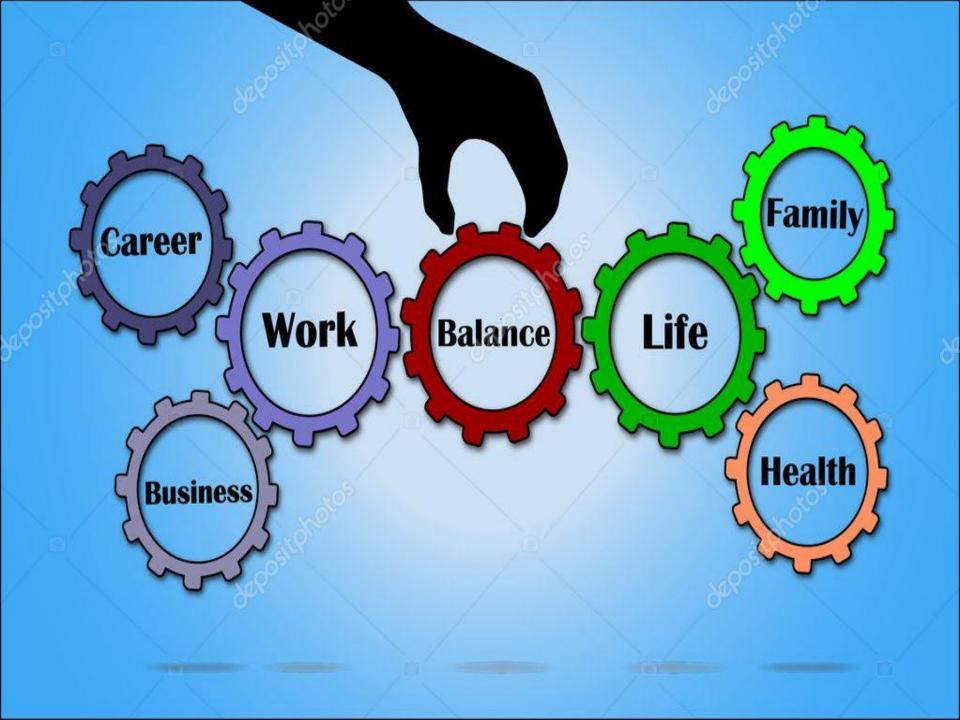
- Where exactly is your balance?
- Do you know yourself well?
- Can you strike the right balance more often?
- The road to success is always under construction

Work Life

- Productive work
- Appreciation
- Social working environment
- Flexible working hours and work model (home office)
- Measures for health, nutrition, exercise
- In-house childcare
- Company benefits

Private Life

- Family and partnership
- Friendships
- Love life and dating
- Hobbies and interests
- Exercise and health
- Quality sleep
- Relaxation and self-reflection



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

- Rasheed Ogunlaru

Q & A





Contacts

Name	Pauline Gangla
	Leadership Coach & International Development Worker
Email	pauline.gangla@gmail.com
Cell	+254 724 396573
People skills	Personal Effectiveness
sessions	Leading with Emotional Intelligence
	Self Confidence & Self Esteem
	Building high performing teams
	Empowering others / succession planning
	Managing millennials
	Stress is Good for You!
	Work-Life-Balance
Others	Career Coaching & Mentoring, CV/Resume Writing
	Board profile
	• LinkedIn profile
1	