



# **WORK - LIFE BALANCE STRATEGIES**

**30 Sep 2021**  
**Pauline Gangla**

# Learning Objectives



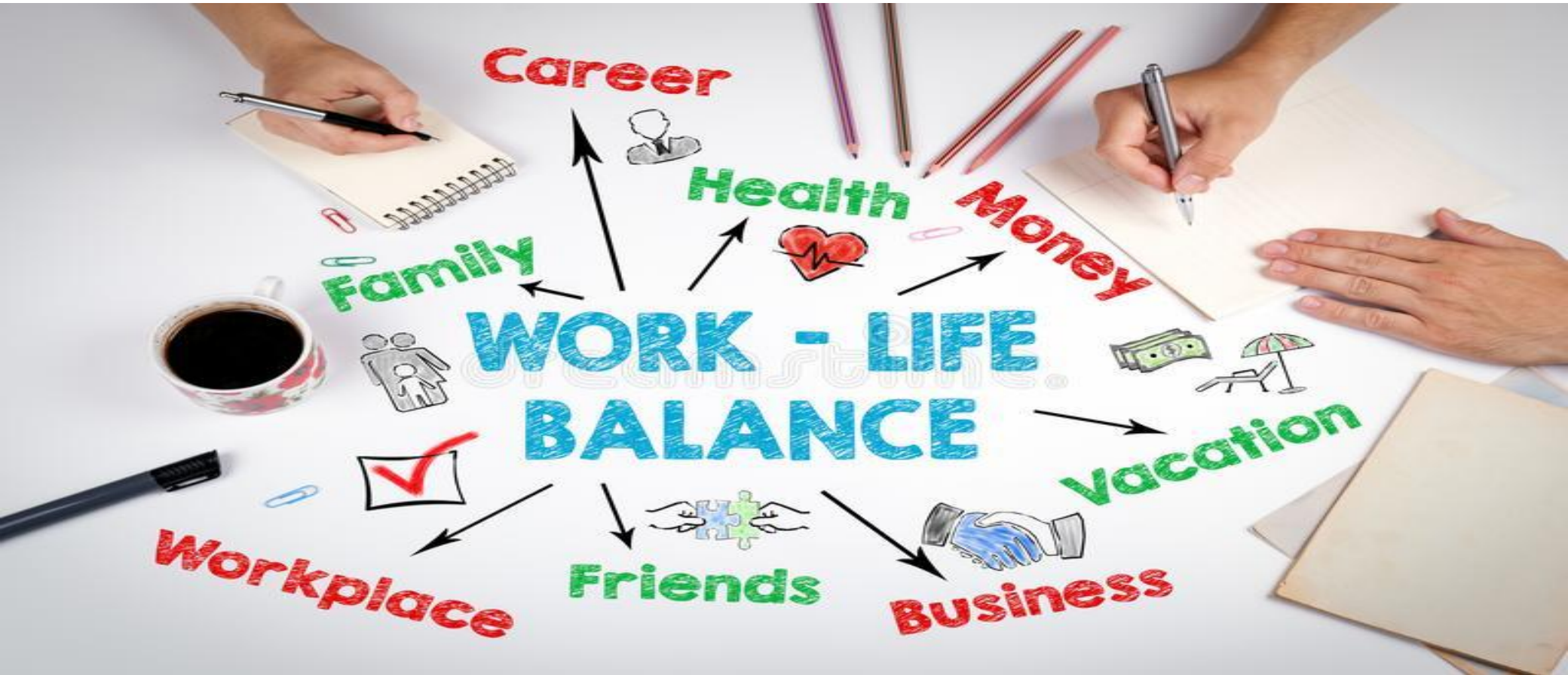
- Benefits of striking the right balance
- Unpack signs of unbalanced life
- Reflect on the triggers for imbalance
- Explore strategies for achieving the right balance

# Work - life Balance



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# Work - life Balance



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# Benefits of Work-life Balance

## To Employees

Improved on-the-job and off-the-job relationship

Self-Satisfaction

Improvements in ones' health and well-being

More value and balance in daily life

## To Organization

Increased productivity

A reduction in staff turnover and recruitment costs

Improved morale

Better team work and communication

# Our lives....menti.com



 CEO School  
for Women™

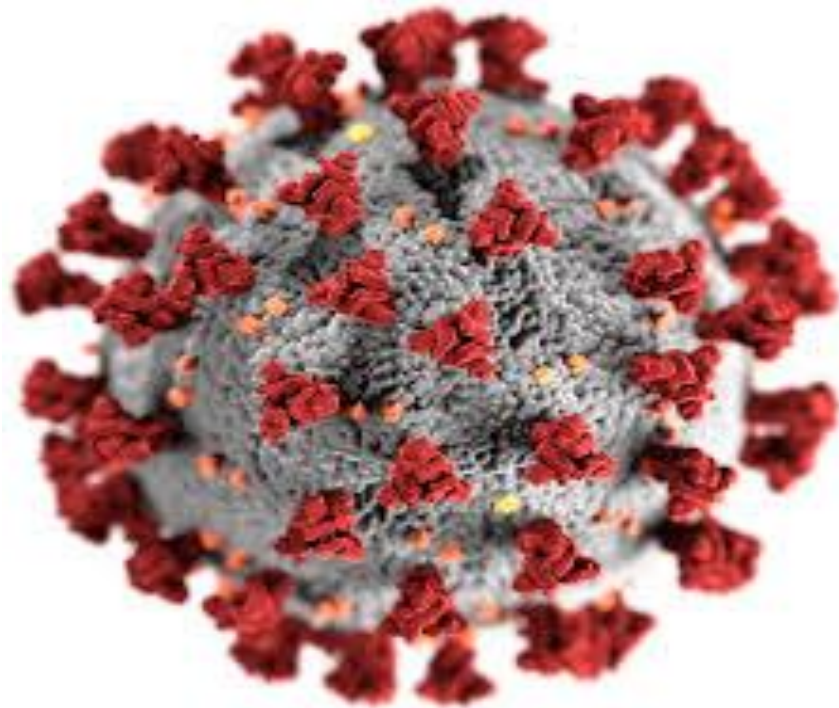
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# W-L-B for Directors



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# The pandemic



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## My story

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

– Dolly Parton

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# A choice or a chance?



- True = 1 mark
- False = 0 mark
- Add up all the 'True'

# What's your score?

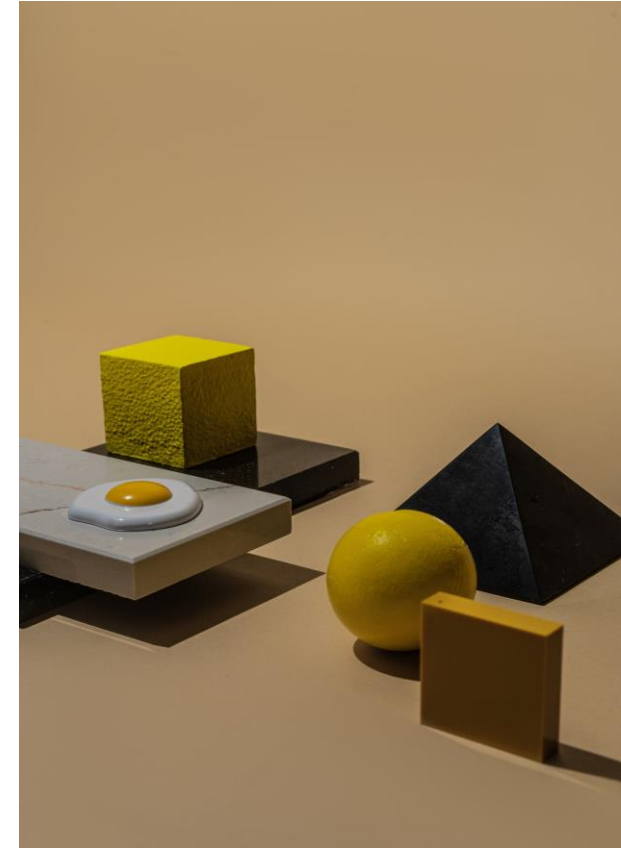


- **0 - 5** : Good balance, **on track**
- **5 - 10** : Under control, **be cautious**
- **10 - 15** : Out of balance, **take control**

# What do you need to...



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

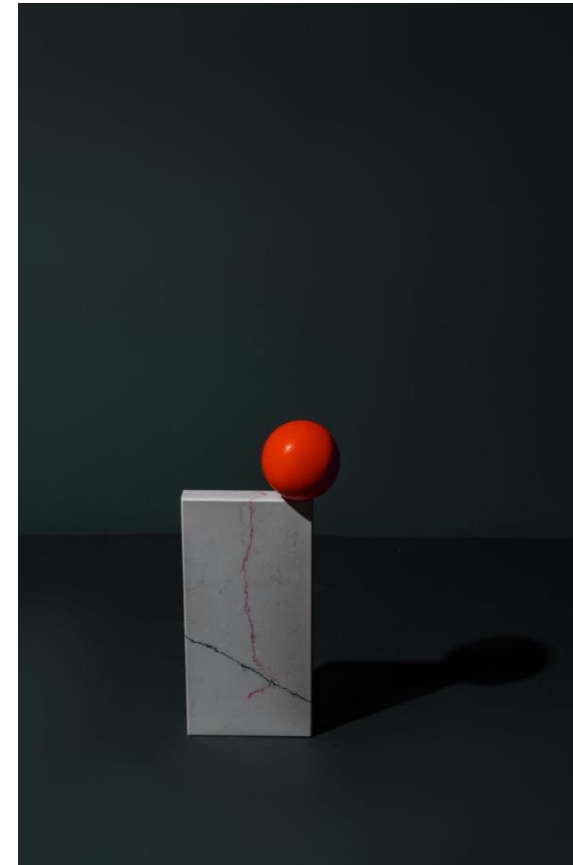


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# Signs of Imbalance



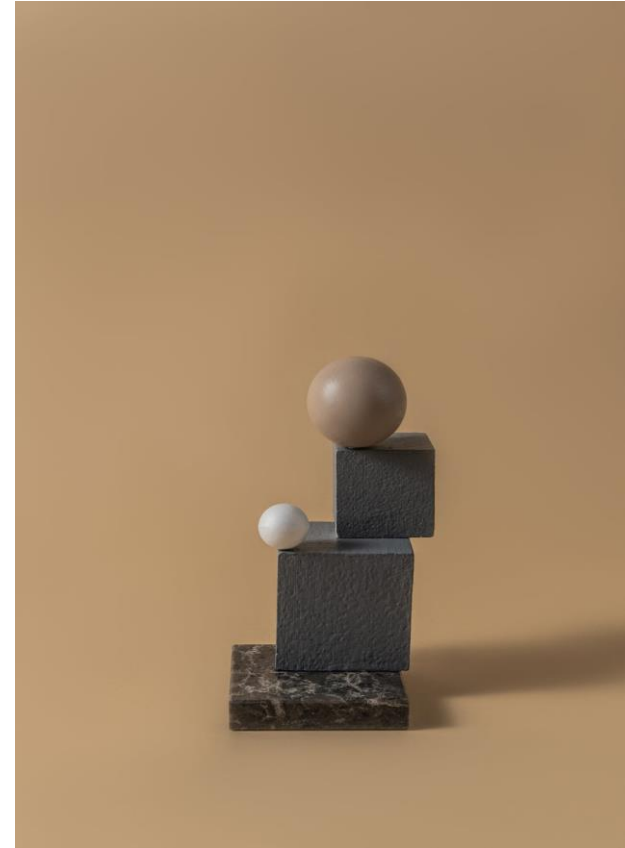
- Absence and isolation
- Increased levels of stress
- Lack of 'me' time
- Exhaustion



# Signs of Imbalance



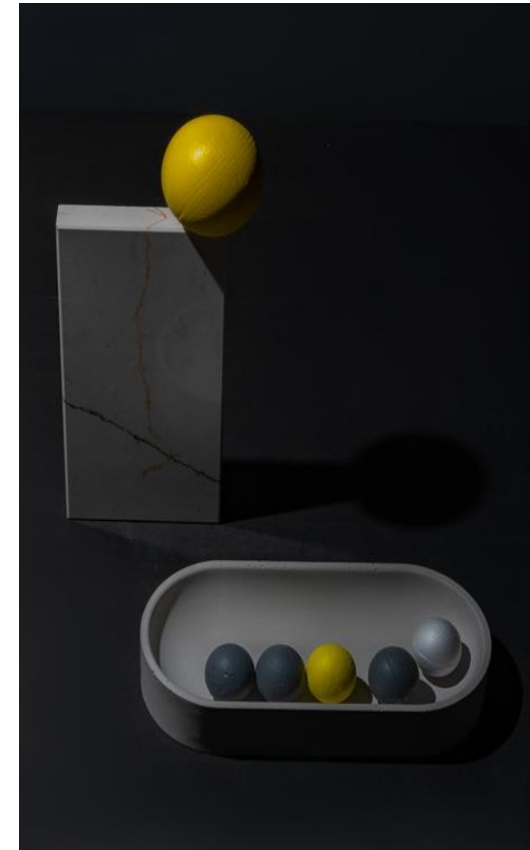
- Unexplained body pain
- Memory loss
- Glued to gadgets
- Perfectionism
- Impatience



# Imbalance culprits



- Pop ups, social media
- Poor time management
- Week-days = weekends
- Over-thinking, over-analyzing
- Societal pressure
- Unclear priorities



# Achieving the right balance



- Plan and prioritize
- Effective delegation
- Good working environment
- Get help at home
- Invest in coaching and/or mentoring

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# Achieving balance for ladies



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# Achieving balance for ladies



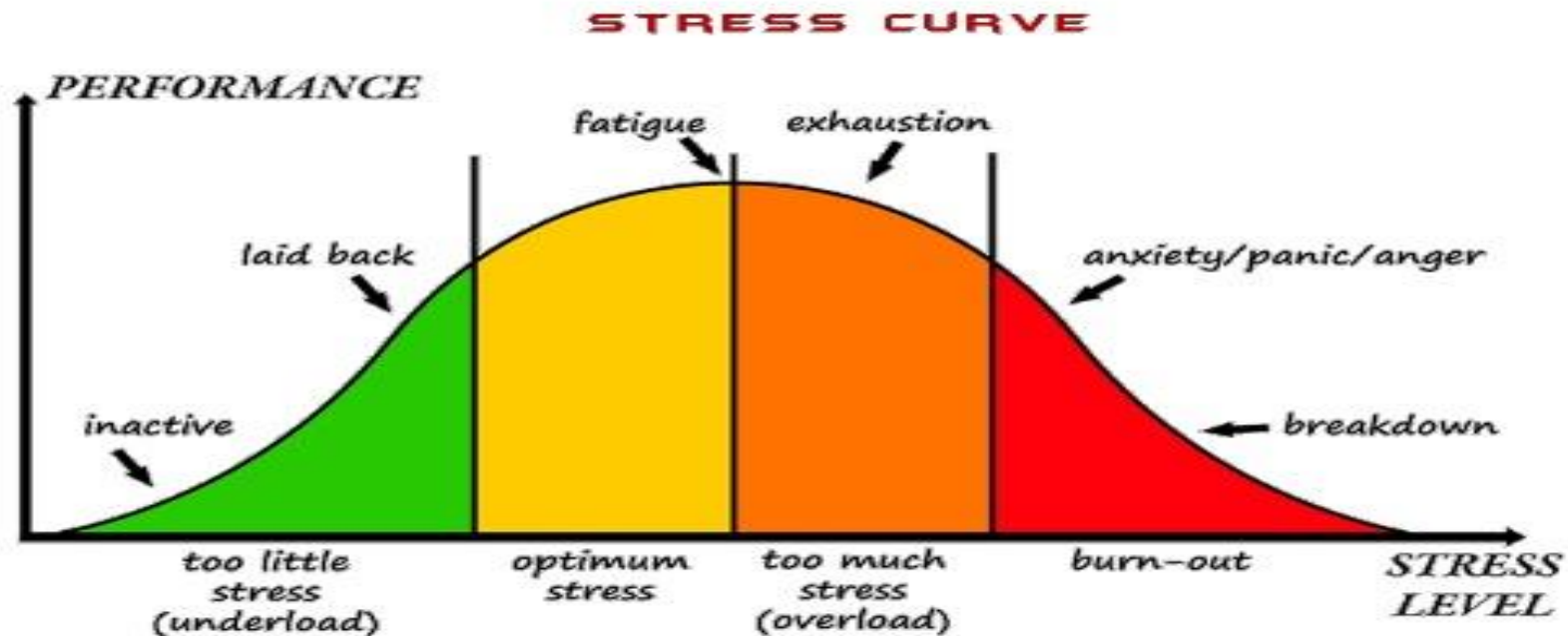
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# Stress better

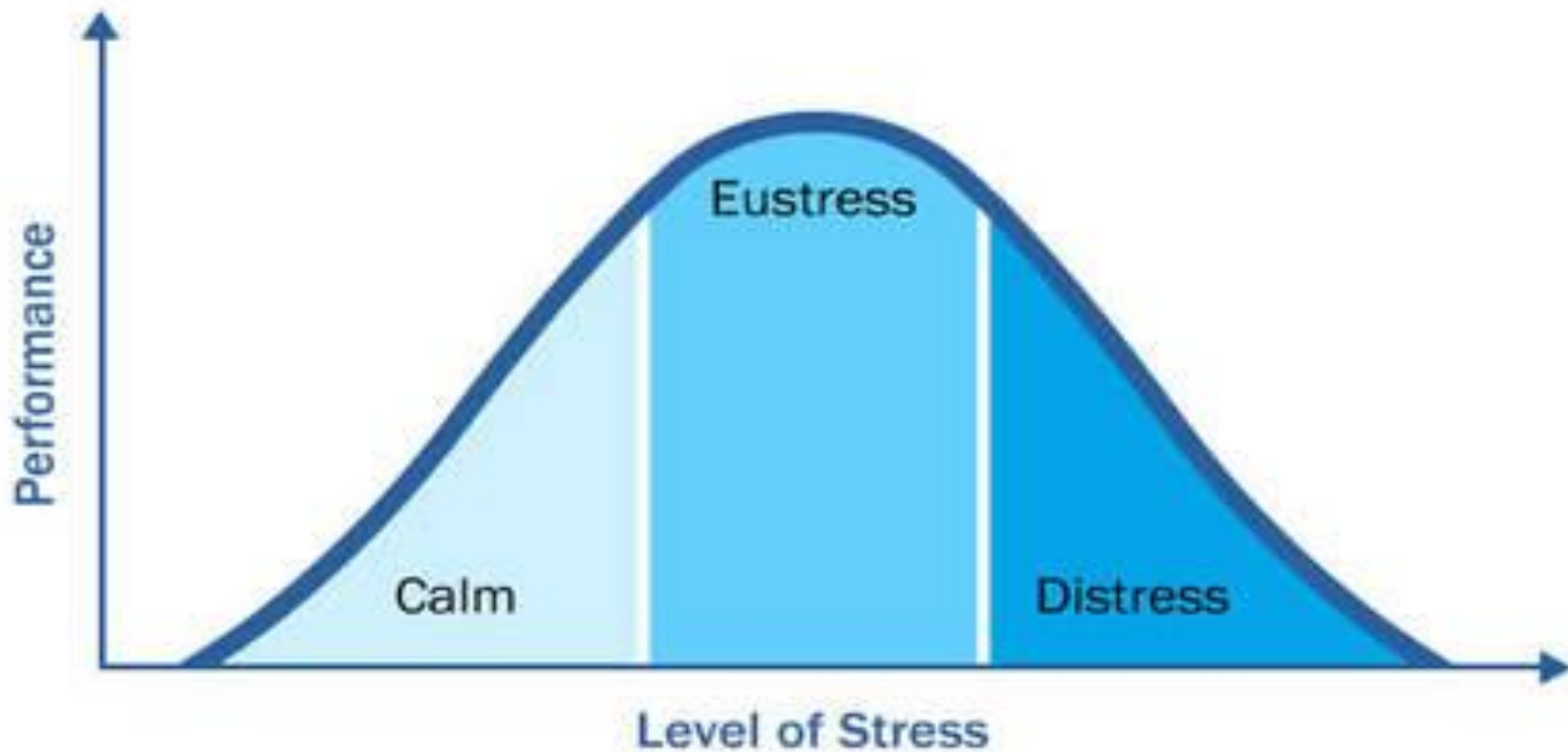


## Eustress vs Distress

- The optimal stress curve

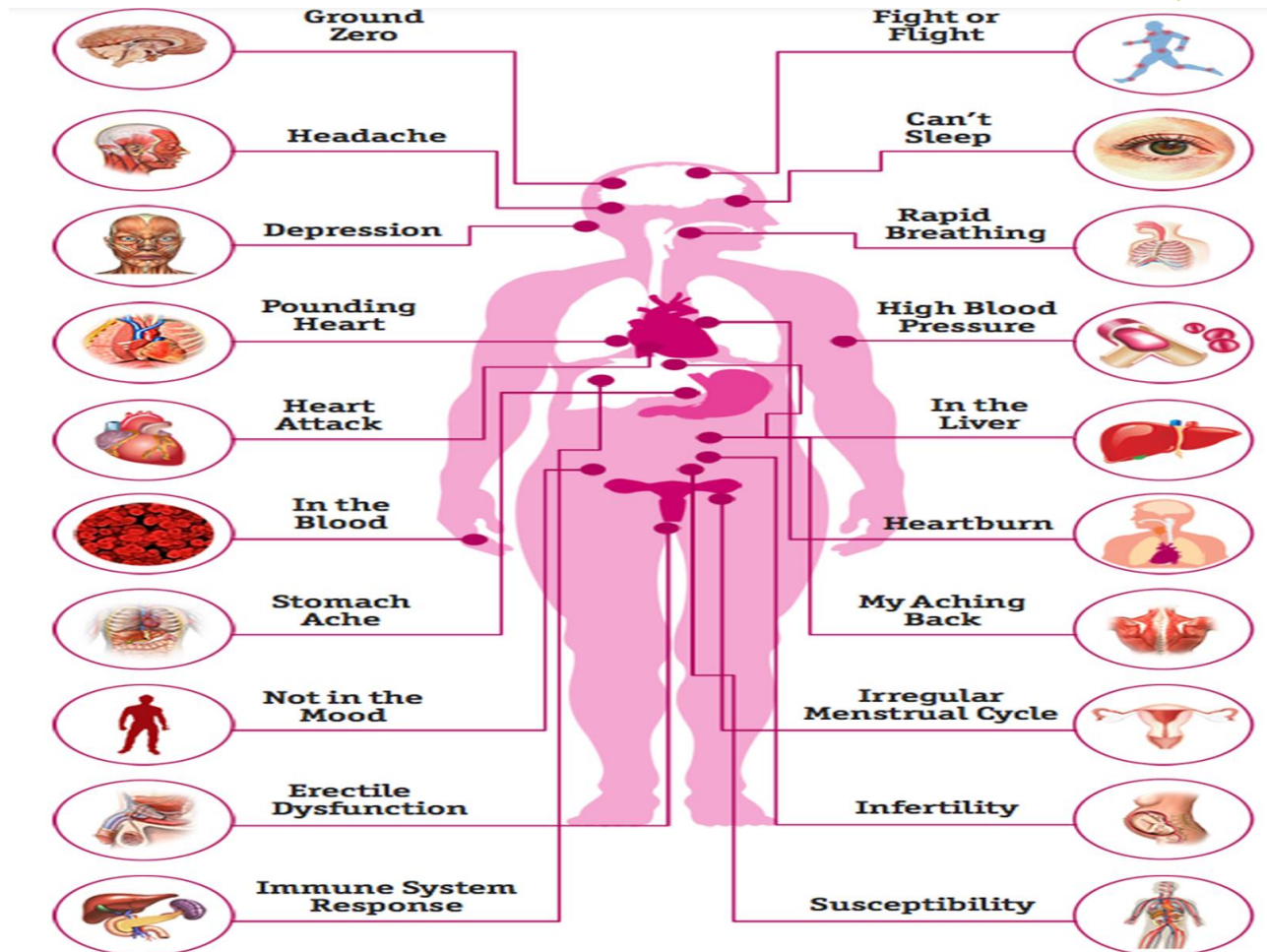


# Stress better



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# Distress is harmful



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# Stress better



**“ No work is stressful,  
it’s your inability to manage your  
body, mind, and emotions  
that make you stressful. ”**

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**– Jagadish Vasudev Sadhguru**

***Posthood***

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# Nuggets....



10 Steps to Achieving Work-Life Balance



Here are some suggestions on how to  
improve your work-life balance



Homewood  
Health | Care

▶ ⏪ 🔊 0:00 / 2:10

Scroll for details  
▼



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# In summary



- W-L-B is essential
- Manage the triggers
- Recognize imbalances
- Strive to achieve some balance
- Take control



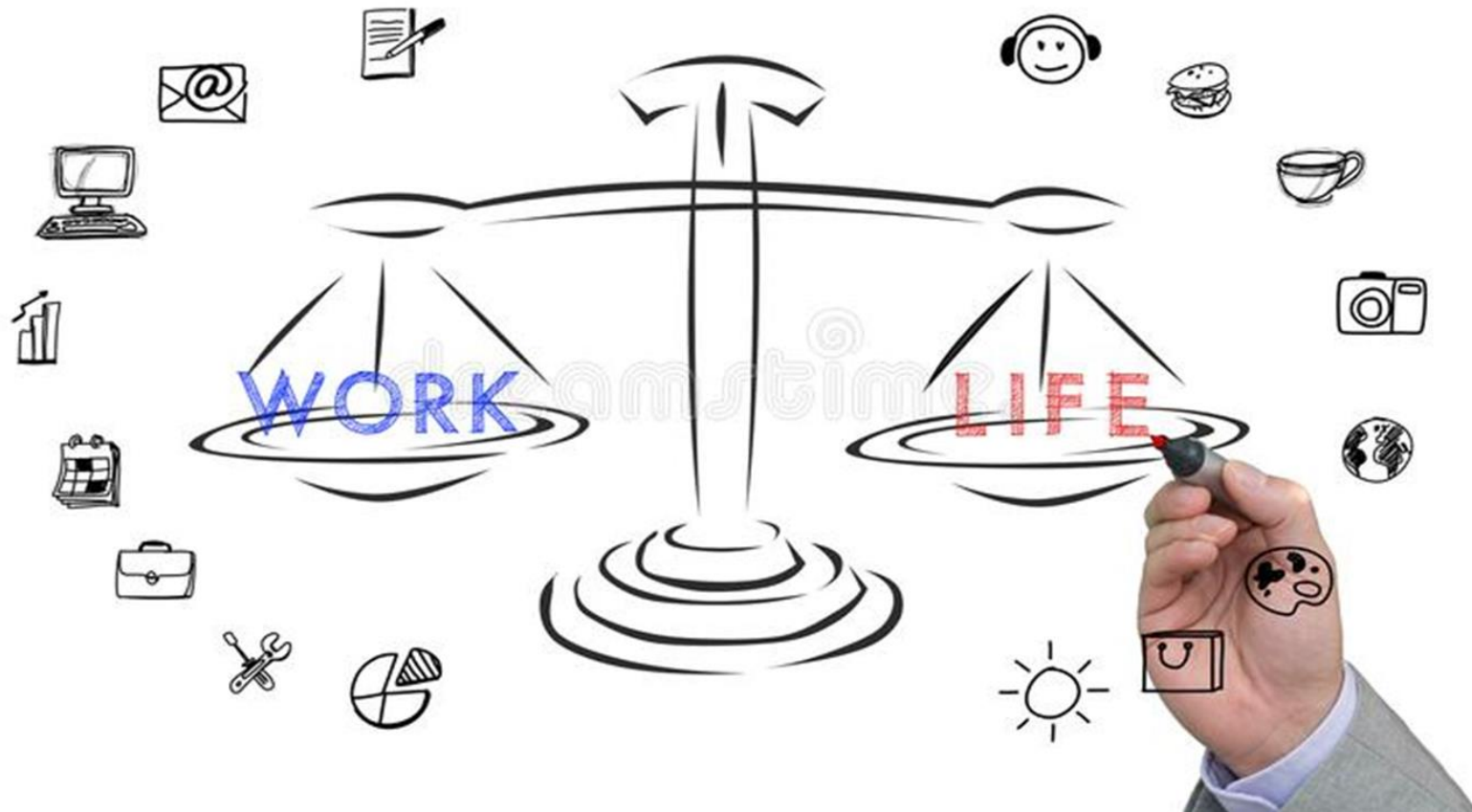


"YOU WILL NEVER FIND TIME FOR  
ANYTHING. IF YOU WANT TIME,  
YOU MUST MAKE IT."

- Charles Buxton

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# Reflections, Q & A



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