

Work Life Balance For Dummies

Find out what you really need to live, thrive and survive Does it seem like the constant struggle to succeed at work is overshadowing other areas of your life? Are your relationships suffering as you try to cram everything into a normal day?

Work/Life Balance For Dummies will help you get your equilibrium back, taking you through all available solutions -- from changes you can adopt within your existing workplace or chosen career, to career changes, treechanges and seachanges.

Discover how to: Work out your priorities

Put off procrastination and improve your time management Move your boss towards work/life balance Cast your net wider and change jobs and employers Plan your seachange or treechange

If only I could spend more time at home and (much) less time at work. If only I knew what to do to make that change. If only I could achieve that elusive goal of work-life balance. In the spare moments of calm and quiet before your head hits the pillow, do thoughts like these cross your mind? Do you long to be at home when you're working overtime for the eighth week in a row? Does your work pull you away from quality time with your spouse or kids, even when you're

home? When you're home, are you really there? Forty percent of Americans work more than fifty hours per week. And many fall into the trap of working longer so that we might be able to provide more for our families. But is sacrificing our one finite resource-time-worth the cost? In Search of Work-Life Balance presents a biblically based, practical, and achievable way forward for anyone who's wrestling to find a functional balance between the necessity of work and the desire to spend time with those who matter the most.

The book presents the latest studies on the work-life balance of millennial (also known as Generation Y) building professionals in Singapore and South Korea. Its main goal is to compare and contrast the workplace attitudes of millennials, and to provide guidelines that help supervisors in the construction industry manage their employees' expectations regarding work-life balance. Accordingly, it explains and links various principles regarding work-life conflicts, work-life enrichments and the work-life interface. Furthermore, the book introduces readers to coping strategies, a dimension that has not yet been explored substantially and has the potential to contribute significantly to the study and understanding of work-life

balance. The book makes recommendations for the top management on assigning a capable leader to drive the changes in the organization, and on empowering the leader to implement effective strategies for promoting work-life balance, especially for the millennials who are now playing an increasing central role in the global construction sector.

This book reflects the enormous interest in work-life balance and current pressing concerns about the impacts of austerity more broadly. It draws on contemporary research and practitioner experiences to explore how work-life balance and related workplace and social policy fare in turbulent economic times and the implications for employees, employers and wider societies. Authors consider workplace trends, practices and employment relations and the impacts on work, care and well-being of diverse workers. A guiding theme throughout the book is a triple agenda of supporting employee work-life balance, workplace effectiveness and social justice. The final chapters present case studies of innovative processes and organizational practices for addressing the triple agenda, note the important role of social policy context and discuss the challenge of extending debates on work-life balance to

include a social justice dimension. This book will be of interest to academics and postgraduate students of organisational psychology, sociology, human resource management, management and business studies, law and social policy, as well as employers, managers, HR managers, trade unions, and policy makers.

The Balance Point: Master the Work-Life Balance, Love What You do, and Become an Unstoppable Entrepreneur

Off Balance

Get a Life!

Aspirations and Work Life Balance of Women in Medicine

75 Invaluable Tips for More Life Balance

A Guide for HR in Achieving Organisational and Individual Change

Work-Life Balance For Dummies

Examining the debate on quality of jobs in Europe, this book focuses on the work-life balance—a central element of the EU agenda. It addresses tensions between work and private life, examining job quality, job security, working conditions and time-use patterns of individuals and households as well as institutional contexts.

Motivation in Organisations: Searching for a Meaningful Work-Life Balance extends the current motivation models in business education to include motives of human behaviour that have been neglected for

decades. It debunks some of the myths about human motivation (self-interest as the dominant factor, amorality and non-spirituality) and explains why this approach to teaching business is erroneous and leads to wrong and harmful practices in many organisations. In a very personal and engaging style, the author presents a "map of motivations", based on a humanistic approach to management. This includes the latest findings of Abraham H. Maslow supported by sound philosophical reflections and modern research. He also presents specific ways of putting the framework into practice, sharing stories from students and professionals of how this framework has helped them better understand their own motivations and look at their daily work in a much more meaningful way. The book is highly relevant to students and researchers in humanistic management, people management, organisational behaviour, business ethics, corporate social responsibility and sustainability. In short, this text will be truly inspiring to anyone who wants to reflect on motivations in organisations and how to achieve a better work-life balance.

Better life balance leads to a better life. Discover the simple step to fail-proofing your goals and improve your life balance -- simple steps that will empower you to positively transform your personal life, family life, social life, and career life. Your life balance determines the quality of

your life and relationship. Poor life-balance can become the lid to your potential to live your dreams and pursue your purpose. The problem is that improving your life balance has always been a complicated task... until now. This book will coach you through reaching your goals and improving your life balance. In *Life Balance*, Paul W. Crosswell teaches you how to win the mental battle, equips you with a better strategy for taking action toward your goals, and reveals the secrets to maintain success AFTER reaching your goals. You'll discover how to:

- Reclaim a healthy synergetic life balance.
- Silence your Inner Critic when you need to.
- Identify the best people to help you on the journey and know who to avoid.
- Be consistent in pursuing any goal you set.
- Boost your mental health quickly, safely, and in a lasting way.
- Find your tribe and build momentum toward your goal

A recent survey conducted by Universum Communication found that work-life balance is No.1 on the list of short-term career goals amongst professionals. But while work-life balance is an increasingly popular term, many of us are still unsure about how to achieve it, or lack the confidence to approach employers to negotiate flexible working hours. *Work-Life Balance for Dummies* will offer readers advice and simple strategies to achieve more balance whatever their situation. Discover how to: Work out your priorities Put off procrastination and

Read Online Work Life Balance For Dummies

improve your time management Move your boss towards work-life balance Cast your net wider and change jobs and employers Plan a relocation About the author Jeni Mumford is the author of Life Coaching For Dummies. She is a personal life coach who works with both individuals and organisations on personal development. She runs holistic coaching events in the UK and Italy and is an accredited NLP practitioner.

Work-Life Balance My Arse!

Working From Home For Dummies

Stress and Work/Life Balance

Motivation in Organisations

The Role of Job Quality

Seven Strategies That Can Help You Achieve Work-Life Balance

Exploring Gender at Work

Be happy and rested, fulfilled and successful, and stop work from taking over your life with this practical and handy guide to creating a work-life balance that works for you.

Combine the best parts of your personal and professional life to live the life you really want Balance is B.S. is an unflinching and honest look at the challenges today's working woman faces in balancing her professional and personal lives. In the United States, women comprise over 40% of household income. Increased gender diversity in the modern business landscape continues to have a positive impact on bottom lines and revenue reports across the economy, and offers significant benefits for

ambitious women in the workplace. This increase of women in the workforce does present a serious problem—women are working longer and harder outside of the home, but their workload has not lessened inside of the home. While their career prospects rise, expectations of their family and personal lives remain flat. Women pursue the mythical “work-life” balance, and feel guilty for not reaching it. There is a better way. This insightful book provides working women with real-world advice, enabling them to blend their personal and professional lives, avoid burning out, and raise expectations of themselves and those around them. Every chapter presents practical exercises to identify values, and focus on what matters most. Following the path laid out by this essential guide, you will learn how to: Blend business and personal lives together without compromising your values Adjust expectations of yourself and others around you Use practical exercises and effective techniques to combine work, social, family, and parenting lives Stop feeling guilty about your work-life balance, and embrace the best parts of both Balance is B.S. is an invaluable resource for working women regardless of profession, experience, and status. Author Tamara Loehr draws on her years of entrepreneurial success to share her proven methods of merging work, play, and family to map out and reach the life you actually want to live.

The prescriptive follow-up to the New York Times bestseller *The Dream Manager*. One of the major issues in our lives today is work-life balance. Everyone wants it; no

one has it. But Matthew Kelly believes that work- life balance was a mistake from the start. Because we don't really want balance. We want satisfaction. Kelly lays out the system he uses with his clients, his team, and himself to find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

"Work-life balance is not just a hot topic - it's a deeply misunderstood construct. We are told we should be striving for that elusive balance, the answer to feeling stressed and overwhelmed, finding happiness and contentment. However this quest for balance is futile...Each chapter provides practical steps you can take to identify what "matters most" to you, to integrate your work and your life in ways that work for you and are true to your values, and to live with a greater sense of purpose. Understand the myths, release your struggle for perfection and enjoy the journey to creating a magical life for yourself and those you love" -- provided by publisher.

Creating a Successful Work-Life Balance

The Myth of Work-Life Balance

Work/Life Balance for Dummies

Work Pause Thrive

Unapologetic Work Life Balance

Crafting a New Balance at Work and at Home

21 Keys to Work/Life Balance

Work-life balance is one of the most important issues facing employers and managers today. Employees at all levels are no longer willing to trade their quality of life in order to get a decent standard of living. Managers can no longer afford to ignore the costs that the long-hours culture imposes on their organisation. Overwork causes stress-related absenteeism, poor retention levels, low creativity, appalling customer service and unethical employee behaviour. Combine that with the risks of being sued by a stressed employee or a parent who wanted to work flexibly, and the business case for paying real attention to work-life issues has never been stronger. This text sets out the roadmap for moving your organisation towards a positive work-life culture. With clear and practical advice for HR and line managers alike, Managing Work-Life Balance shows you how to engage employers, managers and employees in the process of controlling the inherent conflicts between the worlds of work and home.

The first step toward improving bad work-life balance is dropping the term! Why is

it that we view work as standing opposite of life? What can help us improve the balance in our lives? And can we learn to drop the term "work-life balance"? In this book you will find the inspiring introduction to the concept of Life Balance and learn how to assess it for yourself. A collection of 75 Invaluable tips for more Life Balance and the tools to combine them into your personal Life Balance improvement plan make this book the ideal guide towards a more balanced life. This book contains a \$25 discount coupon for a membership on mybalance.net where you can take an online Life Balance assesement and manage your Life Balance improvement plan online.

*"A guide to balancing your work and your personal life."--Provided by publisher.
Work/Life Balance for Dummies Wiley-Blackwell*

How to Master Work-Life Balance in an Imbalanced Culture

*Millennials in Singapore and South Korea
Managing Work-Life Balance in Construction*

A Small Book with a Faith-Based Approach to a Large Problem

Work-Life Balance in Europe

A HAND BOOK ON WORK-LIFE BALANCE

Work / Life Balance For Dummies

A clear, focused and above all practical guide to getting a bit

of work/life balance into your own life.

Are you seeking more balance between work and life? Are there aspects of your job or personal life you'd like to change and don't know where to start? Join author and speaker Michael Thomas Sunnarborg, Ambassador of Goodwill, as he guides you through 21 themes designed to help you unlock your full potential and find a better work/life balance—regardless of where you're at in life.

As we begin the twenty-first century, UK employees work the longest hours in Europe. Workplace stress and home responsibilities are among the top five causes of absence from work. Yet work-life balance has emerged as a key concern for employers, policy makers and the media. This edited volume contains findings from 14 research projects within the ESRC's Future of Work Programme. The research examines the notion of employment flexibility and the effects of gender and care responsibilities on work and work performance. Conflicting needs of employers and employees and the gender divisions in work and family life call into question the feasibility of achieving the Government's aim of work-life balance for everyone.

Many regard the ways in which paid work can be combined or 'balanced' with other parts of life as an individual concern and a small, rather self-indulgent problem in today's world. Some feel that worrying about a lack of time or energy for family relationships or friendships is a luxury or secondary issue when compared with economic growth or development. In the business world and among many Governments around the world, the importance of paid work and the primacy of economic competitiveness, whatever the personal costs, is almost accepted wisdom. Profits and short term efficiency gains are often placed before social issues of care or human dignity. But what about the impact this has on men and women's well being, or the long-term sustainability of people,

families, society or even the economy? Drawing from interviews and group meetings in seven diverse countries – India, Japan, the Netherlands, Norway, South Africa, the UK and USA – this book explores the multiple difficulties in combining paid work with other parts of life and the frustrations people experience in diverse settings. There is a myth that ‘work-life balance’ can be achieved through quick fixes rather than challenging the place of paid work in people’s lives and the way work actually gets done. As well as exploring contemporary problems, this book attempts to seed hope and new ways of thinking about one of the key challenges of our time.

Multiple Perspectives

The Challenge of Our Time for Men, Women and Societies
Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction

Life Balance

How Devotion to Our Jobs Keeps Us Exploited, Exhausted, and Alone

Meeting the Needs of Employees, Organizations and Social Justice

HBR Guide to Work-Life Balance

Stop running on empty. Every day you juggle the many components that fill your life. Between work and family commitments, volunteer work, hobbies, and managing your physical and mental health, it's easy to feel overwhelmed and that you 're letting someone down or neglecting some aspect of your life. But you can find ways to honor all of your commitments without collapsing. The HBR Guide to Work-Life Balance will help you: Evaluate and adjust your priorities Manage expectations Set and spend your time budget Make plans--and backup

plans Understand how to make trade-offs Prioritize self-care Discover what works for you

Trusted advice on finding a coach and getting more out of life Life coaching is a popular, though unregulated, personal development tool. This no-nonsense guide debunks the myths behind life coaching and gives expert advice on incorporating it into daily life. Whether readers want to self-coach or work with a professional, this savvy resource provides essential tips on getting priorities straight, being more productive, and achieving goals. Jeni Mumford (London, UK) is a qualified personal life coach and an accredited NLP practitioner.

The coaching and mentoring profession is facing a major challenge – helping clients cope effectively with life 's complexities and conflicting demands in a rapidly changing environment. Conversations around work-life balance need to address not only the interconnectedness of work, leisure, home, and social life but also the fact that these elements are in flux and require continuous rebalancing. This book is a practical and evidence-based resource to help coaches and mentors in supporting clients to achieve greater work-life balance. Written by an experienced academic-practitioner team, this book provides coaches and mentors with a way of addressing work-life tensions with their clients. It is grounded in research and practice and offers a wide range of tools and techniques which are supported with real-life case studies illustrating

how they can be employed. On top of this, readers are also supported with reflective questions to enhance understanding and a series of downloadable worksheets for practical use.

Coaching and Mentoring for Work-Life Balance is essential reading for professional coaches and mentors who are helping their clients to develop personal resilience and will also be a valuable resource for students in postgraduate coaching and mentoring courses. The authors present some of the latest thinking on this topic, underpinned by their own research and model for work-life balance, making the book indispensable to all those engaged in leadership, coaching, mentoring, and supervision.

In today ' s modern global economy, working from home is no longer a novelty. Despite the COVID-19 pandemic, companies and organizations everywhere are embracing the game-changing benefits of allowing employees to work outside the office, and the results are profound: managers benefit by saving money and resources and by having access to talent outside their zip codes, while employees enjoy greater job opportunities, productivity, independence, and satisfaction—in part from the time saved not commuting. Features a mix of derivative content from top industry experts including: Virtual Teams For Dummies, Organizing DIY For Dummies, Managing For Dummies, 3E, Company Culture For Dummies, Zoom For Dummies, Microsoft Teams For Dummies, Slack

For Dummies, Mindfulness For Dummies, 3E and Stretching For Dummies. Plus new content on: - Setting up your work space to ensure success - Setting expectations and boundaries - Virtual team meeting etiquette - Connection strategies to build trust with remote team members - Skills and behaviors that ensure success when working from home

Work-Life Balance in Construction

Lead with Balance

Mastering Your Work Life Balance

Life Coaching For Dummies

How to Remove the Guilt of Putting Your Life First
Balance is B.S.

How to Pause for Parenthood Without Killing Your Career

This powerful resource investigates how a positive work-life balance can help create engaged, productive employees, how imbalances in work-life balance create serious issues for workers, and identifies different ways to greatly improve one's work-life balance. • Gives readers an in-depth look at the history of work, from prehistory to the present • Offers practical, scientifically tested solutions to organizational problems such as burnout, absenteeism, and presenteeism • Compares the work-life balance status of the United States with other countries around the world, including those in Europe and Asia • Includes primary documents that emphasize the need for organizational flexibility to allow for creative, de-stressed workers and a satisfied managerial hierarchy

This book is for the corporate warrior who struggles with work life balance and is teetering on the edge of burnout. You will see what's possible to create a more balanced and fulfilled life in the same currently-stressful 24 hours. You can be brilliant at your job and still have time to chill out and thoroughly enjoy every precious moment of your life. You'll move out of overwhelm, stress and burnout into confidence, excitement and deep personal fulfillment as you discover how to: Make powerful choices that allow you to experience more satisfaction in every area of your life. Increase your effectiveness at work with ease and authority. Design and direct your life so your work and your personal life complement rather than compete with each other. Experience the joy and efficiency of letting how you feel dictate what you choose to do. Show up authentically without excuses or hiding. Stop waiting for that magical "when" and start living your most amazing life right now. You can change nothing and keep wasting time until you are officially part of Team Burnout, or you can choose to thrive now and create the life you love!

An empowering guide that will show you how to shed the myth of the "work-life balance" by merging the seven key components that make up your life to attain harmony and whole-life success "All of us have Seven Slices in our lives: our Family Slice, our Professional Slice, our Personal Slice, our Physical Slice, our Intellectual Slice, our Emotional Slice, and our Spiritual Slice. These all need to be served in some fashion—and in serving them, they, in turn, serve us." This relatively simple but profoundly critical concept is at the heart of the method

executive coach David McNeff has used to transform the lives and careers of his clients. It begins with two important facts: 1) stress happens—you can't avoid it; and 2) your existence is composed of far more than “work” and “life.” Too often, we divide our lives into those two general categories, but we're all a lot more complex and our lives are richer than that. By being clear and mindful of all aspects of your life—the Seven Slices—you'll be more likely to find inner harmony when stress impacts one of them. In *The Work-Life Balance Myth*, McNeff takes you on a deep dive into each of the Seven Slices, explaining the components of each Slice, signs that you may not be attending to each Slice in a healthy way, and hands-on methods for accessing an underserved Slice. *The Work-Life Balance Myth* won't make your life perfect—no one can do that, and you shouldn't trust anyone who makes that promise. What this book will do is provide you with proven new ways of framing your life, seeing stress for what it is, and vastly improving your ability to navigate the emotional challenges that will inevitably arise in a way that serves your Seven Slices.

We worry putting our family first means we'll be forced to abandon our careers. We're afraid if we pause our careers, we'll be forever off-track. This thinking is outdated—forget what you've heard about how pauses are career limiting, about how those who pause lack ambition, or that if you do pause you won't be able to re-enter the paid workforce. That's a flawed reality, one that doesn't reflect the truth of the careers of some of the most successful women in this country. Author Lisen Stromberg knows this success firsthand. After the birth of her second child,

she did something she never imagined she would do: she opted out to focus on her family. But her career didn't end there. Lisen paused then pivoted to become first a social entrepreneur and then an award-winning journalist writing about women, work, and life in Silicon Valley. Along the way, she learned she wasn't alone. Lisen met many highly successful women who told her they never "opted out" but who had, in fact, temporarily downshifted or paused their careers. Their hidden journeys revealed alternative nonlinear paths to the top that enabled them to achieve their personal and professional goals. In *Work PAUSE Thrive*, Lisen shares their stories. Deeply rooted in social science research, cutting-edge data collected from nearly 1,500 women, and through 186 first-person interviews, this book reveals how trailblazing women have disrupted the traditional career paradigm. What worked for them can work for you. In this book, you'll learn: Who pauses, how they do it, and why How pausing can enrich both your career and your life How to innovate your own nonlinear career path What we can—and need—to do as a society to make it possible for more people to achieve their personal and professional goals *Work PAUSE Thrive* also reveals new and exciting trends in the workplace and offers targeted solutions for companies to help ensure they have cultures that will enable you to lead the life you want, a life in which you can build both a career and a family, and ultimately your own version of a life well lived.

In Search of Work-Life Balance

7 Keys to Work-life Balance

Work-Life Balance

The Work-Life Balance Myth: Rethinking Your

Optimal Balance for Success

Balancing Life

A Psychological Perspective

Valuable Techniques to Living a Balanced Life

Has your regular workday started to last over nine hours? Have you been missing important family events to satisfy the boss? Are you regularly skipping healthy meals and trips to the gym just to squeeze more into your day? If so, you're not the only one. Countless individuals struggle with maintaining steady personal and work lives. In *Lead with Balance*, university professor, speaker, and executive consultant Donnie Hutchinson addresses this issue head-on and explains how leaders, employees, and students can properly manage all the important facets of life. A balanced life leads to increased well-being, happiness, satisfaction, and productivity a win-win for everyone. Through proper time management and focus, anyone can find their life's balance. Don't lose sight of the most significant moments in life. We can all learn from the Millennials. It's time to take action and enjoy living!"

Work in the construction industry is particularly tough. It demands excessively long hours and frequent weekend work. Other characteristics are particularly marked, such as re-location, job insecurity and distinctive behavioural patterns, which negatively affect employees' personal lives

further. Work-life balance has emerged as one of the most pressing management issues in the 21st century. For construction managers dealing with traditional models of work and rigid work schedules, the issue may be especially difficult to manage, and yet the work-life balance is now recognised as an issue of strategic importance to the construction industry. It is critical to the construction industry's continued ability to attract and retain a talented workforce, and it is also inextricably linked to organizational effectiveness and employees' well-being. This book presents the argument for the management of work-life balance in the construction industry. It maps the changes to the workforce demographic profile and the changing expectations relating to work and personal life that occurred during the second half of the 20th century. Legal imperatives for managing work-life balance are set out. It also presents work-life balance theory and discusses the practical implications of research, along with extensive empirical data collected from the industry. Lastly, practical advice is provided about what construction organizations can and should do to manage work-life balance. This provides a unique guide to a key issue.

Get Balance: Achieve Success,

Wealth, and Happiness

It's possible to finally have it all without selling your soul to the hustle, neglecting family time, or missing out on life's most precious moments.

How do you choose between success at work and a thriving family life?

How do you succeed at your business but still have a life outside of work?

By discovering your unique Balance Point.

With tools to master your mindset about work and home life, practical advice to learn how to be present in the moment, and a dose of good ol' fashioned encouragement to keep you going, you'll finally find the sweet spot in your work and life.

This book is not a prescription on how to live a perfect life, but a window into what will give you contentment and success.

You'll learn:

- Fifteen strategies to master work vs. play and how to embrace all life has to

offer both at home and at work.

- How to maximize your Purpose and Passion: Your passion and purpose have an intersecting point. This book will show you how to find it.
- The power of the hustle and how it can be used for good and not just evil. Your health will suffer no more from countless hours hustling. You'll reach a center point and will be able to breathe freely yet again.
- The secret of the the 80% and the 20%: How to manage daily responsibilities but still crush your biggest life goals.
- How to reach your ultimate Potential but still find serene Contentment: You'll maximize your output and potential and still enjoy every moment.
- And many more tips on living out a balance life full of love, happiness, and massive success...

This book shares a fictional story to start each chapter, and continues by providing solid advice to win on whichever side of the balance struggle you find yourself. Utilizing the provided Personal Balance Blueprint you'll follow along and create your own path to victory.

This book is perfect for the entrepreneur, small business owner, or free thinker who

wants to fulfill their purpose and maximize their potential, but also wants to enjoy every moment this wonderful life presents.

Discover The Balance Point and find contentment, success, and long-term fulfillment waiting for you.

Scroll up, click buy now, and find the ultimate Balance Point we all desperately need.

A deeply-reported examination of why "doing what you love" is a recipe for exploitation, creating a new tyranny of work in which we cheerily acquiesce to doing jobs that take over our lives. You're told that if you "do what you love, you'll never work a day in your life." Whether it's working for "exposure" and "experience," or enduring poor treatment in the name of "being part of the family," all employees are pushed to make sacrifices for the privilege of being able to do what we love. In *Work Won't Love You Back*, Sarah Jaffe, a preeminent voice on labor, inequality, and social movements, examines this "labor of love" myth—the idea that certain work is not really work, and therefore should be done out of passion instead of pay. Told through the lives and experiences of workers in various industries—from the unpaid intern, to the overworked teacher, to the nonprofit worker

and even the professional athlete—Jaffe reveals how all of us have been tricked into buying into a new tyranny of work. As Jaffe argues, understanding the trap of the labor of love will empower us to work less and demand what our work is worth. And once freed from those binds, we can finally figure out what actually gives us joy, pleasure, and satisfaction.

Work-Life Matters

A Life-Balance Approach to Reaching Your Goals And?Changing Your Life

Unlock Your Full Potential

Coaching and Mentoring for Work-Life Balance

Work-Life Balance in Times of Recession, Austerity and Beyond

Managing Work-life Balance

Your Work, Your Life-- Your Way

Even if it seems impossible to imagine, Mastering Your Work Life Balance is attainable by learning the skills in this book. It contains exercises, and guides you through the process of implementing a better life. The author speaks to the reader, making you feel the book was written for you.

In *Your Work, Your Life ... Your Way*, career coach Julie Cohen offers a fresh roadmap for finding personal success, through her proven approach to sustaining a harmonious, fulfilling life. Cohen identifies the common obstacles to finding work-life balance and introduces seven "keys" to unlocking - and transcending - these obstacles for good. Your

Work, Your Life ... Your Way is a results-oriented book packed with expert advice, inspiring stories and practical tools geared toward streamlining your life from day one. -Learn proven methods for managing goals & expectations and creating boundaries to ensure your unique brand of success -Discover how to get the most out of your day, accomplishing what needs to be done and still having time left over for you -Explore real-world case studies & engage in exercises for lasting change -Turn life-changing concepts into action and forge your newly balanced self!

I wish I could spend more time with family and friends and (much) less time at work. If only I knew how to make this happen. If only I could achieve that elusive goal of work-life balance. Do these thoughts cross your mind? Do you long to be at home when you're working overtime for the eighth week in a row? Does your work pull you away from quality time with your spouse or kids even when you're home? When you're home, are you really there? You're not alone. Forty percent of Americans work more than fifty hours per week. And most of us fall into the trap of working longer so that we might be able to provide more for our children than what we enjoyed as kids. But is sacrificing our one finite resource-time-worth the cost? Few would say yes, but our lives tell different stories... Through current research, as well as my own stories and those of friends, Balancing

Life presents a practical and achievable way forward for anyone who's wrestling to find a functional balance between the necessity of work and the desire to spend time with those who matter the most. A timely work that reviews the phenomenon of gender and its many manifestations of equality. Well-suited for increasing awareness and justice in academic and professional environments, this collective work addresses long-standing and ongoing social problems such as discrimination, stereotyping, prejudice, as well as a plethora of societal and industry influences that sustain the trend of gender imbalance. Aiming to span a broad scope in time, backgrounds and implementation, this book presents a wide variety of topics, including a historical overview, contemporary gender-based Issues, gender approaches across the disciplines, and cultural influences. The reader is guaranteed to confront existing biases when digesting topics related to gender communication differences, stereotypes, tensions and resistances, assigned social roles, transgenderism, non-binary identities, tension fields between equality and equity, relational aggression, and more. A critical underlying aim of this book is to contribute constructively and progressively to the dialogue on the definition of gender, thus addressing an ongoing challenge for policy makers, organizational leaders, and scholars. A Corporate Warrior's Guide to Creating the Life

You Love at Work and Home

The End of Work-Life Balance

Work Won't Love You Back

Work-Life Balance in the 21st Century

How To Balance Your Life

Work-Life Balance

How to Have a Work. Life. Blend.

Work-life balance isn't about where or how you spend your time, at least not solely. It's about where and how you use and replenish your energy. Work matters. Life matters. Work-life matters. As we start to navigate life during and after the pandemic, employers and employees are increasingly re-evaluating how work can be made more sustainable and more fulfilling. Many employees - particularly Gen X and Gen Z - are seeking a new psychological contract with their employers. Putting these trends into context and offering practical solutions, this book takes a deep dive into why work matters as part of a healthy and fulfilling life. The authors present a new and different way of thinking about the matter of balance, arguing that there is no hard divide between 'work' and 'life' because 'work' takes place entirely within 'life' and you can't balance two things when one is a subset of the other. To achieve the balance required for a healthy existence, we need to recognise that there are activities in all parts of work-life that drain our energy and others that give us a buzz. Rather than trying to solve the drain of hard work by living it large at the weekend - or compensating for an unfulfilling home life by working like a demon - we need to create balance at work and balance at home. Now is a golden opportunity to re-examine the world of work and job-crafting to make them more satisfying, less draining and more energising. The ideas in this book provide a practical guide to help that process. What are the effects of conflict between home and work? Does stress affect those who live with you? In the rapidly changing

modern work environment, time pressures seem ever increasing and new technology allows work to be conducted any time and anywhere. These are just two of the factors that make it more and more difficult for working men and women to integrate work and home life. Consequently, there is a need for flexible and innovative solutions to manage the work-home interface. *Work-Life Balance: A Psychological Perspective* presents up-to-date information on work-home issues, including the latest research findings. The book's emphasis is strongly psychological, with a focus on practical solutions, and includes chapters which deal with psychological issues such as the conflict between work and family, how work stresses may affect partners, and recovery from work. It also includes sections on legal issues, as well as examples of initiatives being implemented by leading employers. Contributors are drawn from the leading researchers in their fields and reflect the international character of the current challenges facing employers and employees. Its practical focus and innovative approach make this an essential book for managers, HR professionals and organizational psychologists, as well as students in these disciplines. The theoretical basis and research focus mean the book will also be invaluable for researchers investigating workplace issues.

Searching for a Meaningful Work-Life Balance