



Work/Life Balance

What does work/life balance mean for you?

Enjoying the work you do, giving it 100% and your full ‘presence’ for all the time you are there. Enjoying the hustle bustle of deadlines, organised chaos and the ever present demands on your time and skills. And enjoying ‘down’ time with friends, family and significant others and being 100% present with them? Taking time out to be with the precious people in your life – ‘smelling the roses’ along the way.

Or

Work is completely chaotic, I barely get time to take off my jacket before the phone starts ringing, the emails start pinging in and everyone wants a piece of my time and energy! Who has time for ‘being present’ for family or ... when I work such long hours? I’m exhausted when I get home at night and I don’t want any intellectual discussions, I just want to chill out with a glass of (red) and watch some mindless TV.

Sleep – Eat – Work – Eat – Sleep!!!

Who has time for balance when it’s just go, go, go!

Recharging the batteries is essential

Coaching provides the platform to reassess your approach to work and life balance. You set the tone for how both aspects of your life will be. In our coaching sessions (that are up to an hour) we follow a process of questioning that will help you to clarify any issue and the circumstances of the situation. This will lead you to considering what options are available so that you may start to solve the issue and move forward to a satisfactory resolution.

You will decide what if any action you will take and you will be responsible for the outcome. Your life is in your hands.

What do you choose?