

Work Life Balance



Work Life Balance

Who am I?

- MSU is here
- Teacher (light coffee etc)
- Teacher (dark (B) and (P))
- MSU, staff (S, Nov)
- Teacher (S, Nov) (one day)

Work and Play



Thinking the Day

What is the day like for you?
What is the day like for you?
What is the day like for you?
What is the day like for you?

Research

Time of Research

Research (Huffington Post, Microsoft, work-lifebalance.com)
Research: "Can We 'Work-Life Balance' for business?"



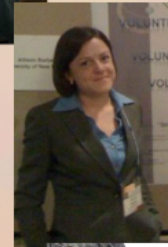
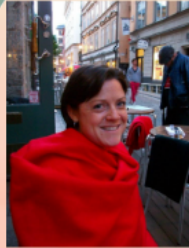
WLB at SNL

- Work-life balance
- Work-life balance and work-life balance practice
- Work-life balance and work-life balance practice
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Who am I?

- ABQ is Home
- Runner, Cyclist, Crafter, etc.
- Nuclear Engineer (BS and MS)
- SNL Staff (5 Years)
- Dreamer (Lab Director one day)

Work and Play



Finding the Time

- Build in Downtime
- Drop activities that deplete your time or energy
- Rethink your Errands
- Get Moving
- Relax



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ReSearch

Tons of Research!

LinkedIn, Huffington Post, Wikipedia, work-lifebalance.com
Forbes, "Lean In," "Work-Life Balance for Dummies"

Work-Life Balance for Dummies

For dummies, work-life balance is an increasingly popular topic, many of us are still unsure about how to achieve it, so let the confidence to support employees in regaining their working lives.

What's the key to:

- Work-life balance?
- How do you know if you're doing it right?
- What are the benefits of work-life balance?
- How can you help your employees?
- What's the bottom line?

Work-life Balance Action Plan

How would you like to feel?
What is most important to you?
Why do you have to leave to leave the balance you want?
What do you feel better when you are?
What are you looking for?
When is your goal?
What might you do in your life?
What are your goals?
Who will support you?
What is missing you?

The Six Components to WLB

1. Self-Management
2. Time Management
3. Stress Management
4. Change Management
5. Technology Management
6. Learning Management

Work-Life Balance for Dummies

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.

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 a relocation

Work-life Balance Action Plan

How would you like it to be?

What is most important to you?

Why do you have to choose to have the balance you want?

When did you last notice where you are?

What are you learning?

Where is your space?

What might get in your way?

What are your limits?

Who will support you?

What is stopping you?

The Six Components to WLB

1. Self-Management
2. Time Management
3. Stress Management
4. Change Management
5. Technology Management
6. Leisure Management

WLB at SNL

- Flexible work arrangements
 - 9/80, Flexible work hours, telecommuting, part-time work
- Time away from work
 - Vacation (3 weeks), 11 Holidays including Winter Shutdown, Sick Leave, Personal Absence, Job-Protected Unpaid Leave, Extended Leave of Absence.
- On-Site Resources
 - Health Clinics, Fitness Centers, Cafeterias
- Wellness Programs
- Lots More

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