

Work Life Balance



Work Life Balance



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

Work-life balance tips is an extremely popular topic. Many of us are still unsure about how to achieve it, or how to influence it. Appropriate employees in legitimate books, writing them.

Author: No. 10

- Set out your priorities
- Make time for your family and friends
- Make sure less stressful work-life balance
- Last year less time on change jobs are employees that evaluate

Work-life Balance Action Plan

How would you like it to feel?
What is most important to you?
Why do you have to choose to live the balance you want?
What do you feel better when you don't?
What do you feel worse?
What is your support?
What might get in your way?
What are your fears?
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. Financial 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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