Balancing the Work / Life Equation:
Loving Who You Are and Who You Are With
Presented by Eric Kaufman
February 1, 2017

What You Will Learn
• Merits of a marginal life
• Alternatives to dividing the pie
• Strategies for prioritizing our lives

Caveat: There’s no magic formula; find what works best for you and your family.

Balance?

What Is Your Priority This Week?
Knowing how important time on campus is to your professional success, what would have kept you from coming to campus this week?

• Write your answers on one side of a note card

Work + [X] = Life
Preparing for the Unexpected

“Learning to Dance Again” (2002) WESH 2 News Story

Juggling Life – Identifying Roles

What are your different roles in life?

What do others count on you to do?

Juggling Life

“Juggling comes down to an act of faith.” You have to “finish each task and then let go completely, because the next task is about to fall into your hands.”

– Michael Moschen, world famous juggler

Margin: Avoiding the Overload Syndrome

“Margin is the space between our load and our limits.”

– Richard A. Swenson, M.D.

Dialogue with Colleagues

• Engage in conversation
• Discuss priorities
• Develop relationships
• Establish mutual respect
Stephen Covey’s Johari Window

Time Management Matrix

<table>
<thead>
<tr>
<th>Important</th>
<th>Urgent (first priority)</th>
<th>Not Urgent (second priority)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important</td>
<td>These activities have a high impact. Make them a priority.</td>
<td></td>
</tr>
<tr>
<td>Not Important</td>
<td>These activities usually get done.</td>
<td></td>
</tr>
</tbody>
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Perspectives on Time

“The rest of my time will be more productive if you give me my workout time.”
– Barack Obama, POTUS

“I have so much to do today that I need to spend the first three hours with the Lord.”
– Martin Luther, theologian

Make Rest a Routine...

**Why Chick-fil-A Closes On Sunday**

“Chick-fil-a’s founder, Truett Cathy, made the decision to close on Sundays in 1946 when he opened his first restaurant in Hapeville, Georgia. He has often shared that his decision was as much practical as spiritual.

He believes that all franchised Chick-fil-A Operators and Restaurant employees should have an opportunity to rest, spend time with family and friends, and worship if they choose to do so.

That’s why all Chick-fil-A Restaurants are closed on Sundays. It’s part of their recipe for success.”

Integrating Work and Family
Avoid Living a Double Life

Involve Family When You Can

Prioritizing Love

"Many Faces of Love" (2007) WCJB News Story

Don’t Just Find Time, Make Time
Making Time for Life’s Moments

Be Clear About the Value of Your Time

Recap
• Merits of a marginal life
• Alternatives to dividing the pie
• Strategies for prioritizing our lives

Let me know how I can help
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