Balancing the Work / Life Equation: Enjoying the Merits of a Marginal Life
Presented by Eric Kaufman
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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?

Work + [X] = Life

Are You an Integrator or Segmentor?

“As technology consumes our lives, nudging us to respond to Slack messages at midnight and email pings on weekends, the concept of ‘work-life balance’ increasingly feels like a myth, created to tease fresh college grads, torture parents, and plague us all with perpetual productivity anxiety.” (Fessler, 2018)
What Is Your Priority This Week?

Knowing how important class participation is to your success, what would have kept you from coming to campus this week?

- Write your answers on one side of a note card

When Work Takes Over Your Life

“The thing about machines and the same thing about software is that the goal is to minimize downtime…. Downtime for the human operating system is not a bug, it’s a feature.”

- Arianna Huffington

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

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.”

Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing.
- Thomas A. Edison

Double Quote
doublequotes.net
Integrating Work and Family

“Findings from a survey of 790 employees reveal evidence for both depletion and enrichment as well as gender differences. Specifically, depletion existed only for women and only in the work-to-family direction. Men experienced enrichment from work to family, while women experienced enrichment from family to work. Overall, more linkages were found between work and family for women than for men.” (Rothbard, 2001, p. 655)

Enriching or Depleting?
The Dynamics of Engagement in Work and Family Roles

Involve Family When You Can

Guard Against Risk of Burning Out

Research from the American Psychological Association and the National Opinion Research Center at the University of Chicago revealed:

- 48% of Americans experienced increased stress over the past five years
- 31% of employed adults have difficulty managing their work and family responsibilities
- 53% say work leaves them “overtired and overwhelmed.”

A Society for Human Resource Management (SHRM) poll found that “burnout from my current job” was one of the top reasons that people quit.

Intensity vs. Consistency

Symptoms & Consequences of Burning Out

Health problems.
Cognitive difficulties.
Difficulty with work and personal relationships.
Taking your work home with you.
Fatigue.
Negativity.
Decreased satisfaction.
Losing your motivation.
Performance issues.
Poor self-care.

(Bradberry, 2016)
Prioritizing Love

Love is the energizing elixir of the Universe, the cause and effect of all Harmony.

Don’t Just Find Time, Make Time

Making Time for Life’s Moments

Be Clear About the Value of Your Time
One Thing More Valuable Than Time

1. Ask, “Do they make me a better version of myself?”
2. Enjoy the ride with people you enjoy.
3. The value of comfort is priceless.
4. Prioritize people who look out for the people who are important to you.
5. Keep close the people who want to see you win.

John Hall
Co-founder and President of Calendar

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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