



**Virginia Tech**  
1872

**Balancing the Work / Life Equation:  
Loving Who You Are and Who You Are With**

Presented by Eric Kaufman  
February 1, 2017

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**What You Will Learn**

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



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



ERIC KAUFMAN  
VIRGINIA TECH FRESHMAN

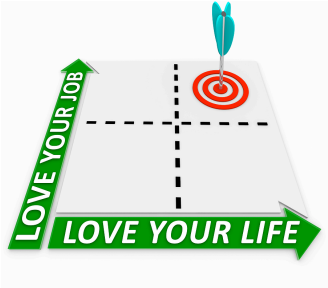
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**Balance?**




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**Work + [X] = Life**



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**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

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## Preparing for the Unexpected





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"Learning to Dance Again" (2002) WESH 2 News Story





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## Juggling Life – Identifying Roles




What are your  
different roles in life?



What do others  
count on you to do?



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## 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


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## Margin: Avoiding the Overload Syndrome

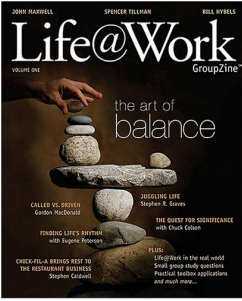
“Margin is the space between our load and our limits.”  
 - Richard A. Swenson, M.D.





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## Dialogue with Colleagues

- Engage in conversation
- Discuss priorities
- Develop relationships
- Establish mutual respect




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## Stephen Covey's Johari Window

**Time Management Matrix**

	<b>Urgent</b> <i>(time pressure)</i>	<b>Not Urgent</b> <i>(no time pressure)</i>
<b>Important</b> <i>(significant impact on your plan)</i>	<b>1.</b> These activities usually get done	<b>2.</b> These activities are high impact. Make them a priority.
<b>Not Important</b> <i>(no significant impact on your plan)</i>		

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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

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## Make Rest a Routine...

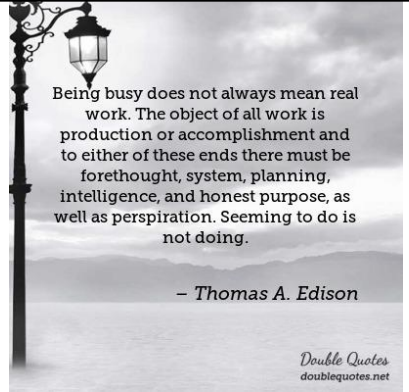
*Why Chick-fil-A Closes On Sunday*

“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.”

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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 Quotes*  
doublequotes.net

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## Integrating Work and Family



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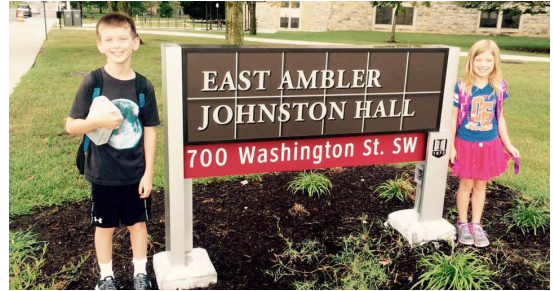
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### Avoid Living a Double Life



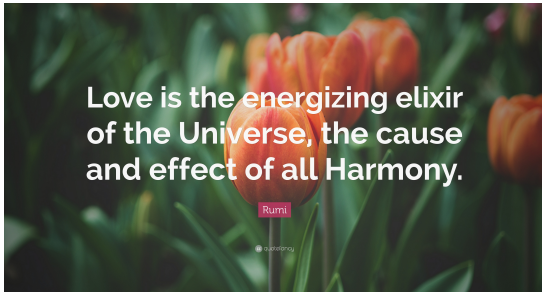
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### Involve Family When You Can



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### Prioritizing Love



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



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### Prioritizing Love



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### Don't Just Find Time, Make Time



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### Making Time for Life's Moments



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### Be Clear About the Value of Your Time



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### Recap

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- Alternatives to dividing the pie
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### Let me know how I can help

EKK@VT.Edu



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