



THE LAW SOCIETY
OF NEW SOUTH WALES

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Getting the Right Work-Life Balance

Work-Life Balance For You

Most everyone desires some level of balance between work and their personal life. We want to be able to enjoy family, friends, and hobbies, while also contributing to the company and delivering great work. With that said, different people have different work-life balance needs. Some people have numerous family commitments, are actively involved in a personal hobby, or just have a certain number of hours they're willing to work. Other people may have a personal drive to accomplish and achieve a variety of goals, and thus are willing to sacrifice more personal time for work time. This course will teach you how to determine what level of balance is right for you. Once you know this, you can start to work with others to help create the best work situation possible. Keep in mind that as your situation changes, your work-life balance will change too. By completing this course, you will know what great work balance looks like for you.

Personal Expectations and Your Workload

Our work can be very rewarding and fulfilling. There is a certain level of satisfaction gained when we solve a difficult problem, help a customer, or finish a particular task or project. Of course our work helps us pay our bills and maintain our livelihood too—all of which is a good thing. With that said, most of us also want to maintain a life outside of work; one in which we spend time with family and friends, have the opportunity to pursue our hobbies and interests, and have the chance to relax and not think about work. We desire a balance between work and our personal life. This course will help you compare your expectations against what is truly realistic for your job. Once we do this, we can identify how to create the right balance, thus ensuring both our work and personal commitments can be met. By completing this course, you will be able to check your personal expectations regarding your workload and job requirements.

Discuss Your Work-Life Balance Needs

Balance between our job and personal life is important in any work situation. When our work provides the right level of balance we stay motivated and energized and are always ready to contribute and perform at a high level. When our work is too difficult and demanding, we can get worn down and can struggle to succeed. We may have a difficult time meeting our personal commitments and in addition, our performance may start to suffer. So we must find balance. As an individual employee you have the responsibility to ensure you have the right level of balance at work. You are the one who can best take care of and be attuned to what is happening in your work situation. You need to be an advocate for yourself. You can do this by taking action to create the best work situation possible, one that will enable you to contribute and perform at your best. By completing this course, you will be able to meet with your boss to discuss your work-life balance needs.