Juggling Parenthood and Work

• Ahhhh… how to get the balance right without going insane!

• Presented by: Beth Wiley
  (Full-time parent and worker who tries desperately to keep the balance)
Mary Poppins Tried To Show Us The Way!

• The Poppins Plot….it’s a good one!
• Where is our Mary Poppins?
• The problem is we don’t have a Mary Poppins in our lives… we are our families’ Mary Poppins.
• What are real expectations for us? We don’t have magic!
What is Work-Life Balance?

• The ability to effectively manage the juggling act between paid work and the other activities that are important to us:
  - Family/Friends
  - Recreation
  - Spirituality
  - Health and Wellness

Source: Work/Life Balance Project New Zealand
How Do We Find the Balance?

• First we need to figure out what is important to us.
• What has meaning in your life?
• Think….then write down the Top 3 things that are most important to you.

*Knowing what you value is the first step to achieving a balance that can give you a happy, fulfilled, productive life!*
Clarifying Values

- Values guide our actions and are usually the result of our life experiences.
- Values we hold but are not aware of can often contribute to our feelings of stress.
- Conflict: “It’s important to be at work early and equally important is to leave the kitchen clean.” Something has to give.
- Prioritizing our values is one way we can ease the strain.
Goal Setting

• Take a look at everything you are doing, the number of hours you are working, the other responsibilities you have taken on, the demands of the house and family.
• Where do you see yourself in 1 year? 5 years? 20?
• Your goal with your partner? Family goals?
• Our values underlie our goals and give us the “push” to move toward achieving those goals.
• Think about a goal and write it down on the goal sheet.
• You want to have a goal to look forward to. It is easier to make better short term decisions that will lead you on the correct path to your future goals.

“It is not the strongest of the species that survives, nor the most intelligent, but the most responsive to change.”

- Charles Darwin
Prioritizing Life to Achieve Balance

• Now that I have an idea of my goals then how do I prioritize my time to make these long term goals from happening.
• Before you try to come up with solutions, it is essential that you spend some time reflecting on all that you are doing. Making time to reflect can be challenging in and of itself but necessary if you need a better-centered life.
• Take a moment and fill out “How do I use my time now” and “How do I want to spend my time”.
• Think about your goals when prioritizing.

“Decide what your priorities are and how much time you will spend on them. If you don’t, someone else will!” Harvey MacKay
Managing Time

- Attitude is everything!
- Realistic expectations of yourself and others.....What Can I do?
- Saying “No” can be quite liberating (and necessary).
- You are the one to decide how much time and energy you are willing to invest in each activity, responsibility or person.
- Beth snapshot…sound familiar?
Take Control

• It starts with you…plain and simple.
• Take baby steps
• Understand what you can…and cannot control.

Ideas to get you started:

1. Plan, plan, plan. Make a list
2. Share the load.
3. Delegate
4. Combine Tasks
5. Set limits
6. Seek support from others
7. Communicate your needs to others
8. Nurture Relationships (Seek positive, avoid negative)
9. Your role as a parent. You are your child’s best role model.
Create Routines & Organize

• Organizing and clearing clutter helps you work smarter

• Clutter simply represents an unmade decision.

• Creating Systems helps you feel more organized and in control of your space.

• Stop Procrastinating…what are you waiting for?
Simplify

• You have to start somewhere.
• The less crap you have around, the less you have to maintain. The less you worry about which leads you closer to peace of mind. There is nothing better than that.

"Life is what happens to you while you're busy making other plans."

John Lennon
Don’t forget…quality time

• What is this thing we call life all about anyway?
  You need to identify the things that give you peace and/or pleasure and make sure they have a the time to do them. This is a necessity.

• Walking makes me happy… so I make sure and walk.
Finding the Balance

• Adopt positive attitudes and perceptions.
• Start small.
• Be consistent.
• You have to know you can do it… or it won’t happen
• It starts with you
• Balance isn’t something you automatically find, it is something you are always moving towards.
Pickle Jar Theory

What Gets Your Time,
Gets Your Life.