

# Joyce Weiss Training and Development LLC

Providing: Bold Solutions to Boost the Bottom Line ®

## 6 Tips for a Better Work-Life Balance - Part 1

The demands on your time seem to never ease up. We're all struggling to make time for ourselves, maintain friendships, and keep the spark in our love lives.

How can you determine what you need to be happier and more productive?

**Start with these 6 tips to achieve better balance in your life:**

### **Tip One: Search out a flexible employer.**

Job flexibility is the number one desired corporate benefit. If your company gives new meaning to the word rigid, you may need to look elsewhere - flexible employers do exist!

Pay attention to articles profiling companies that are particularly family-friendly or rated as the best place to work. These companies are a great place to start your job search.

### **Tip Two: Ask and you shall receive (maybe).**

If you want a more flexible work arrangement, whether it's flex time, job sharing, or a shorter workweek, try asking for it - but make sure you've done your homework.

For example, if you're a really productive person, highlight this strength to your manager. Show her you're worthy of this special consideration. Be prepared to give your boss the details of the new arrangement so he knows you've thought it through.

### **Tip Three: Form a work-life balance committee.**

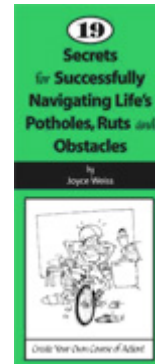
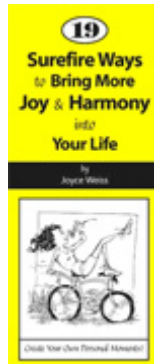
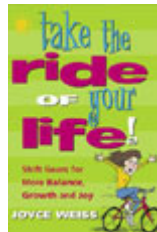
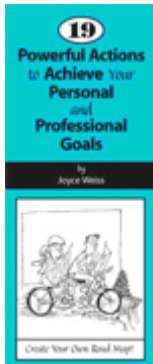
Form a group to survey coworkers to determine their needs. Gently inform your leaders that creating a flexible environment will be a benefit to the company because their employees will be happier, more creative, and loyal.

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**Joyce Weiss, author of *Full Speed Ahead* and *Take the Ride of Your Life!*, is a world renowned certified speaker professional, executive coach, and facilitator on employee performance and group dynamics. She's motivated more than 50,000 people in over 500 businesses, captivated countless listeners on radio talk shows, and written for hundreds of publications.**

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