

WORK-LIFE BALANCE

PRESENTER: I was reading the back of your book and it was saying how many things you do.

WOMAN: Yeah

PRESENTER: The fact that your friends were talking about how much you are, say, the horizon about the right work-life balance. because they say you have the right work-life balance.

JULIA: They said I don't think you have any. But actually the irony is I'm quite a lot busier than some people I know. I feel I actually have more or less the work-life balance I'd like. I'm a pretty high energy person and I decided to try and figure out how to get the best **suit about** of myself, really, in order to be a good enough parent, a good enough boss, a good enough colleague. I was a bit disappointed in the good childhood report that more or less said it is impossible to be a good parent if you're working, which I think it's obviously not true and..., and I guess I concluded that reasonably **straightforward** time management techniques make a huge difference, prioritising obviously makes a huge difference but also practising something I've termed "flexibilism" makes a difference, which is to accept that the only way you fit everything in is by taking out the idea that it has to be done in fixed-time **slots** and in a fixed way.

The book is called "The **See-Saw**" because I felt that as a working parent I was, either up getting credits because I'd been home for bedtime or up because I'd won a client, or down, down because I'd failed miserably and I realized that everyone around me, even people that don't have children felt the same on some level.: that we're all a bit obsessed by work-life balance. It's sort of the new calorie counting really, you know? Everybody's constantly calculating and I had started a new business and also had a new baby and really struggled and, in fact **overdid** it. So that one summer, a couple of years ago, I became very dangerously ill on holiday, really through exhaustion. I caught pneumonia and then it became severe. And so when I came back from that I realized I sort of wasn't gonna cope unless I reassessed things and I thought at one point, well maybe I can't have it all. There's a lot in our culture at the moment that **propels** you, particularly if you're a woman to do the best you can and then bashes you with guilt for having tried to do it. And I thought, well hang on a minute! Am I trying to do it all? Should I drop something? Should I be a school-gate mum? Or should I **outsource** all the child care. My husband does a lot of the child care. And I thought well no, what if I just thought about it differently? And actually got a life coach and rather conveniently I didn't have to meet with her, because she's in America. Phone coach, a phone coach. But, mm...a good coach is really pretty invaluable. And I started to think quite practically and I began to reassess the way I worked and, for instance, I began to **tear up** large portions of the diary. And I found my productivity went up by about 25%. I found that I was probably a better mum, a bit more there, you know. Instead of being in the house lying in a heap on the couch thinking I was... thinking I was sort of **ticking the box** but actually being too exhausted to do anything, I found I had just that bit more energy to focus. And so, you know I wrote the book about it, as I said before really.

Comentario [i1]: Arrangement

Comentario [i2]: Proceeding in a straight course; direct.

Comentario [i3]: An assigned place in a sequence or schedule

Comentario [i4]: a plank balanced in the middle so that two people seated on the ends can ride up and down by pushing on the ground with their feet

Comentario [i5]: To overdo: To do too much; go to extremes

Comentario [i6]: To cause to move forward or onward. To push.

Comentario [i7]: to subcontract (work) to another company

Comentario [i8]: To pull apart or into pieces by force

Comentario [i9]: choosing