



Getting the work/life  
balance right!

– Maria Tomlinson

Self-Employed Carer Coach

Founder of the Professional Carers Network





# Getting the work/life balance right!

We are aiming to achieve work to be a happy part of your day.  
One that fills you with joy and contentment.

Whilst it is important to not work every day and have time off.

It is also important you love what you do and never dread a day of work.

When you find the joy of work, it becomes more about creating a Good Life Business (Holly Tucker's term, Founder of Not On The High Street).





# *A Good Life Business*

A business where work and life are more intertwined and enjoyed.

The boundaries between work and life are a bit more blurred.

But to do this....






# Ground Rules!

...you need to consider making yourself a few ground rules.


The non-negotiables of what you will and won't do.

- This is mainly around when you will work and not work.
  - And the type of work you will do.
- 



*For example*

I will not work EVER:

- between 3-4pm each day so I can pick my children up from school
  - I will never work Christmas Day
  - I don't work on a Saturday (unless covering holidays for Cheryl)
  - I don't do night shifts
  - I don't work past 8pm
- 



# When You Break Your Ground Rules!

On occasions I have broke my ground rules to fit in with the customer.

Which in theory is the correct thing to do, the customer is always right and we try to be flexible and as accommodating as possible.

But actually by becoming too flexible you can end up not enjoying your work as you may end up sacrificing your values.

It is this balance between good customer service and your own life priorities that you need to find.





Playing Dominoes.....





But actually what was wrong in that instance was that I  
took on a job that **broke my ground rules and conflicted  
my values.**







# Getting the work/life balance right!

So it's a really good idea to have a think about your values and what they mean in actionably terms.

And make some ground rules that you would like to stick too.





*Task:*

What do you value in your life? What are your priorities?

What are your ground rules to help you establish a good life business?

