



5.1.2 How is your work-life balance?

A common thread in the accounts of the research participants in our study was creating the balance they wanted in their lives between work and the rest of life, as these excerpts attest.

I would quite often like to apply more advanced ... techniques when analysing the data, for example, but it's always the question, do you have enough time, and if you want to do it that way, it... will take another month or two months of time. [Paul]

I had a conference in the UK that I went [to] and then I had a conference in France, and there have been things related to the course that I was taking ... and home obviously, managing things at home. So I feel that I didn't have enough time to work on the project. I was distracted by other things, which are related but not necessarily contributing to the [goals of] the research. So, it's the ... long[-term] issue of time management and family and work/family. [CM]

I'm sure I mentioned time in terms of like—not in terms of the job requirement, but just because I don't have enough time in my life—time, you know, with my family and with all the work I need to do—time, of course, is an issue. [Barbara]

Paul struggled with how much time to invest in interesting but time-consuming further analysis, CM and Barbara with managing work and family responsibilities. Of course, each of us has a different view of where the tension is and what the balance might be. This exercise may help you to think about the balance you have and the balance you are seeking.

- In the past week, how have you distributed your time (168 hours in a week) among whichever of the following activities is relevant for you? *To find out, fill in times spent on activities in the second column.*

Activity	Number of hours	More or Less?
Self, e.g. sleeping, eating, commuting		
Work		
Family		
Health		
Friendship		
Leadership		



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Community		
Home		
Finances		
Romance		
Spirituality		
Leisure pursuits		
Other _____		
Other _____		
Total		_____/168

- If this is a typical week, do you want this pattern to predominate your life? What would you like to spend ‘more’ or ‘less’ time on? *If you want to re-think the time you invest in these activities, complete column three.*

In light of this activity, make some concrete plans for moving forward by considering these questions.

- How are you going to achieve your desired pattern and by when?
- What resources/ support do you need to help you achieve this?



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