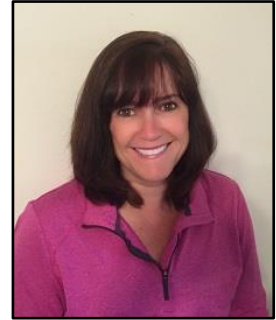


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From The Desk of Cindy Carlson



Juggling Work and Life

With all of us juggling heavier workloads, longer hours at work, social commitments, time with the spouse and children, grocery shopping and errands, there is little time left for a solid work/life balance.

Experts believe that a good beginning to a better balance in your life is to learn how to say “no”. Consider what you can and cannot live without and cut the non-essentials from your schedule. Say yes only to the things you love and/or have no choice in. Also, if you volunteer a lot, consider cutting back.

Make time for your spouse or significant other, your children, friends and yourself. Get organized. Keep just one calendar for business and personal to avoid over-committing yourself. Be sure to schedule yourself to a round of golf, a manicure and vacation time or whatever else you might enjoy.



Lastly, ask for help when you need it. You don't have to be a “hero”. Divide household tasks, hire a house cleaner or landscaping service occasionally, and call upon friends and family to pitch in when needed.



Make just one change today and improve your work/life balance immediately. You will feel better and enjoy everything more and potentially improve your performance at your job.

Please contact me with your experiences on this topic or if I can be of assistance; cindy@reitmanpersonnel.com or (203) 643-6895.

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