



Work-Life Balance for Engineers:

2 x 5 Practices for Managing Your Life, Your Time, and Yourself

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Pretest:

What does work-life balance mean for you?

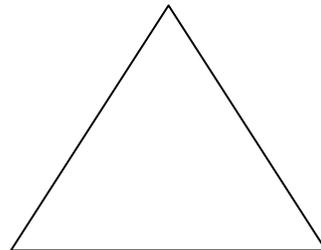
My biggest challenge to work-life balance is:

Why balance is difficult for minority faculty.

Balance

Define it so it is achievable.

Design a life management system that brings balance, motivation and energy.



Teaching

Create great course designs (Fink, 2003; O'Brien, 2008).

Pace yourself.

Pace your assignments (see Walvoord, also Berk).

Connect to your students with limits (Bain, 2004; Walvoord, 2007).

Use the semester breaks well.

Class prep in less than an hour.

Writing

Develop a long term vision for a body of work.

Break it into small steps (Boice, 2000; Gray, 2005).

Service

Decide on your “Yeses” and “No’s” based on your life management system.

Connect to mutually supportive colleagues.

Home life

Get a life management system for home (and with your partner if you have one).

Think: human sustainability.

Bonus: Pulling it all together

Use tracking sheets to keep track of all your projects and goals.

Tracking Systems					
Project/Time	Mar 26	April 2	April 9	April 16	April 23
Project 1					
Project 2					
Project 3					
Project 4					

Use VAST to create great days.

V

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Trade 10 for 5.

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Contact info (please print legibly):

Name _____

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Workshop follow-up to MFDW – Georgia Tech

I am interested in:

___ Receiving Susan's *Professor Destressor* quarterly eNewsletter.

___ Attending Susan's online seminar on Creating Powerful Dreams.

___ I have been thinking of working with a coach to work on increasing my own productivity and effectiveness. I would like to take Susan up on her offer of a ½ hour complementary coaching session. My biggest challenge is

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