

Is work life balance possible during pre-tenure years?

Faculty Forum

Dr. Ania C. Ulrich

Environmental/Geoenvironmental

3-091 NREF

aulrich@ualberta.ca

**Yes, but you have to
actively seek it!**

What does work/life balance mean to you?

- Health
- Family
- Enjoying downtime away from work
- Enjoying work
- Succeeding in tenure

My Challenges in getting there

(1) Flexibility of the job

- Create structure to manage my time
 - 8am to 4pm Monday to Friday
 - Leave work at work
 - Email is still a problem
- Learn to be more efficient at work
 - Figuring out my strengths & weaknesses

The downtime allows my brain to filter ideas in the background and has really improved my creativity.

(2) Managing anxiety/insecurity

- This job is 99% a mental game, if you can manage this you have succeeded
- Find like-minded colleagues, friends and family to talk to - this helps with perspective
- Physical activity
- Meditate
- Get enough sleep!

(3) Learning to check my ego at the door

- I *try* not to compare myself to anybody else
 - There will always be someone better and worse than you
- It feels good to be asked to sit on committees, take on a project etc - take a moment and evaluate if it really is the best thing for you
- If I take on a project I manage expectations from day 1
- Success is important but at what cost? Is it worth it?



30 second Speech by Bryan Dyson – Former CEO of Coca Cola

Imagine life as a game in which you are juggling some five balls in the air. They are **Work, Family, Health, Friends and Spirit** and you're keeping all of these in the air.

You will soon understand that **work** is a rubber ball. If you drop it, it will bounce back. But the other four Balls - **Family, Health, Friends and Spirit** - are made of glass. If you drop one of these; they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for it."

Work efficiently during office hours and leave on time. Give the required time to your family, friends & have proper rest

Value has a value only if its value is valued