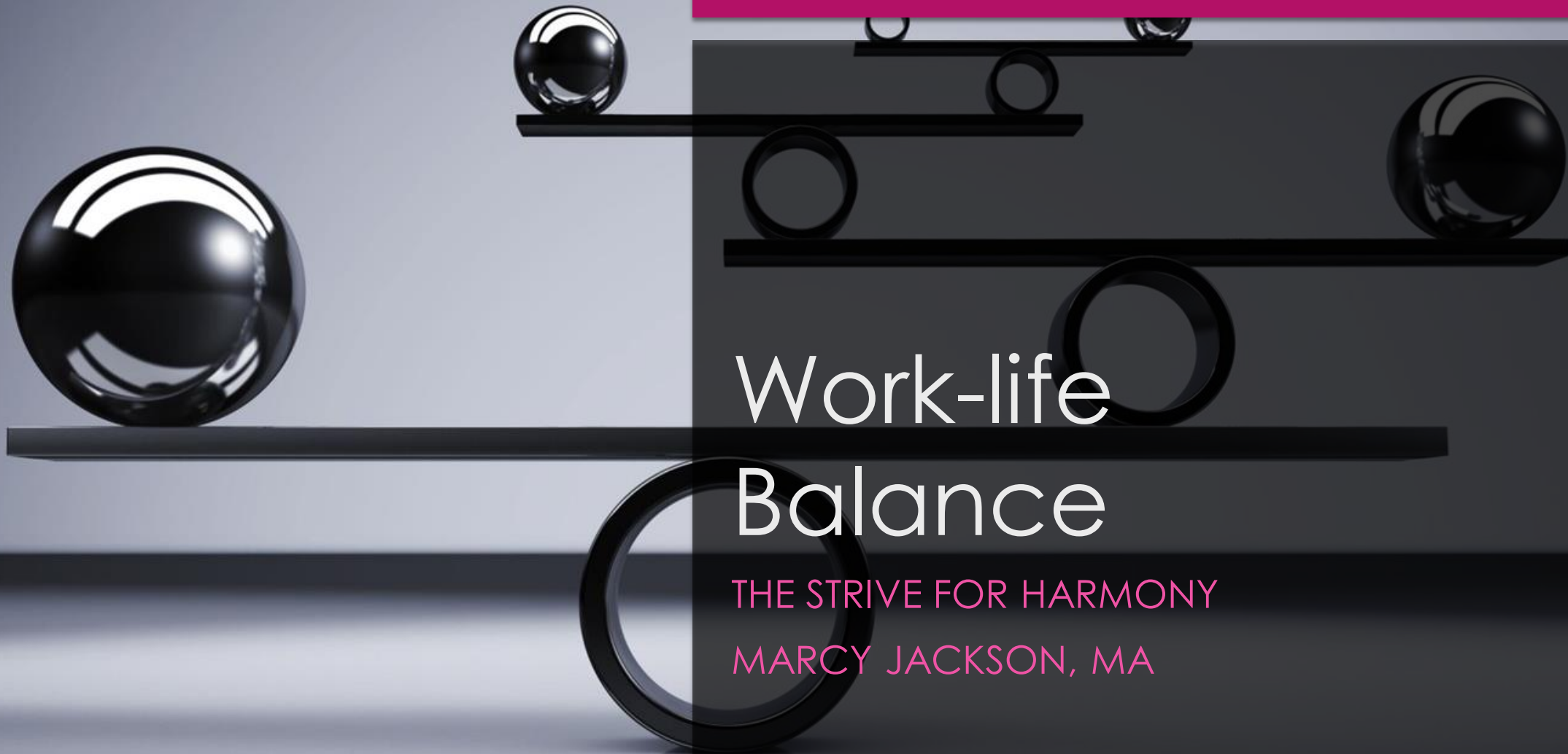


Montgomery College
Professional Development Day
January 20, 2022



Work-life Balance

THE STRIVE FOR HARMONY

MARCY JACKSON, MA





Participation Guidance

Let's agree to

- Monitor mute
- Speak discretely
- Hold Q&A
- Be Recorded
- Play BINGO

BINGO card
Browser or print

WorkLife Balance

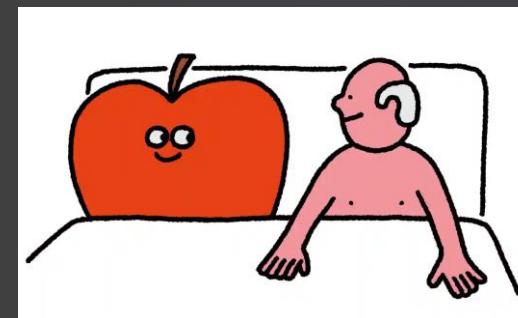
Principle for Success	healthy pandemic experience	strategy for work-life balance	used the chat with text or emoticon
resource	strategy for work-life balance	healthy pandemic experience	Define work-life balance
learned something new	resource	Define work-life balance	see someone smile or laugh
principle for success	resource	Principle for success	strategy for work-life balance

myfreebingocards.com

Virtual Link:

<https://mfbc.us/m/pah993y>

BINGO prize



100 Ways to Slightly Improve your Life without trying



Description

As we return to face-to-face campus operations and begin to craft our new normal, we will use this opportunity to ensure that work-life balance is taken into consideration as we **adapt toward** a pandemic/post-pandemic world.

In this session, we will explore the **concept of work-life balance**, reflect on our experiences with **boundaries** and **flexibilities**, and discuss **strategies** that will allow us to restore, evolve, and transform Montgomery College with a focus on **mental health**, **productivity**, and **sustainability**.



By the end of this workshop, you will:

1

Construct a definition of work-life balance for steady levels of work and personal success.

2

Identify healthy pandemic experiences to establish boundaries in support of work-life balance.

3

Select one or two strategies to support a healthy and productive work-life balance.



Work-life Balance

“Work–life balance is the individual perception that work and nonwork activities are compatible and promote growth in accordance with an individual’s current life priorities”

Kalliath T., Brough P. Work-life balance: A review of the meaning of the balance construct. J. Manag. Organ. 2008

Work–life balance fosters not only job satisfaction, job performance, and organizational commitment but also life and family satisfaction

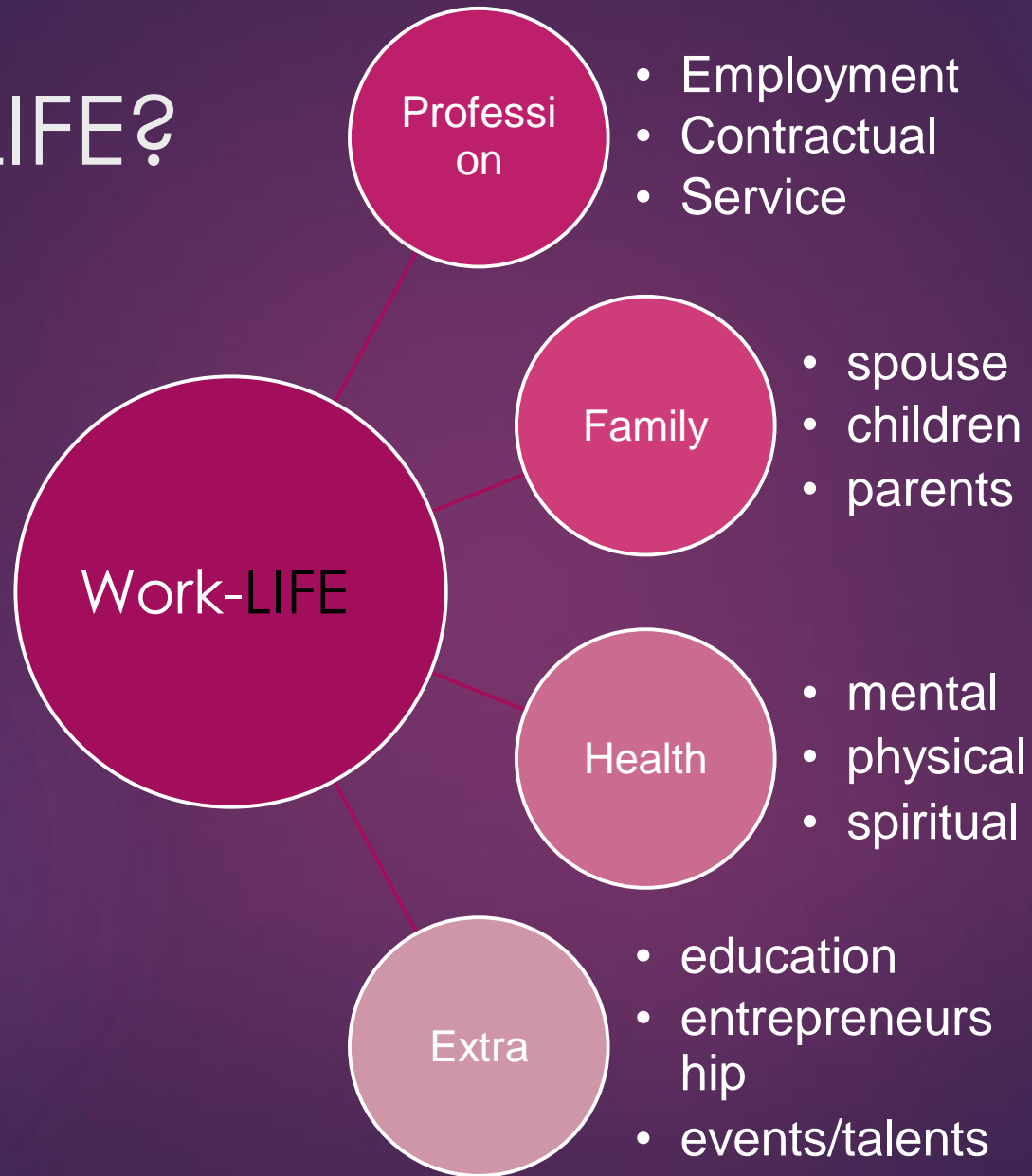
The work–life balance also reduces stress-related outcomes such as psychological distress, emotional exhaustion, anxiety, and depression

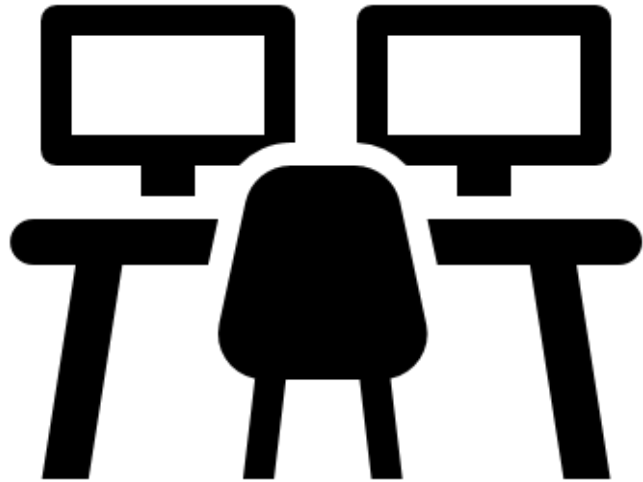
Sirgy M.J., Lee D.-J. Work-life balance: An integrative review. Appl. Res. Qual. Life. 2018

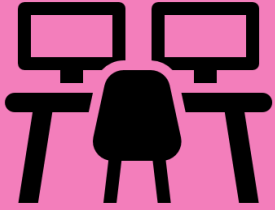


Work-LIFE

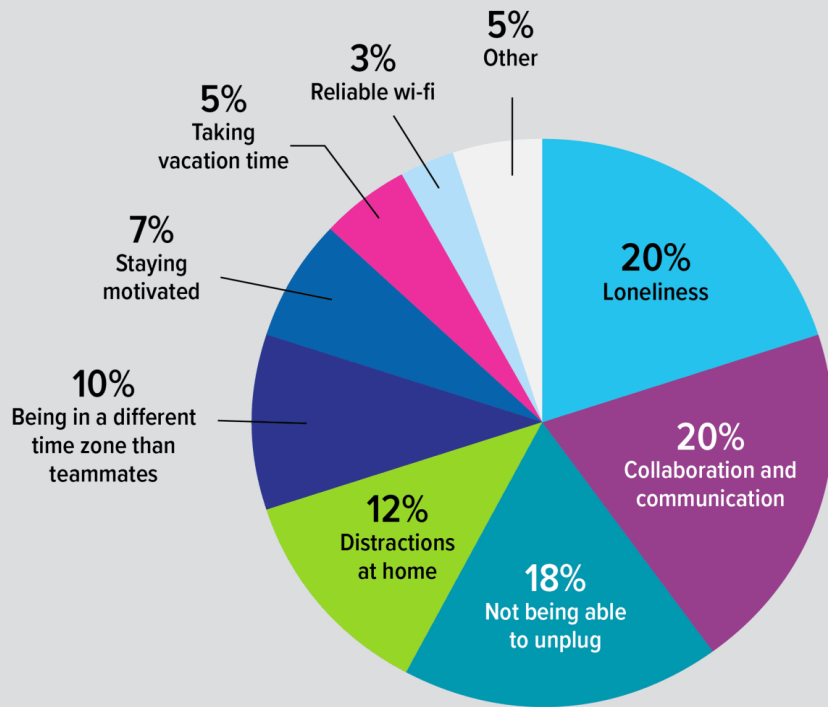
What is the LIFE?



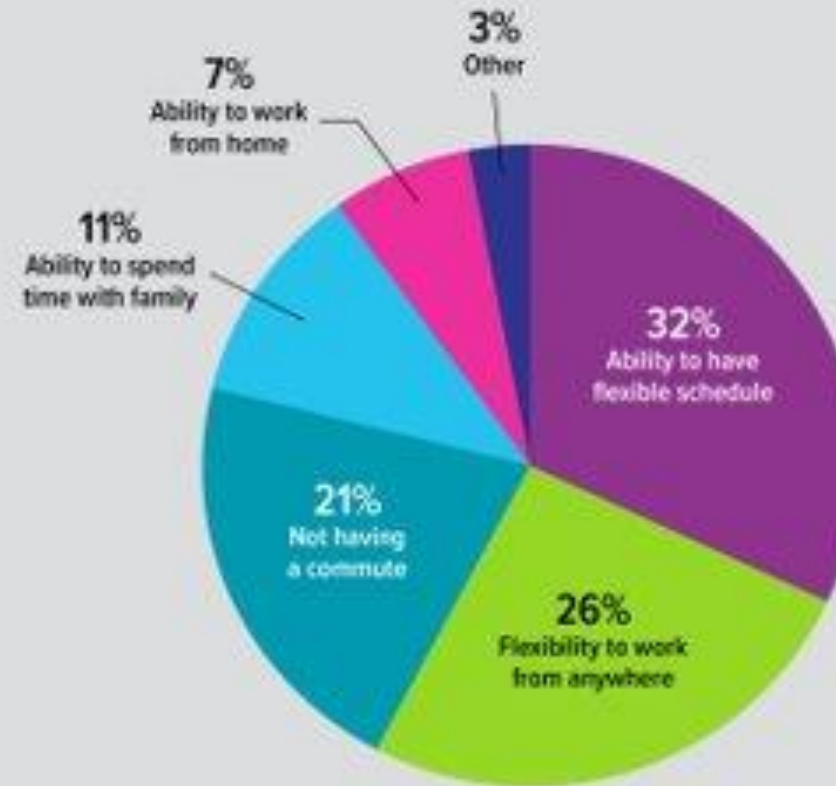




WHAT'S YOUR BIGGEST STRUGGLE TO WORKING REMOTELY?



WHAT'S THE BIGGEST BENEFIT YOU SEE TO WORKING REMOTELY?



Source: Source: Buffer, State of Remote Work Report 2020.



Our colleagues

"Collaborating
with
Colleagues"



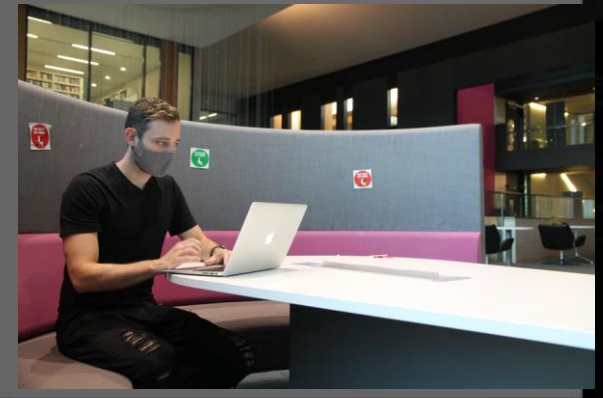
Pre- Pandemic Onsite Work

"Celebrating
accomplishments
alone versus
with
colleagues"



Pandemic Remote Work

"Working
alone"



Post Quarantine Onsite Work



BEFORE THE PANDEMIC...





DURING THE PANDEMIC...



Ongoing Pandemic...

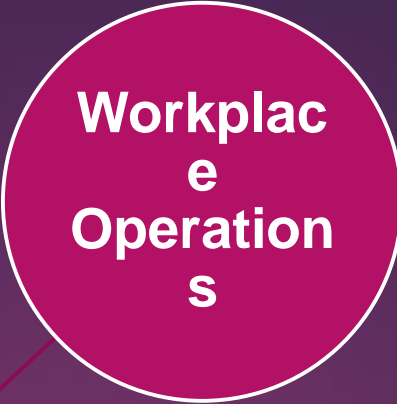


Onsite Work at MC



Onsite Work at Home

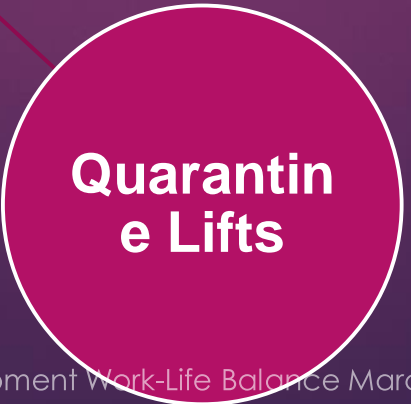




- Return to worksite
- Reconnect

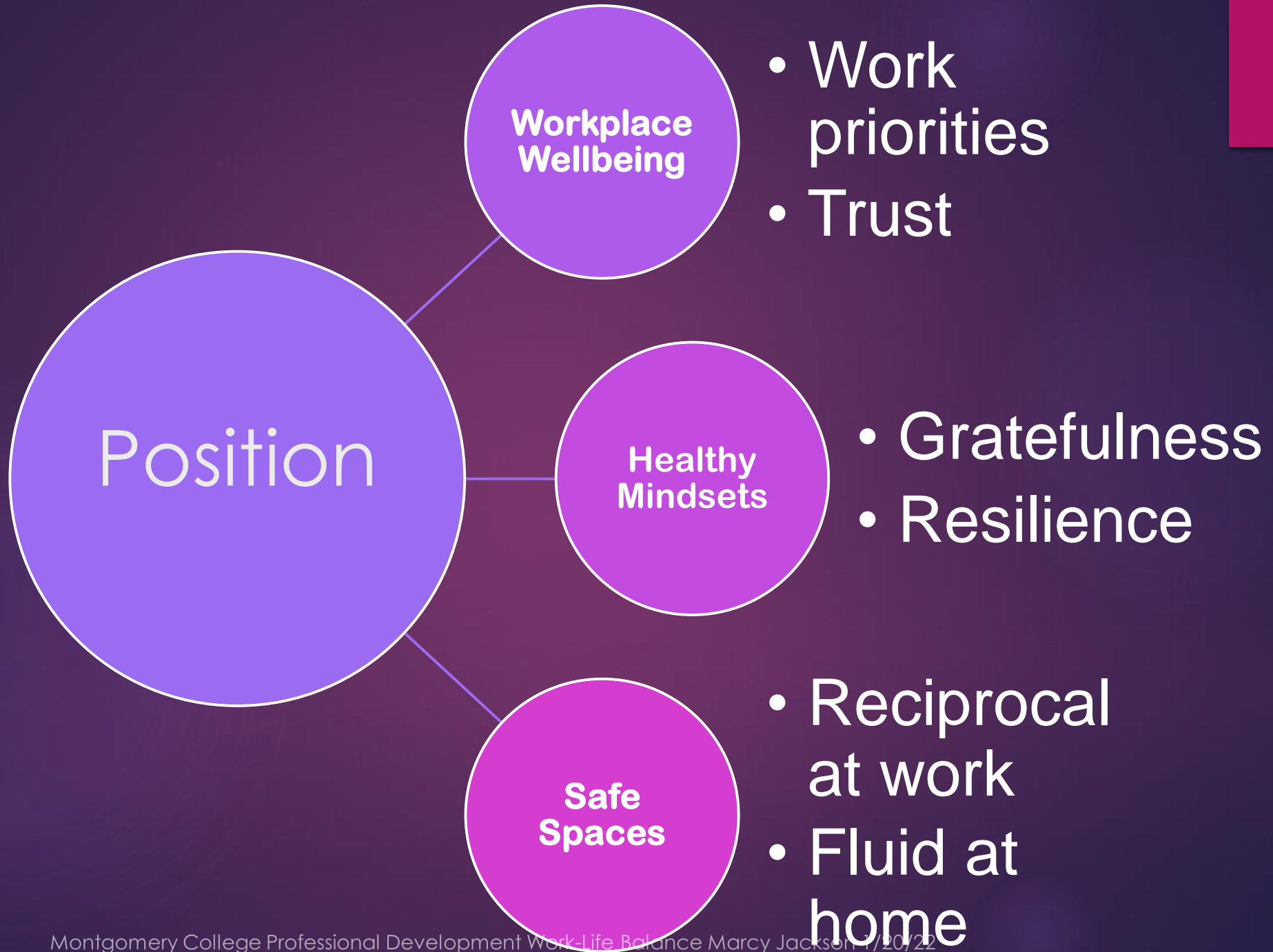


- COVID-19 Sickness and/or death of loved one(s)
- Stress from systems and/or isolation



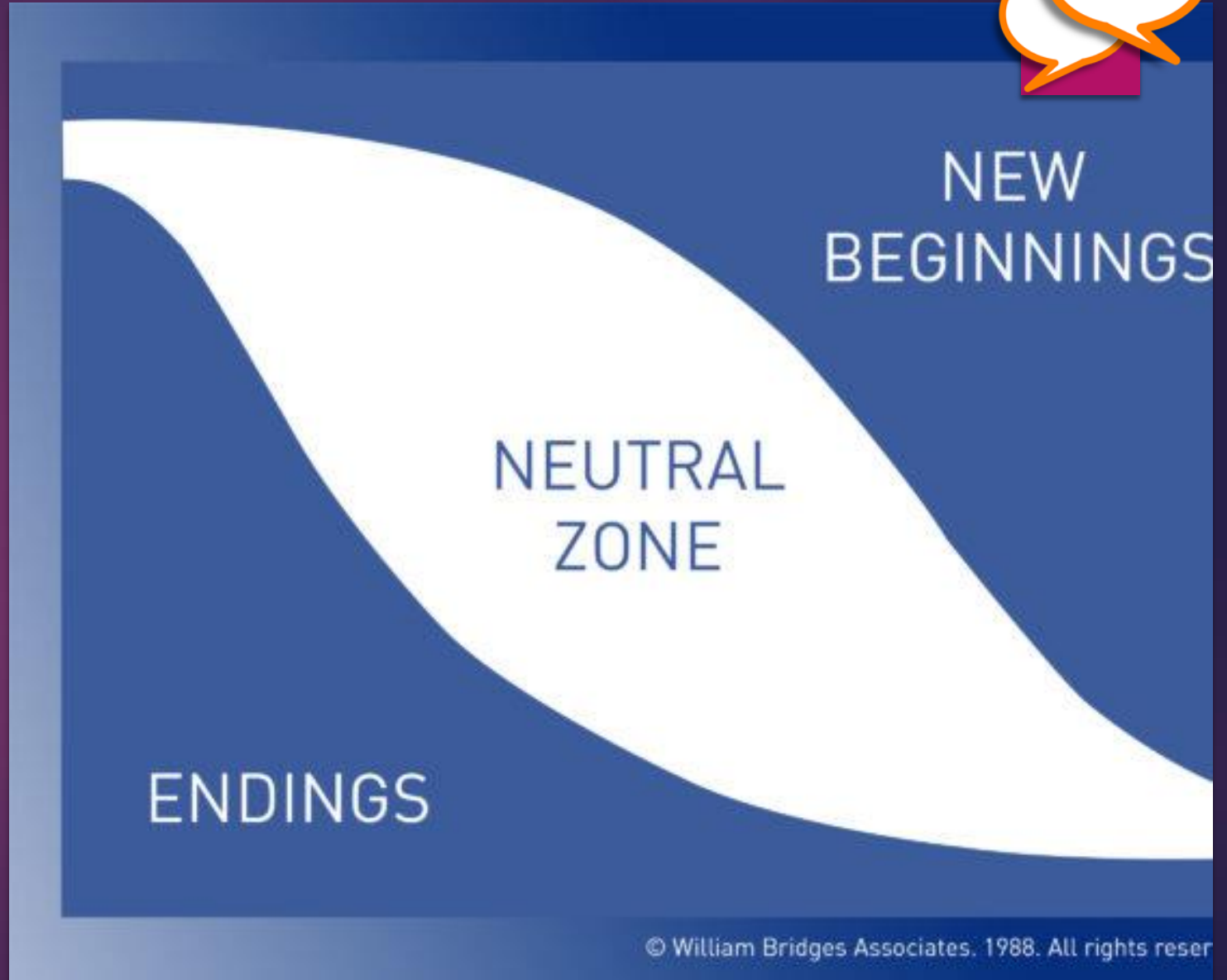
- Masks
- Social Distance
- Vaccinations/Exemptions





Transition

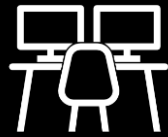
- ▶ *What is it time to let go of in my life?*
- ▶ *What is backstage waiting in the wings of my life waiting to make its entrance?*



Ongoing Pandemic...

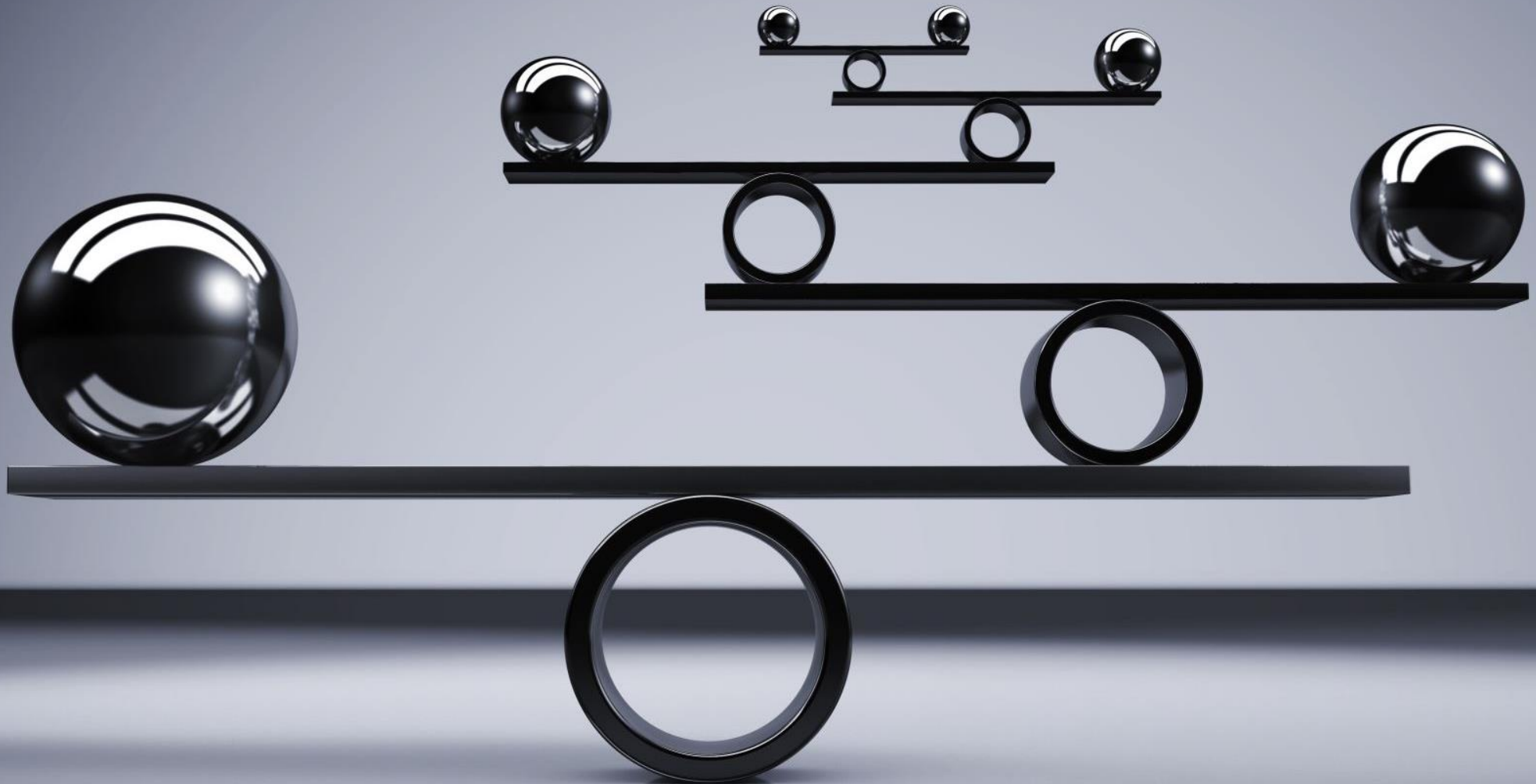


Onsite Work at MC



Onsite Work at Home





Burnout involves feelings of emotional exhaustion, depersonalization, and diminished personal accomplishment at work.




The **ABC**'s of Work-Life Harmony

"The extent to which the **alignment** of values, expectations and exertion are ordered and yield **balance** and healthy measures of **contentment** for self, relationships and purpose"

-Marcy Jackson





How can we order our lives to yield healthy, balanced measures of contentment?





Principles for Sustainable Success



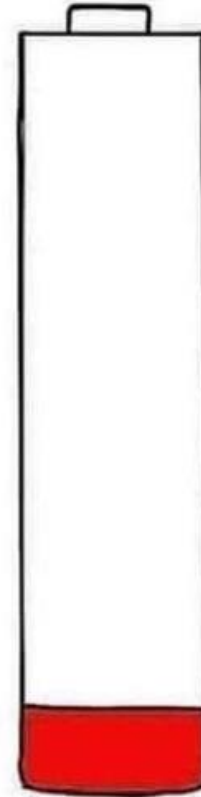
HAVE A HARMONIOUS PLAN



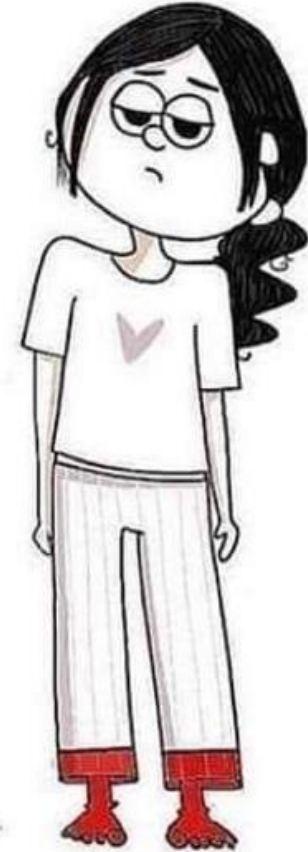
SUSTAINABILITY MEANS SELF-CARE



YOU WOULDN'T LET
THIS HAPPEN TO
YOUR PHONE.



DON'T LET THIS
HAPPEN TO
YOU EITHER.



SELF-CARE IS A PRIORITY.
NOT A LUXURY.





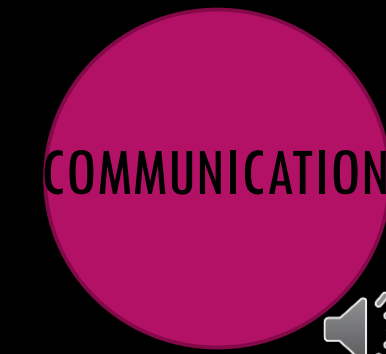
SET STRUCTURE AND STICK TO BOUNDARIES



Photo by Quentin Lagache

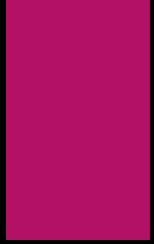


TREAT MENTAL HEALTH



ENRICH YOUR ENVIRONMENT





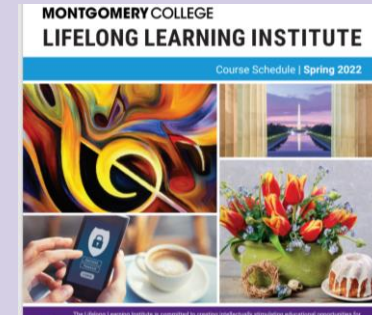
Embrace Home, Natural and Human Resources



Training



Register in Workday



LLI-032
How to Be Organized
and Efficient at Home
and Work



Register through WDCE



CELEBRATE SUCCESS



You have...



1



Constructed a definition of work-life balance for steady levels of work and personal success.

2



Identified healthy pandemic experiences to establish boundaries in support of work-life balance.

3



Selected one or two strategies to support a healthy and productive work-life balance.





Thank you Q & A

