

Download Off Balance Getting Beyond The Work Life Balance Myth To Personal And Professional Satisfaction

Work/life balance is at best an elusive ideal and at worst a complete myth, today's senior executives will tell you. But by making deliberate choices about which opportunities they'll pursue ...Life coaching is all the rage. Harvard Business Review reports that coaching is a \$1 billion a year industry, but just what is a personal coach, professional coach, or life coach and why are so ...Sooner or later depression forces you to make changes in your worklife. If adapting at your present job doesn't help, then it's probably time to look at other possibilities. However difficult, impractical or even impossible the alternatives might seem, it's worth considering what else you could do. This post looks at three strategies that could help you manage depression by changing your work ...Despite the popularity of work-life conflict as a topic of academic and practitioner debate, and the mounting prevalence of work-life balance practices (a.k.a. family-supportive or family-friendly policies) in organizations around the world (Kersley et al., 2005, US Bureau of Labor, 2007), research on the organizational effects of such practices is not well integrated. - Off Balance Getting Beyond The Work Life Balance Myth To Personal And Professional Satisfaction