



mums@work

*enjoy work, love family...*

## **Out with work life balance in with work life happiness!**

I think work life balance is a load of \*\*\*\*! What really matters is Work Life Happiness. For me, this is the pursuit of personal fulfilment in whatever fashion, flavour, shape and size it takes that inspires you. For many working parents, work life happiness is like an elusive and endless Olympic race that seems insurmountable. No finishing line exists; there's no glory or prize money, there's no medals or accolades. To make the 'race' even more challenging; there's no cheering fans, only leering spectators passing judgment and wondering when you'll pack it all in and go home and admit the race it's worth running! Fear not, work life happiness is possible. I think I've discovered that there might just be hundreds of ways to attain work life happiness; here's my theory.

Work life happiness for parents is about:

- Having quality child care; it's about knowing that your child is in safe and loving hands while you pursue your career, meet work commitments, grow and learn.
- Having an understanding and loving family ready to 'back' and support your right to enjoy work and be a loving parent.
- Having an employer willing to support and acknowledge your need flexibility is not to go shopping, sleep in (as if) or slack off.
- Knowing that there will always be an IMBALANCE and that's ok. Every day is a new day and at times the demands of work and parenting will collide and one will take preference over the other but tomorrow it may not be the same.
- Having a job, business or career that you love.
- Having quality time to raise your family without sacrificing yourself and your career.
- Being lucky and privileged to have the CHOICE to pursue your dreams whether it's to stay at home or work. It's about appreciating what you do have not what you don't have.
- It's about savouring small successes like the fact that you got to work on time; that last night your child stayed in their own bed all night; that dad agreed to take the kids to their swimming lesson on Monday morning 😊

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