

Work life balance

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Agenda

- Introduce myself
- Importance of work life balance
- How I practice work life balance
- Remediating challenges to your work life balance

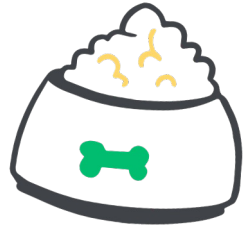


About me

- Interned at Expedia - Egencia
- Interned at SEL
 - C#
- Worked full time at Egencia from 2019 - 2022
 - Java
 - SDE 1, 2, 3
- Rover!
 - Python
 - SDE 2



What is work life balance?



Equally prioritizing the demands of your career and life, in a way that satisfies you

When you tryna get that work life balance





Why is work life balance important?

- Prevents burnout
- Focus on your health
- Achieve career goals
- Focus on family/friends/hobbies

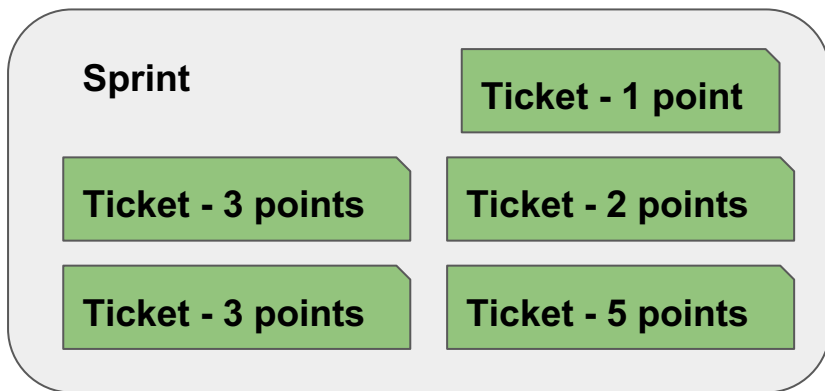
How to be successful



- Set goals
 - Some goals are set for you by your manager
- Set boundaries
 - Choose dedicated work hours
 - Take meaningful breaks
- Stick to your goals and boundaries
- Pick a company with admirable values



Setting Goals



1 point = 1 line change
2 points = couple hours
3 points = 1 day
5 points = a few days

Setting Goals

- Manager driven goals
 - 12-15 points / sprint
- Career goals
- Personal goals
 - **Give work your undivided attention for 8 hours**
 - Read all emails + respond
 - Complete tickets
 - Trainings/slack/pr reviews



Setting boundaries



- Decide working hours and communicate them
 - Block off calendar time that you need for personal time
- On call/PagerDuty
- Control notifications on your phone
- After hours work
- Working from home

Choosing a company

- Vacation policy
- Sick policy
- Scheduling appointments
- Company values



What if!

- Someone works nonstop
- Teammates working weird hours
- Working with different time zones
- Responsibilities are piling up



Questions???

