



Work-Life Integration



Managing personal
and
professional
priorities.

Tomeka Clarke
Career Specialist

Funny thing about "Work...Life"





A little about

Colleague

Boss

Volunteer

Chauffer

Aunt

Wife

Coach

Sister

Mom

Friend

Cousin

me

Nurse

Daughter

Neighbor

Mentor

Niece

Organizer

Stylist

Adviser

Chef

Therapist

...on any given day

Does It Matter?



Importance of work-life balance among workers in the United States

Source: Ergonomictrends <https://ergonomictrends.com/work-life-balance-statistics/>

Working parents place significant importance on work-life balance, even over salary.



Work-Flexibility, 84%

Salary, 75%

Health Insurance, 42%

Company Reputation, 39%

What Does Work-Life Mean to You?



WORK



CAREER ACTIVITIES



SCHOOL/PROFESSIONAL
DEVELOPMENT



LIFE



RELATIONSHIPS/WELL-BEING



COMMUNITY/CONNECTIONS

How do you define...?

Work-Life Flow Re-Defined





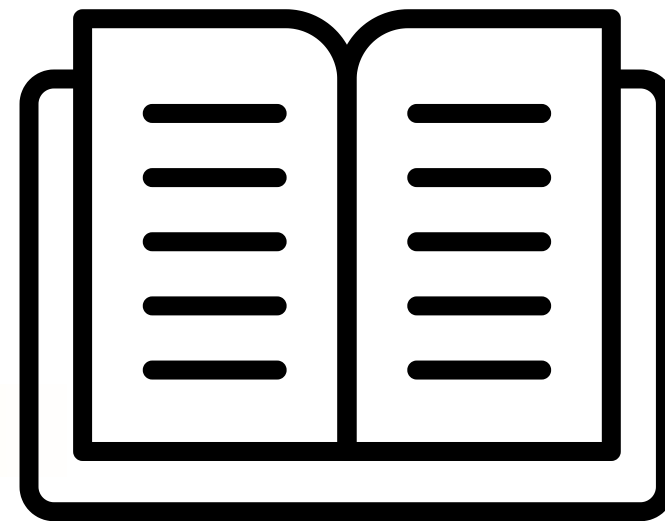
**Work-Life
Integration is
more like a
patchwork quilt,
it is unique to
the **designer.****

What motivates you?



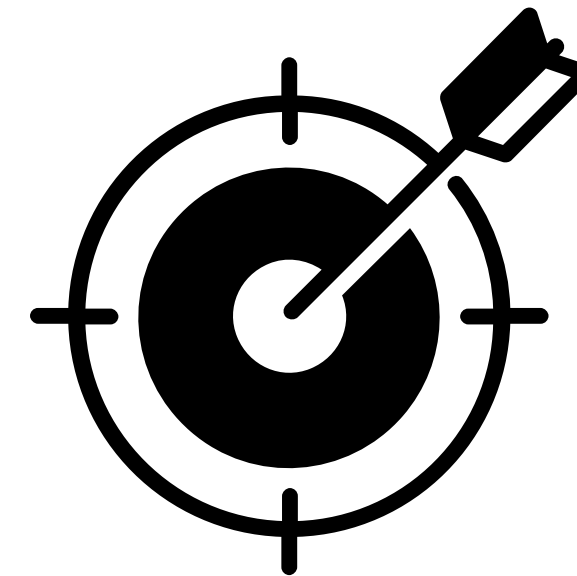
Autonomy

The desire for you to direct your own life.



Mastery

The pull to make progress and get better at something that matters.



Purpose

The yearning to do what you want to do in the service of something greater than yourself.

Source: DRIVE: The Surprising Truth About What Motivates Us by Daniel H. Pink

Prioritization

**Preconception
+
Perfectionism**



Eisenhower Matrix

Do

Urgent and important tasks you'll work on immediately.

Decide

Important, but not urgent, tasks that can be scheduled for later.

Delegate

Urgent, but not important, tasks that need to be completed quickly.

Delete

Not urgent or important tasks that can be eliminated entirely.

Now
it's
your
turn

The Eisenhower Decision Matrix

*Classify them vertically according to importance. Place them into the matrix according to urgency.

First list all projects/ activities here*



Then transfer them into the matrix



	Urgent	Not Urgent
Important	Do Do it now.	Decide Schedule a time to do it.
Not Important	Delegate Figure who can do it for you.	Delete Eliminate it, don't do it.

Ask Yourself



2 QUESTIONS

**What am I working
toward?**

**What are the core
values that drive
my life?**

Work Life Integration Tips

- Focus on your values and priorities.
- Learn the power of “no.”
- Get ORGANIZED!
- Avoid the trap of perfectionism.
- Get connected + leverage your support system.
- Invest in yourself.

Career Services Support



workforce.waketech.edu

- Explore programs and sign up for classes
- Training to up-skill or re-skill



careers.waketech.edu

- Explore services and resources
- On-Campus + On-Line Appointments



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