



# TIME TO EMBRACE LIFE'S IMBALANCE

## WORKFORCE

**WITH** more Australians struggling to achieve their ideal work-life balance, is it time to embrace the imbalance in our lives?

Experts say most people are pessimistic about achieving a work-life balance, with many fearing it is simply too hard in today's economy.

So has the time come to give up the battle?

Business consultant Judy Reynolds says having "intentional imbalance" is a better option than feeling

stressed about failing to achieve a happy equilibrium between life and work.

The idea is based on accepting that work is part of life and that at certain times one will dominate the other.

"It might be that you're building your career or a business and you're going to have to invest more time in this space than you would, say, in your family," she says.

A 2014 study by the Australia Institute think tank

found the balance between work and life had worsened for nearly five million workers in the past five years.

The main culprits were longer working hours and job insecurity.

Ms Reynolds, who heads the Opening Gates consultancy, says the key to switching from having a work-life balance ideal to "intentional imbalance" was working out a plan that includes your goals for work, family, friends, health and recreation.