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WORK LIFE BALANCE PRINCIPLES



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Don't expect work to set the balance for you. It's always your responsibility.



Understand that you are 100% replaceable at work, and that's okay.

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Personal balance is unique. Find what works for you through trial & error.



Be Brave. Speak up and say what you mean and mean what you say.

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Accept that your workload is not always possible to be completed in one day.



Prioritise your personal time and try not to sacrifice it. This time is important too.

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Annual leave is essential for mental & physical rest and recharge. It's your time, so take it.



Spot the signs of burn out, then see it as a warning not a status symbol.

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Consistent performance beats intense performance every time.



Communicate clear workplace boundaries from the beginning.

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