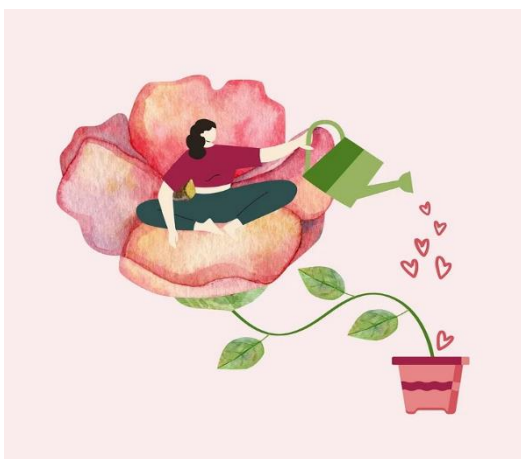




Change is constantly present in all areas of our lives. It also involves upsetting the established balance. Sometimes there are minor (arrival of a new colleague, filling in a new position, etc.), at other times, more significant (change of job, illness, loss, etc.) changes take place in our lives. Some events we cannot influence, while others we can affect. Change can come into our life as a result of our own efforts. In each case, we have to make sure that we keep a sense of balance. We should not underestimate those programmes that connect us with our families, relatives or friends outside the world of work. Neglecting these compromises a healthy work-life balance and limits our quality of life. Those who make too many sacrifices for their profession or vocation and make compromises in their personal life (for example, because work is supposed to be at risk) will sooner or later reach their limits, i.e., physical and/or emotional exhaustion. Many people are unaware of the fact that personal happiness and overall balance can also be the basis for professional success.



Everyone has their own limits of tolerance to cope with work-life imbalances in the short or long term. In particular, maximalist career starters tend to focus all their attention and energy on their new jobs. They perceive themselves as being under enormous pressure and are trying to keep up with experienced employees. But what many people forget is that a healthy work-

life balance is not only in the interest of the employee. Of course, companies also benefit from a well-balanced, motivated and creative employee, who does not constantly struggle with the risk of failure due to excessive demands.

We need to take time to assess and rethink the order of priorities in our own life, so that we can establish an optimal balance for ourselves again, as a result of the imbalance caused by the changes.