

MASTERCLASS: ACHIEVING A WORK/LIFE BALANCE



Tips from Alison Pothier, managing director of exchange traded derivatives for UBS, and owner of Insideout Retreats

LIFE IS NOT A PIE

CHART It's a value trade-off. You can't separate work and life; they are both you. To be happy, you must find a way to be fulfilled in your everyday life, and to reconcile 'who you are' with 'what you do'.

RECOGNISE YOUR STRENGTHS Are you a great businesswoman, wife or mother? Reflect on your priorities and values, and get perspective on where you should distribute your energy.

IDENTIFY WHAT YOU WANT What fulfils you? Use this as inspiration and aim for your desires with practical steps. Don't start with a huge leap.

FIND FIVE MINUTES A DAY... to change your life by incorporating the things you want into your daily existence. Whether it's a hobby, a passion or a dream, taking a break to concentrate on it will help put 'you' back into your life.

REMAIN OPEN TO WHAT PRESENTS ITSELF If you accept what comes towards you, sometimes your dreams will fall neatly into your lap.