Abstract for Workshop - ACLE4, Brisbane, October 2013

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Presentation style: Workshop (presentation and interactive activity) – 45 minutes

Title: Having it all – creating a work life balance

Why: In schools today everyone seems to get busier by the moment. How do you meet the high expectations of your school, its students and parents and maintain a sane home environment?

Audience: Teaching Staff and Administration Staff, Primary or Secondary, others as desired.

Synopsis:
How do you reconcile the demands of delivering a quality education and service to students and their parents with the need to provide a solid home and personal life? Deb and Helen cover “having it all” from both a teaching and administration staff perspective. They will investigate the topic within the context of the ethos and culture of the Lutheran school when compared to other work environments. The session will use both the presentation of research and participation in interactive tasks to investigate strategies for employees on how to allow the ethos and culture of the Lutheran school to transform your approach to work and home demands.
Having it all - creating a work life balance.

Deb Hollis and Helen Presser
Luther College, Victoria
Having it all - creating a work life balance.

Deb Hollis and Helen Presser
Luther College, Victoria
Who and Why?

- Rate your balance?
- Work and life are one in the same
- The "time-bind"
- Reasons to care about our balance
- Can we have it all?
Your balance?

Your goal?
TIP 1
Prioritise

- Prioritise - work smarter not longer
- Do you have trouble saying no?
TIP 2

Eliminate distractions

- What distracts you?
- Let calls go to voicemail
- Flag emails
- Turn off all alerts on phone and computer
- Close your door!
- The art of "Instant Prioritising"
TIP 3
Trust

- It is hard to acknowledge that you aren’t the only one
- There is always risk in giving trust; trust is a learnt skill.
TIP 4
Share the load

- No Heroes!
- Personal and work sharing
- Promotes teamwork
- Empower others
- Life is not a competition!
TIP 5
Be reflective
• Try a new way
• Change is invigorating
TIP 6
Calm

- Our Lutheran context is not just for the students
- De-personalise -
- The "Most People Rule"
- Let it go!
- Find point of separation
- The bigger picture and higher purpose
TIP 7
Exercise

- Exercise and eat well
- Find your passion
When all else fails!