

Work life balance

Looking beyond work – creating harmony in your life

as the world changes, working life has changed dramatically in recent years. Hard work and long hours are a fact of life. Today's modern economy demands that working parents burn both ends of the candle to balance work as well as family life. This has impacted individuals and families alike. However, a more realistic solution would be to balance our work life.

The number of women in the workforce has steadily increased. Many of these women are working mothers. The care-giving role of men has also evolved and expanded from the traditional head-of-the-household bringing home the bacon, to being actively involved in the care-giving process. Managing a family has become more complex and achieving a work life balance now becomes critical for both parents.

The purpose of self seems to have taken a back seat. Our priorities have shifted. Our lives tend to evolve around our work. So the question remains – should work take centre stage in our lives? Maybe, maybe not.

Although parents are aware that striking a work-life harmony not only helps to enrich a child's life but also that of the entire family, many find it extremely difficult to achieve this

harmony. In order to help families discover what they can do about this, Morning Star Community Services will be organising two Work Life Balance Workshops on 19 and 20 Nov 2005, and 18 and 25 Feb 2006.

Morning Star Community Services, which started in 1999 as a community service project, provides individual and family counseling, family life education, student care service, learning support programmes and school social work. The Work Life Balance Workshop is a new addition to its stable of workshops. For its student care service, it has also opened a new centre at Sengkang in December 2004, in addition to the one at Hougang.

Through the workshop, participants will learn to identify and prioritise their roles and responsibilities in accordance to the values they uphold. They will be aware of the freedom they have to choose, and what is best for themselves and their families. Parents will learn to live by what is important to them. The workshop will cover practical tips on the importance of caring for oneself and our loved ones, while at the same time

fulfilling our responsibilities in the workplace.

The workshop is especially designed for women and will share with working mothers or housewives on how best to manage their multiple responsibilities such as work, caring for their children, elderly parents, and in-laws, and that of a wife. These women will find a better way to manage their many roles so that they are able to live by what is important to them and not be led by external forces.

Couples will learn how to commit to value their marriage and take positive steps to nurture it regularly. They will see the importance of making time to meet their children's emotional needs such as bonding and communication.

Juliana Choo, family life educator and counsellor at Morning Star Community Services, says, "Participants will explore ways to deal with the 'No time, no choice' mentality and work towards improving balance and harmony in their lives."

For more information, contact Morning Star Community Services at 6285 1377 or visit its website at www.morningstar.org.sg ♥

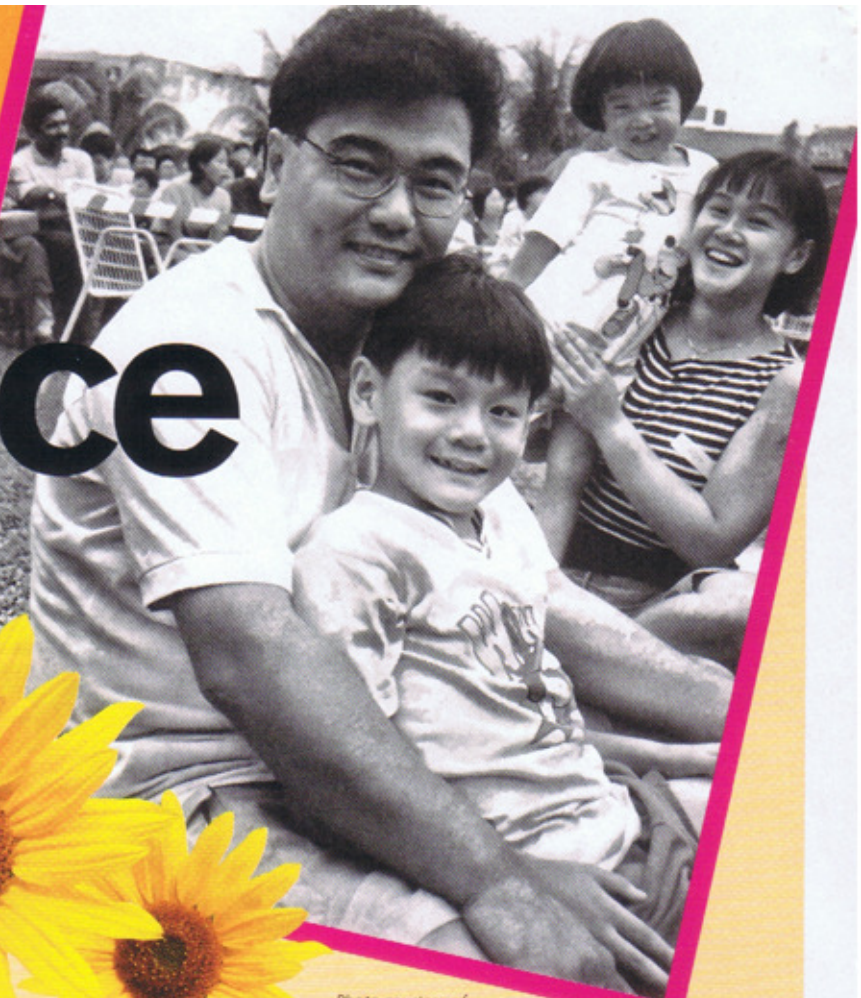


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