

IMPROVING WORK-LIFE BALANCE



Yova Sianturi-Beltz, an HR practitioner shared her 6 tips to improve work-life balance and minimize burnout at work.



Balancing Life And Work A Philosophical Approach

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Balancing Life And Work A Philosophical Approach:

Work-Life Balance C B Rao, 2019-02-01 Every organization is like a delicate ecosystem It needs to be nurtured with care and concern just as a natural ecosystem is ecologically nurtured For this organizational behavior is the instrument Organizational behavior is the study of human behavior in organizational settings including the interface of human beings among themselves the interface of human beings with their and other external organizations and the behavior of organizations with respect to individuals and other organizations Individual behavior is an integral part of organizational behavior As individuals and organizations devote the needed attention to the subject the challenging issue of work life balance is resolved This major work on organizational behavior with its ninety chapters is divided into fifteen sections each of which deals with a specific theme relating to factors impacting and is impacted by organizational behavior This book provides multiple constructs that facilitate optimal work life balance This book will serve as a companion text for students and faculty specializing in organizational behavior and general management Academicians industry managers and leaders as well as administrators and policy makers will find this book a useful thought primer and guide for effective organizational management More importantly the several propositions made in the book would help individuals and institutions achieve competitive strength emotional stability and self actualization through optimal work life balance

Work-Life Balance in Africa Hakeem Adeniyi Ajonbadi, Chima Mordi, Olatunji David Adekoya, 2023-10-13 Work life balance has drawn much attention from academic researchers professionals and politicians over the past two decades However despite the increased interest globally there has been an under representation of academic work on work life balance across the African continent So this book serves as a collection of cases from various contexts across Africa and an exploration of the challenges and how best to manage human resources in this Mother Continent with phenomenal potential The book's contributions draw on various types of research conceptual theoretical and empirical and incorporate contextual issues such as technology politics culture and economics to supplement the readers insights into the varying work life balance experiences in African countries By highlighting theoretical underpinnings and emphasising the practical relevance of issues related to managing work and non work commitments this book will offer an insightful guide for students and scholars interested in Business Management Human Resource Management Sociology of Work and Industrial and Organisational Psychology in developing economies

How I Made 52 Films in 3 Years Blake Ridder, 2023-04-15 Dive into the captivating world of indie filmmaking with Blake Ridder's *How I Made 52 Films in 3 Years* a candid humorous and insightful look at the highs and lows of a relentless creative journey Discover how Blake transformed wild ideas into 50 short films and 2 feature films all within the span of three years In this riveting book Blake shares his personal experiences offering a behind the scenes tour of his unique filmmaking odyssey This isn't your typical guide to filmmaking techniques instead you'll find a collection of stories and insights gleaned from bringing each of the 52 films to life From the importance of collaboration to overcoming obstacles learn how Blake

honed his craft and shaped his career in the unpredictable world of indie filmmaking As you follow along with Blake s engaging narrative you ll discover The power of perseverance and how to overcome setbacks The importance of building a team and collaborating with talented individuals Strategies for financing your films and navigating the world of crowdfunding Tips on casting storytelling and directing to bring your vision to life The role of mental health and work life balance in sustaining a creative career How I Made 52 Films in 3 Years is the perfect read for aspiring filmmakers creative individuals and film enthusiasts seeking an inspiring behind the scenes look at the world of indie filmmaking Get ready to embark on a journey that will leave you inspired enlightened and ready to tackle your own creative projects **Work-Life Balance:**

Essential or Ephemeral? Andreas Schwingshackl,Stephania A. Cormier,Kanwaljeet J. S. Anand,2017-09-28 Burn out and suicide rates among physicians and scientists in academic medicine are at an all time high and jeopardize the future of our entire profession In the last 4 years alone burn out rates among physicians have increased by 25% In a recent 2017 Medscape publication burn out rates in Critical Care physicians ranked in 9th place and Pediatricians ranked 13th among 27 subspecialties Astonishingly over 50% of the participants reported burn out symptoms with clear race and gender disparities While men generally report higher burn out rates than women it is important to emphasize that response rates from women in these surveys were notoriously low and may not represent the complete picture These numbers are even more dismal for tenured academic faculty at research extensive universities In this group emotional exhaustion i e high burn out is reported at 35% with a clear association with age and lower burn out levels in the older tenured faculty While no gender or racial ethnic differences were found in this particular group higher levels of burn out were identified in individuals with financial responsibilities beyond a spouse and child While it is comforting to note the increasing public interest and research activities in this field successful approaches to ameliorate the burden and consequences of physician burn out are still inadequately developed Academic centers increasingly offer some type of work life balance program to their employees but unfortunately these programs are frequently adopted from corporate business models and remain largely ineffective in the academic environment It should be evident to most administrators that the stressors of academic clinicians and scientists substantially differ from those of corporate employees Based on these observations and over 75 years of combined experience in academic medicine amongst the three editors of this Research Topic we collected 26 manuscripts from 22 authors at different career stages and different genders ethnicities marital status and subspecialties to identify and stratify common and specific stressors and therapeutic approaches to ameliorate burn out and achieve work life balance in academic medicine We are confident that each reader will identify with at least one if not several of the authors opinions experiences and approaches to attain greater work life balance and thereby avoid the consequences of burn out in modern academic medicine **Keep Calm and Call the Dean of Students** Art Munin,Lori S. White,2023-07-03 The role of Dean of Students is pivotal in students lives for their institutions as a conduit to senior administration about issues of concern to students as a figure who

can coordinate disparate campus constituencies from academic affairs and athletics to campus safety and relationships with parents and alums and as a crisis manager What preparation skills dispositions and knowledge do DOSs need to be effective in their role and indeed what areas and range of activities generally fall under their responsibility Through chapters by experienced DOSs from early career to veterans and in between this book provides vivid first hand accounts of what s involved in managing the multiple roles of the deanship its immense personal rewards the positive impact that practitioners can make in the lives of students and on campus policy and environment without glossing over the demands on time and the concomitant stresses The contributors describe the paths they followed to take on the role and what they do to keep current Each chapter offers a wealth of anecdotes that provide an insider s feel for the daily life of the DOS and how incumbents have found ways to integrate family and personal needs with the discharging of their often demanding responsibilities The contributing authors offer valuable advice on setting priorities and dealing with issues as varied as setting budgets creating an effective team delegation and addressing student conduct issues They offer guidance on developing allies across campus keeping up to date with trends and legislation and building a network of mentors and advisors through professional associations and connection with their peers at institutions around the country The book concludes with some perspectives about the meaning and purpose of the dean of students role in our current era and as we look to the future of higher education The dean of students is a challenging role because it is often the one administrator thrust onto the frontlines to meet students not only at their best but also at their worst This person is an advocate and educator disciplinarian and friend confidant and counselor and advisor and parent all rolled into one Keep Calm and Call the Dean of Students offers a unique window into this challenging and rewarding position that will appeal to sitting deans to those seeking this role and to senior leaders in higher education seeking to appoint a DOS and or organize a dean of students portfolio of responsibilities

Islamic Finance Nadia Mansour,Lorenzo Bujosa,2024-04-09 This volume discusses the new trends in law and regulation in Islamic finance Islamic finance is a particular component of the global financial system and is very different from secular finance To understand the development of Islamic finance it is important to place it in the context of financial globalization Islamic finance is a new force in the contemporary world financial system and is present in more than a hundred countries The current generation of Muslim economic power is crowding into the world s financial currents with trillions in liquidity and is growing at a high rate of 10 15% per year Islamic finance is coming into focus and is not confined to Islamic countries but is present in every larger Muslim community which means that it cannot be isolated from the effects of financial globalization This edited volume discusses the effects of global financial transactions in Islamic finance and how it impacts its law and regulation Social Structures and Human Relations Dr. Marseline Cherono Rotich,Dr. Benson Gathoni (PhD),Ngogi Emmanuel Mahaye,Sadat Itohan Ihwughwavwe,Ntondwe Walakisa Re Ccabson,2024-04-30 TOPICS IN THE BOOK Role of Church Affiliation and the Sexual Behaviour Choices of Students in Selected Universities in Nairobi County

Kenya Influence of Taekwondo Training as a Martial Art Sport on Enhancing Mental Wellness of Security Officers in Kenya
Enhancing Kenya University Undergraduate Employability through Team Sports Participation A Case of University Students
Athletes Academic Interventions Promoting Learner s Success in Secondary Schools under King Cetshwayo District South
Africa The Impact of Work Life Balance on Employee Performance An Evaluative Study of Health and Safety Industry in
Nigeria Effects of Single Parenthood in the Education of Children A Case Study of Kisauni Sub County Mombasa County

Management Lessons From Ancient India: Ancient Insights: Unveiling Management Principles from India's Past
Debashisa Mohanty, Debidutta Acharya, Management Lessons from Ancient India Ancient Insights Unveiling Management
Principles from India s Past explores timeless management lessons from key ancient Indian sources such as the Ramayana
Mahabharata Bhagavad Gita Vedantic literature Jain and Buddhist texts and Kautilya s Arthashastra The book interprets
these ancient teachings and aligns them with contemporary management theories making them relevant to today s business
environment Each chapter focuses on specific management concepts like leadership governance conflict resolution ethics
strategic alliances and team building drawing parallels between ancient knowledge and modern day applications

Neutrosophic Sets and Systems, vol. 62/2023 {Neutrosophic Advancements and Their Impact on Research in Latin America}
Florentin Smarandache, Mohamed Abdel-Basset, Maikel Leyva-Vázquez, Said Broumi, 2023-12-15 In the ever
evolving landscape of contemporary research the utilization of neutrosophic methods has burgeoned into an innovative and
multidisciplinary approach offering profound insights and solutions to intricate issues spanning education law and healthcare
This expanded preface not only introduces a unique collection of articles authored by experts from Mexico Peru Cuba Spain
Chile Brazil Rep blica Dominicana Colombia Estados Unidos Uruguay Panam Canada Paraguay and Ecuador but also
underscores the transformative impact of neutrosophic research on the fabric of Latin American society The growth of
research in neutrosophy has been particularly pronounced manifesting its influence across diverse domains In the realm of
education researchers are exploring novel ways to integrate neutrosophic principles into pedagogical strategies fostering a
nuanced understanding of complex subjects and encouraging critical thinking among students Neutrosophy has thus become
a cornerstone in shaping the educational landscape challenging traditional paradigms and encouraging a more
comprehensive approach to learning Furthermore the legal arena has witnessed a paradigm shift with the incorporation of
neutrosophic decisionmaking The nuanced and balanced perspectives offered by neutrosophy have proven instrumental in
addressing legal complexities contributing to a more equitable and just legal system The articles in this collection delve into
the application of neutrosophic models in legal frameworks highlighting their potential to revolutionize the practice of law in
the region In the healthcare sector the adoption of neutrosophic modeling for resource allocation signifies a departure from
conventional approaches By incorporating the inherent uncertainty and indeterminacy of healthcare decision making
researchers are paving the way for more adaptive and responsive healthcare systems This collection explores the potential of

neutrosophic methods to optimize healthcare resource allocation thereby enhancing the quality of care provided to diverse communities A noteworthy development accompanying this surge in neutrosophic research is the establishment and growth of the Latin American Association of Neutrosophic Clinics This association serves as a nexus for collaboration fostering interdisciplinary exchanges and providing a platform for researchers and practitioners to share their advancements and challenges The association s commitment to promoting neutrosophic research across Latin America is exemplified by its flagship publication the Neutrosophic Computing and Machine Learning journal Undoubtedly the pioneering efforts of Dr Florentin Smarandache and Dr Mohamed Abdel Baset have played a pivotal role in nurturing the growth of neutrosophy in the region Their unwavering support both in terms of advocacy and research contributions has catalyzed the expansion of neutrosophic studies in Latin America This collection in many ways stands as a testament to their enduring commitment and the collaborative spirit that propels the field forward This collection of articles represents not only a snapshot of the current state of neutrosophic research in Latin America but also a testament to its transformative potential As readers delve into these contributions they are invited to witness the ongoing evolution of neutrosophy and its profound implications for education law healthcare and beyond

The Oxford Handbook of Moral Psychology Manuel Vargas, John Doris, 2022 The Oxford Handbook of Moral Psychology is a comprehensive multidisciplinary state of the art overview of moral psychology The 50 chapters written by leading figures in both philosophy and psychology cover many of the most important topics in the field and form the definitive survey of contemporary moral psychology

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"Wealth and Power," their engaging narrative of the intellectual and cultural origins of China's modern rise, Orville Schell and John Delury ... Wealth and Power: China's Long March to the Twenty-first ... An overarching theme of this book is China's long struggle to overcome its nearly two centuries of humiliation at the hands of foreign powers. Justifiably proud ... Schell, Orville and John DeLury. Wealth and Power- China's ... by J Biedzynski · 2015 — Wealth and Power- China's Long March to the Twenty-First Century. New York: Random House, 2013, pp. 478. Modern Chinese history has been a ... Wealth and Power: China's Long March to the Twenty-first ... Wealth and Power: China's Long March to the Twenty-first Century ... By now everyone knows the basic facts of China's rise to pre-eminence over the past three ... Wealth and Power: China's Long March to the 21st Century Through a series of absorbing portraits of iconic modern Chinese leaders and thinkers, two of today's foremost specialists on China provide a panoramic ... Wealth and Power: China's Long March to the Twenty-First ... by J Biedzynski · 2015 — China went from being a smug and isolated empire to a semi colony, and then a chaotic republic and finally a Marxist state that shifted later to capitalism. The ... Wealth and Power: China's Long March to the Twenty-first ... Through a series of lively and absorbing portraits of iconic modern Chinese leaders and thinkers, two of today's foremost specialists on China provide a ... GROB Sep 1, 1983 — All manuals for GROB G 109B can be ordered from: GROB-WERKE GMBH & CO. KG ... Flight Manual GROB G 109 B. 15. (. Table of indicated airspeeds. Engine Limbach L2400DT1 Propeller MTV-1-A/L 170-05 The G 109B is two-seat motorglider with T-type stabilizer, fixed gear with fairings and airbrakes extending out of the upper surface of the wings. Grob-Flight-manual.pdf Mar 1, 1981 — This handbook must be carried on board of the motor glider at all times. This Airplane Flight Manual is FAA approved for U.S. registered air ... Grob G 109 Flight Manual View and Download Grob G 109 flight manual online. Motorglider. G 109 aircrafts pdf manual download. Grob G 109 Manuals We have 1 Grob G 109 manual available for free PDF download: Flight Manual. Grob G 109 Flight Manual (63 pages). Motorglider. Brand ... Grob109B FlightManual_SEUAB.pdf - Grob Jun 24, 2018 — Flight manual for the Grob 109B. TYPE-CERTIFICATE DATA SHEET - EASA Jun 28, 2021 — Flight Manual for Engine 1 to 5. - Flight Manual GROB G 109B. Issue September 1983, LBA approved for Engine 6. - Flight Manual GROB G 109B Rotax ... Motorglider GROB G 109 B of Flight Manual of Motorglider GROB G 109". Issue March 1983. 3. Provision of: "Appendix for Avionic Equipment of Maintenance Manual of the Motorglider GROB. Technical Information - TM 817-22 flight and maintenance manual" considers additional equipment as well as comments and corrections in the flight and maintenance manual of the G 109. Datum. G 109 G 109B - GROB Aircraft Nov 14, 2014 — Page 6 and 7: MAINTENANCE MANUAL GROB G 109 4a Re; Page 8 and 9: REPAIR INSTRUCTIONS GROB G 109 3 Gl; Page 10 and 11: WARTUNGSHANDBUCH GROB G ...