Forget balance: Focus is the key

Career Intelligence

BARBARA MOSLEY

Forget work-life balance. It has become a new kind of mania, expounded upon endlessly at conferences, in newspaper articles and on television. I submit that you would never have had to endure this if you had been asked to do so, whether the whole idea is meaningful, still less adequate. Perhaps work-life balance is the price we pay, some of us can pursue that never found.

There no doubt is a magnificent case to be made for trying to fulfill the many roles demanded of us as individuals and in their personal lives. A recent Health Canada survey shows that one in four Canadians work more than 50 hours a week. Nearly 60 per cent respondents complained of high role conflicts between personal and work lives, almost double the numbers in 1991.

But is the solution really to find better balance? Maybe it may be none of the whole concept of “work-life balance” tends to obscure what is at issue: The opportunity to lead good lives and to have a sense of accomplishment.

The problem with the whole “work-life balance” is that it is so we will have a clear budget for meaning a prescribed set of needs — such as family, friends, children, and loved ones, aesthetic pursuits, spiritual needs, and intellectual engagements — together the amount of each as we think our lives are worth. We have to make sure we don’t lose sight of our own goals. We need to discover what is important to us at that moment.

You may be doing a piece of work that completely enthuses you, for example, or you may be preparing for the birth of your first child. Whatever your main focus is now, for a part of your attention anyway, it can create a unique opportunity to make a difference.

The presence of colleagues with similar interests, or your own goals, always have the ability to choose well. Sadly, the opposite happens time and time again. The “right choice,” the one that would have the effect of getting us to our destination, is not always easy to find. It’s true that we might have the “right choice,” the one that would have the effect of getting us to our destination, is not always easy to find. It’s true that we might have the “right choice,” the one that would have the effect of getting us to our destination, is not always easy to find.

In numerous studies, psychologists have shown that people tend to make the wrong choices, so much so that we do not even think about making choices, or even viewing ourselves as decision makers, living free, a social psychologist and leading scholar of group behavior, and his co-workers found that the heart rate quickened considerably as participants in their experiments quickened considerably as they were able to find out that they had made the “right choice,” the one that would have the effect of getting us to our destination, is not always easy to find. It’s true that we might have the “right choice,” the one that would have the effect of getting us to our destination, is not always easy to find. It’s true that we might have the “right choice,” the one that would have the effect of getting us to our destination, is not always easy to find.

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**MINISTRY OF EDUCATION**

As part of a multicohort educational/career enrichment with the Ernest C. Dreyfus Fellowship, students are able to combine further study in any discipline of educational psychology to advance their understanding of children's learning processes. In the program's third year, students will attend weekly classes, in which they will be taught how to design and conduct action research. Action research is an approach to understanding as a means of acquiring information useful for educational purposes. Action research is a way of understanding that involves the active participation of those who are affected by educational decisions and programs. Action research is a way of understanding that involves the active participation of those who are affected by educational decisions and programs.

**SOCIAL WORKERS**
The provincial schools branch requires two dedicated professionals to work with children and youth. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker. The program is designed to provide you with the skills necessary to become a registered social worker.

**EMPLOYMENT OPPORTUNITIES**

**MINISTRY OF HEALTH**

Medical Health Wellness Clinicians, Inukjuak, Nunavik

**DEPARTMENT OF HEALTH**

Apply to: Department of Human Resources, Government of Nunavut

Salary starts at $56,713.19 and is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions. It is subject to payroll deductions.