

How to make work-life balance work – Nigel Marsh, May 2010, TEDex Sydney

Do you think you have a good work-life balance? What would you like to do more of? And less of?

What would an ideal working day involve?

Check you understand the following vocabulary:

1. To address a thorny issue
2. turn your life around
3. to run out (of something)
4. to struggle with
5. flexi-time
6. dress-down Fridays
7. paternity leave
8. commercial companies are inherently designed to **get as much out of you** as they can **get away with**
9. to set boundaries
10. to enforce boundaries
11. We need to elongate the time frame upon which we judge the balance in our life
12. out of balance
13. get a grip
14. sort it out
15. to be fit
16. small things matter

Now watch and enjoy. Do you agree with the speaker?

