



The Coach's Time Out

with Shandel Slaten



I - Huddle Up – Special Edition – *Top tips on balancing work and home*

Dear Friends -

Please allow me this special email to quickly share something helpful and of value for you and...a fun win for me.

Recently, I wrote an article on practical tips for executives to succeed at home. I've attached a JPG of the article that appeared today, Saturday February 9th, in the business section of the Eastside Journal. However, for those who want to cut to the punchline - I cut and pasted the text below for your convenience.

Thank you for allowing me to invade your inbox to share these helpful hints. A special acknowledgement to Nancy Juetten who beautifully helped me accomplish this task.

I hope one of these tips will help you!

Shandel

[Tips on balancing work with home life](#)

As Feb. 14 approaches, thoughts turn to romantic indulgences to acknowledge the loved ones in our lives. Executives who straddle the demands of career and home may find the following tips more valuable to their relationships than the typical bouquet:

1. Make going home compelling enough to leave the office.

The first step in creating a great home life is a true desire to be there.

As a personal coach, when I hear “I should or need to be home more,” I know there’s something missing — we almost always do our wants, but rarely our shoulds. It doesn’t take rocket science to figure out the problem. Why leave your highly revered CEO corner office where coffee arrives on cue only to walk in your front door to be attacked by muddy hands, fighting kids and trash removal demands? Do you see the danger? It is imperative to orient life around values, or the battle for time will continue to rage.

2. Maximize time at work by eliminating wasted actions (avoidance).

When we have unmet needs that steal our energy, we whittle away precious minutes that could be channeled into a more productive day at work and thus more hours to spend at home. Consider that you may not be as busy as you perceive yourself to be. Perhaps you are disorganized and wasting time avoiding unpleasant tasks.

3. Live priorities in real time — not in theory.

Your priorities are what you actually DO with your time and with your best. If your family only gets the leftovers, they are not No. 1, regardless of what you say. Perhaps there is a gap between what you want your priorities to be and what they are. Look back to Sept. 11 to help you reboot your priorities. What were your No. 1 concerns that day? What could take a back seat?

4. Ask your spouse to rate the health of your marriage.

Be brave and humbly ask: “On a scale of 1 to 10, one being the worst and 10 being the best, how would you rate our marriage?” Plan on the score being lower than you expect. Then follow it up with, “What can we do to make it a 10?”

5. Recognize your spouse as No. 1 — especially after having children.

One of the first subtle signs a marriage is headed for trouble is when the child takes priority over the spouse.

When there are unresolved conflicts or unmet needs — it is easier to focus in on the child that gives unconditional love, than to deal with disappointment and/or unmet expectations from a spouse.

6. Learn to honor and value your family members in their love language.

Do you feeling like you are constantly giving love, yet no one at home appreciates your efforts? Each person has his or her own unique style of giving and receiving love. According to Dr. Gary Chapman, the five love languages are: Acts of Service, Quality Time, Words of Affirmation, Physical Touch, and Gifts. Discover what language each member in the house speaks, and use their language when communicating love.

7. Relax and transition from office without substance use.

If you require a substance to help you relax and deal with pressure, you could very well be robbing your family of your best. Addressing unresolved conflicts and issues, handling stressful situations with integrity, and devising a better form of relaxation will greatly assist in improving your overall quality of life.

8. Be a servantleader.

Want someone to follow and obey you? First learn to serve them. As leaders, we must live and model the behavior we wish to see from our followers. As you meet your family's needs, genuinely love and care for them, and put their best interests in front of yours. They will lovingly follow your lead.

9. Strategically design time for yourself without stealing from your family.

Your selfcare time does not have to come as a sacrifice to family time. Be creative.

10. Ask for what you need.

Your home and marriage are designed to be safe places. Often there is something missing or lacking that would make it a “haven” where you long to be. Learn to ask for what you need to make it that way. It is futile to assume that other people know what you need. Just an encouraging hug or a compliment can get us through a hard day. But first you need to know what you need and why you need it. Never expect another person to read your mind — ask for what you need — you may not always get it, but give the person a chance to say no before you just assume a no. Give them the opportunity to say YES.

Shandel Slaten of True Life Coaching in Seattle is a personal coach and public speaker who also serves as the administrator to the Young Entrepreneurs Organization Board. She can be reached at 206-860-7677 or at ss@truelifecoaching.com.