



## Can you say yes to yourself?

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There is no question that most people say work-life balance is critical. I would say that it has been on the top 5 of the “must have” list for most of my clients in recent years.

But reality doesn't always synch up with our desires. The other day, a client told me, with a tinge of regret, that she would be cutting back on her newly launched personal trainer sessions. Why? Her office has a “face time” mentality—that is you need to be on site until 6:30 p.m. each night or you are not seen as a player. When asked if she had a choice in the matter, she said no, not really.

Can you say no in corporate America today? I think that is important to check out the corporate climate you are in or are entering. It's great if you can find a spot in the increasing number of places that value a balanced lifestyle. These places are made up of people who know that you bring a healthy perspective to your job if you also have a life. It may not even be a department or office but could even be your manager.

If you value health and fitness then why not explain to your boss that you have a standing appointment and leave the guilt at home. If she wants to punish you despite your performance than seriously evaluate the situation. Unfortunately, my client probably has lost the war before she has begun to fight.

Any thoughts on how to manage this tricky path of work life balance?