

## **WORK-LIFE BALANCE**

### **A term under scrutiny**

The popular concept of work-life balance reflects a problematic relationship with work. It separates what belongs together: work and life. It implies that work is not part of life – as if it's its opposite. A more accurate term would be «Balanced Life», which recognizes all areas of life equally, including work, family, leisure, health, and personal growth. True balance doesn't ask how much work is bearable, but whether that work is meaningful.

### **Work as part of a fulfilling life**

Balance isn't created through leisure alone. When work lacks fulfillment, people try to compensate in their free time – often without success. Work doesn't always have to be fun, but it should offer meaning, challenge, and opportunities to grow. If it aligns with personal needs, it becomes part of a harmonious life. A demanding workday is then not a threat to balance, but a contribution to it. The key lies not in compensation, but in alignment.