

WORK-LIFE BALANCE

Work–life balance separates what belongs together. A more accurate term would be: balanced life.

The much-cited concept of work–life balance reflects an uneasy relationship with work. It treats work as separate from life – almost as its opposite. The term “balanced life” captures it better: it emphasises the balance of all areas of life, with work as a central component – alongside family, leisure, health and personal development. A balanced life does not ask how much work is tolerable, but whether it is meaningful.

Balance does not arise from leisure alone. Those who find no fulfilment in their work often try to compensate for this in their private life. That only works to a limited extent. Work does not always have to be enjoyable – but it should provide meaning, challenge and opportunities for growth. When it aligns with personal needs, it becomes part of a coherent whole.

Then even a demanding working day is not in conflict with life – but an expression of it. The key to balance lies not in separation, but in alignment.

Articles on work–life balance (all articles)

- Strength = talent × investment
- My job has to be fun. Well then – enjoy!