

Work-Life Balance

Conversation Questions & Glossary

- 1. **Outdated**
 - Meaning: Something that is outdated is considered to be old-fashioned or obsolete, no longer relevant or applicable in the current context.
 - **Question for you: Do you think the traditional 9-to-5 work schedule is outdated and how might a more flexible schedule improve work-life balance?**
- 2. **To Suit**
 - Meaning: To be appropriate for a particular person, situation, or condition.
 - **Question for you: Have you heard of the concept of job crafting? It's a psychological approach that empowers individuals to shape their job in a way that better suits their life. What are your thoughts on this?**
- 3. **To Shape**
 - Meaning: To influence the development or form of something, often through deliberate action.
 - **Question for you: What are some practical ways to shape a healthy work-life balance without sacrificing career growth?**
- 4. **Taking Time Off**
 - Meaning: The act of stepping away from work or responsibilities for a certain period to rest or engage in leisure activities.
 - **Question for you: What's your opinion on unlimited holiday policies? Do they genuinely improve work-life balance, or do they make employees feel guilty about taking time off?**
- 5. **Feasible**
 - Meaning: Possible and practical to achieve or accomplish within existing constraints.
 - **Question for you: In Scandinavia, the work culture highly values work-life balance. Could such an approach be feasible in other parts of the world?**
- 6. **Workweek**
 - Meaning: The regularly recurring period of time during which work is carried out, usually defined as Monday to Friday in many Western countries.
 - **Question for you: There's a growing trend of people adopting a four-day workweek. Do you think it could be a solution to achieving a better work-life balance?**
- 7. **Healthy**
 - Meaning: In good physical or mental condition; promoting well-being.
 - **Question for you: How do you manage to disconnect from work during your time off, and do you think this is crucial for maintaining a healthy work-life balance?**

MY NOTES