

# Work/Life Balance

Lisa Goatley, MS, LPC, The Cascade Group,  
Blacksburg, VA  
Mike Goatley, PhD, Virginia Tech

1

## Our goals today

- Use our own experiences to encourage you to take a few minutes to assess where you are in your relationships and how you can find a balance between your jobs and your family life
- Get you to step outside the box of a traditional agronomic turf talk from a PhD agronomist and hear from a Licensed Professional Counselor with 30 years of experience and a Masters degree in Marriage and Family Therapy
- Take away proven strategies and successes in balancing work and family

2

## Let's Try An Experiment

- Send a text message to your significant other telling them that you are thinking about them or expressing some other positive sentiment.

3

## Sports Turf Management is a very stressful industry

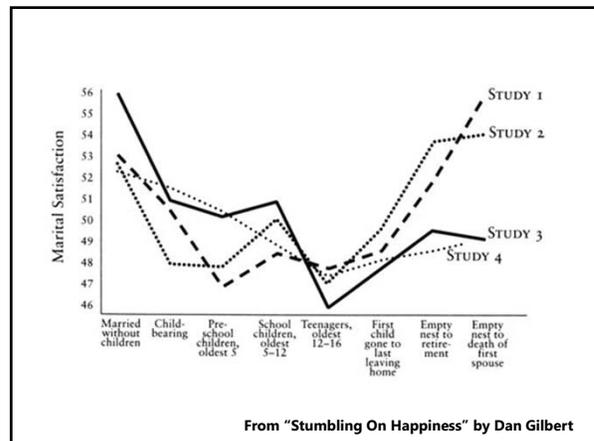
- Meeting realistic or unrealistic expectations
  - Yours
  - Supervisors
  - Coaches/players
  - Your clientele
- Uncertainties of Mother Nature
- Budgetary and labor limitations
- Long and uncertain hours

4



**And yet so many people make jobs in the sports turf industry a career because they have a passion about their jobs and the product they deliver.**

5



6

## Have good boundaries around work

- Leave work on time
- Leave work at work
- Delegate
- Manage your connectedness through electronics

7

## Another presentation on Work/Life Balance that you will find at this year's conference:

**Work Life Balance: How to Spend Less Time at Work**  
*Speakers: Wes Ganobick - Columbus Clippers; Corbin Merriman - Columbus Clippers; Christo Wallace - Cincinnati Reds*  
 Turfgrass Management is a career path in which certain months require you to live at your facility more than your own home. Several approaches will be discussed which should help improve people's work/life balance, reduce the amount of time they spend at work, and create an overall more pleasant work environment. This will include staffing, scheduling, and field maintenance techniques.

**Thursday, January 16, 8-10 a.m.**

8

## Create rituals that matter to your family

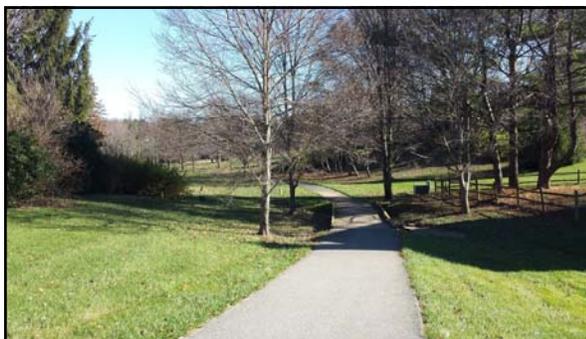
- Rituals create connections
- Rituals require you to MAKE time for the ritual
- Rituals require coordination among two (or sometimes many more) people
- Rituals require a commitment

9

## Rituals

- Think about the activities or time of day that is meaningful in your family.
- Make an attempt to participate even when you are not home.

10



Hitting the walking path after work

11

## Bank positive time

- **There are seasons in your job that are busier and seasons that are less busy**
- During the times that you have a little more flexibility, schedule special experiences
- These can be little things, such as meeting for lunch, taking a walk, talking on the phone, bringing ice cream home...

12

### Bank positive time

- There are also seasons in your relationships
- Some life phases are more hectic, such as early career stages or having young children
- A comment we heard from a colleague at a recent professional meeting “I missed a lot of my kids’ childhood activities babysitting bentgrass”.

13

### Staying Connected

- A high number of marriages fail after 20-25 years.
- Once a couple becomes disconnected, some relationships don’t recover.

14

### Create special connections



15



More ways of connecting: Snapchat has become a family sharing social media platform for us



16



The Fitbit has become a new way for the family to stay in touch (and it has health benefits too)

17

### Dedicate time to reconnect every day

- With many of the hectic schedules you have to keep in the turfgrass industry, it can be difficult to find that time, but somehow, somehow MAKE it happen.
- In person is always best, but any type of connection is better than none.

18



Engage in meaningful/charitable activities as a couple

19

**Involve your spouse/family in what you do**

**AND**

**show interest in your spouse's work**

20

**What we've learned (sometimes the hard way)**

21

**Do the right thing**



22



23

**Don't keep score**

- Don't debate about who has done more
- In an argument with your spouse, no one wins
- Cultivate a spirit of appreciation, not competition (everyone's job is hard)
- Don't wait for your spouse to change. You start!

24

Remember the important dates



25

January 2010 calendar with handwritten notes. An arrow points to January 11, which is marked with 'Rachel's 17th birthday' and 'Mike in Orlando, Jan. 10-16'.

26

February 2010 calendar with handwritten notes. An arrow points to February 14, which is marked with 'Mike leaves for Smith Mtn Lake and on to Richmond and Va Beach, Feb 14-19'.

27

March 2010 calendar with handwritten notes. Arrows point to March 3, marked 'Lisa's birthday', and March 2-4, marked 'Mike in Roanoke, Charlottesville, and Richmond'.

28

May 2010 calendar with handwritten notes. An arrow points to May 9, which is marked with 'Mother's Day' and 'Mike in Kansas City May 9-11'.

29

June 2010 calendar with handwritten notes. An arrow points to June 20, which is marked with 'Father's Day' and 'Mike in Va Beach June 20-22'.

30



August 5, Anniversary  
Mike in Blacksburg, VA!

31



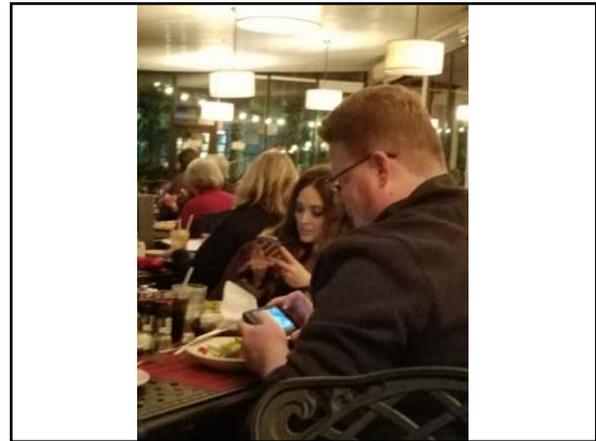
**Combine calendars to avoid  
miscommunications**

32

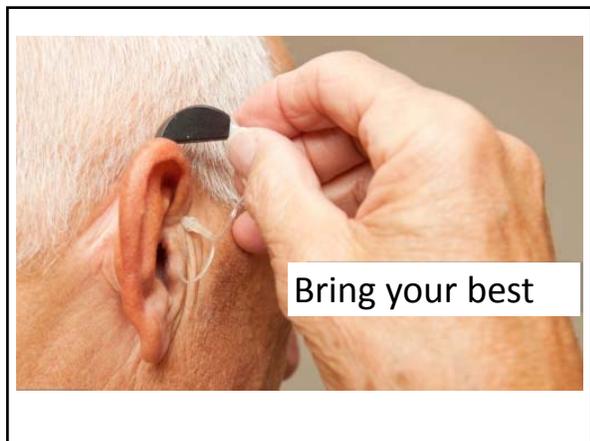


**Be Present**

33



34



**Bring your best**

35

**Psychology Today: 10 Habits of Happy  
Couples**

- Go to bed at the same time
- Cultivate common interests
- Walk hand-in-hand or side-by-side
- Make trust and forgiveness their default mode
- Focus more on what their partner does right than what he/she does wrong

36

**Psychology Today: 10 Habits of Happy Couples**

- Hug each other as soon as they see each other after work
- Say “I love you” and “Have a good day” every morning
- Say “Good night” every night, regardless of how they feel
- Check in with each other during the day
- Are proud to be seen with their partner

37

**If your marriage is in trouble, get help**



You need a consultant! A marital therapist is a relationship expert/specialist.

38

**Let's see where  
you stand in your  
relationship:  
  
Check your phones**

39

THE GREATEST GIFT YOU  
CAN GIVE SOMEONE  
IS YOUR  
**TIME.**  
BECAUSE WHEN YOU  
GIVE YOUR TIME,  
YOU ARE GIVING A  
PORTION OF YOUR LIFE  
THAT YOU WILL NEVER  
GET BACK.

40