Work/Life Balance

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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

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.

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

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.

From “Stumbling On Happiness” by Dan Gilbert
Have good boundaries around work

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

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

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

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

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.

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...
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”.

Staying Connected

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

Create special connections

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

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.

The Fitbit has become a new way for the family to stay in touch (and it has health benefits too)
Engage in meaningful/charitable activities as a couple

Involve your spouse/family in what you do
AND
show interest in your spouse’s work

What we’ve learned (sometimes the hard way)

Do the right thing

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!
Remember the important dates

January 11, Rachel’s 17th birthday
Mike in Orlando, Jan. 10-16

February 14
Mike leaves for Smith Mtn Lake and on to Richmond and Va Beach, Feb 14-19

March 3, Lisa’s birthday
March 2 – 4: Mike in Roanoke, Charlottesville, and Richmond

May 9, Mother’s Day
Mike in Kansas City May 9-11

June 20, Father’s Day
Mike in Va Beach June 20-22
August 5, Anniversary Mike in Blacksburg, VA!

Combine calendars to avoid miscommunications

Be Present

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

Bring your best
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

If your marriage is in trouble, get help

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

Let’s see where you stand in your relationship:

Check your phones