

Conversational Questions: Work-Life Balance

- **What is meant by 'work-life' balance?**
 - Balancing your life from work and family

- **Why is it important?**
 - healthy
 - satisfies
 - motivates
 - prevents crises and critical situations
 - enables high performance

- **What are the benefits for the company?**
 - Keeps staff, less fluctuations
 - Less sick days
 - Improved teamwork and morale
 - More initiative
 - Increased level of productivity

- **What are the benefits for the worker?**
 - More satisfaction
 - Decreased stress and burn-out
 - Better collaboration

- **What factors are affecting the balance of work and life at work in a negative way?**
 - Stress
 - Long work hours
 - Strict / tight work schedules
 - understaffing
 - high control at work
 - no opportunities to develop or grow
 - financial worries
 - bad company culture
 - job insecurity

- **What are the consequences of poor work life balance?**
 - Increased sick days
 - Reduced productivity
 - Poor morale
 - High turnover

Extra questions:

- *What do you personally do to maintain a good work-life balance?*
- *Are you able to find that free time?*
- *How do you relax?*
- *How do you stay healthy?*
- *Can you unplug easily from work?*