

How to have a good work-life balance.



In today's fast-paced automotive industry, where teams are often smaller and resources are limited, prioritising your wellbeing can be a challenge. Our [M]enable Moments guides are designed to assist you in navigating various aspects of mental wealth.

In our seventh guide, Stephen Whitten, founder of [M]enable, shares the tools to supporting a good work-life balance.

Similar to my previous guide on 'How to overcome hard days,' the concept of work-life balance can be quite subjective, as it holds different meanings for different people.

However, it's crucial to take a step back and assess balance in your life, especially during challenging times when you're seeking to make a change.

A good work-life balance requires finding an equilibrium between the personal and professional aspects of your life that suits your needs.

I've known some people who prefer to approach this from a 'work-life harmony' perspective, or, my favourite, 'work-life integration' — how can I combine the key aspects of my life to ensure maximum effectiveness, joy, and achievement?

To answer this, I'm going to refer to Stephen Covey's book 'The 7 Habits of Highly Effective People.'

- 1. Be proactive** — Take responsibility for your life and make decisions that serve you well.
- 2. Begin with the end in mind** — Define your goals, purpose, and mission (often this habit requires attention, as life can just 'happen' around us).
- 3. Put first things first** — Prioritise your tasks and focus on what brings you joy and helps you achieve your goals.
- 4. Think 'win-win'** — Approach everything with a collaborative mindset; help others without expectation and remove comparison and competition!
- 5. Seek to understand before being understood** — Apply an inquisitive and curious approach to the world before imposing your own perspective.
- 6. Synergise** — Work collaboratively and in harmony with others to help everyone get what they need.
- 7. Sharpen the saw** — Covey uses a lovely example of a lumberjack who works harder and harder to chop down trees because he forgets to take time out to 'sharpen the saw' — i.e., focus on yourself and maintain balance.

As described in the book, the 'habits' refer to the actions we repeatedly take — those unconscious behaviours that drive our actions. By using this framework and examining what works for us, we can adjust and adapt as necessary. If you need any assistance in achieving a better work-life balance then I highly recommend you picking up a copy of the book, or contacting us at action@menable.org.



About Stephen

Stephen Whitton was an Automotive Trainer, Speaker, Consultant, and Coach, known for his ability to captivate an audience on stage.

Despite his outward success, for many years he faced mental health challenges stemming from unresolved childhood trauma.

In 2020, he confronted these challenges head-on with the guidance and support of his inner circle.

This journey inspired the creation of [M]enable, an initiative focused on equipping leaders and businesses with tools to prioritise mental wellbeing in the workplace.

[M]enable fosters open discussions to promote a more empathetic, supportive, and resilient industry culture.