

## Recommended Interview Questions on Life Balance & Mini-Retreats

### Work-Place & Corporate Perspective

- What are the challenges to creating a work-life balance culture today?
- What personal/professional experiences led you to become so passionate about this topic?
- Can the effort to create a healthy balance at the workplace transcend cultural boundaries?
- What can you tell employers who resist creating a work-life balance culture?
- What are the benefits for the organization that supports their employees in living a balanced lifestyle?
- We are living in times of change at an ever increasing pace. In your experience how good in general are people at dealing with change in the workplace?
- What actually is Life Balance and is it misunderstood?
- Life balance is clearly important - but many struggle to achieve it. Is it more the fault of the individual or could employers do more?
- Being overwhelmed is a phrase we hear a lot right now. Could you give some advice - 2 or 3 pointers - on dealing with this feeling of “just too much going on”?
- Many leaders are physically and mentally exhausted at the end of the day. What can they do to quickly recharge and refocus?
- When we hear the term work-life balance we tend to think of employee perspective - but there are clearly benefits for the employer too. Could you elaborate on this?
- What is the impact of a life-balance culture on the bottom line?
- What’s good about being busy? Can ‘having too much to do and loving it’ be a good thing?
- What is the business case for balance? Can stepping away from work really make us more productive?
- Why is it so hard to step back to reflect, regroup and relax? What drives us and keeps us on the run?
- What would you recommend a committed team player who is concerned about burnout?
- Why do well-intentioned organizations and capable leaders continue to struggle with life balance?
- Share some success stories of Mini-Retreats in the workplace.

### Personal Perspective

- Is multitasking as effective as we think it is?
- How do you unplug from work when you get home at the end of the day?
- How do you relax and get back to sleep when you wake up thinking about a business problem in the middle of the night?
- Is it possible - or even desirable - to try to separate work and home?
- What are the early warning signs of the negative impacts of stress?
- How can people find time and energy for self-care in a world filled with demands from others?
- What can people do to de-stress when there is no time to spare?
- How can people get out of the rat race? Please share a few simple tips that we can start doing now to de-stress.