

## Work/Life Balance

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### 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 turf industry a career because they have a passion about their jobs and the product they deliver.**

### 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 29 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.

### Define rituals that matter to YOUR family

- Rituals create connections
- For us, one of the most important rituals is meal time
- We eat meals as a family SITTING at the table most nights of the week
- We share 'meals' even when we are on the road (most often Mike)



## 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.

## Rituals require intention

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



## Breakfast on Saturday morning



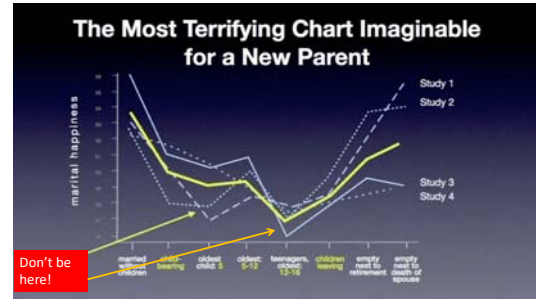
Hitting the walking path for our exercise after work

## 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”.




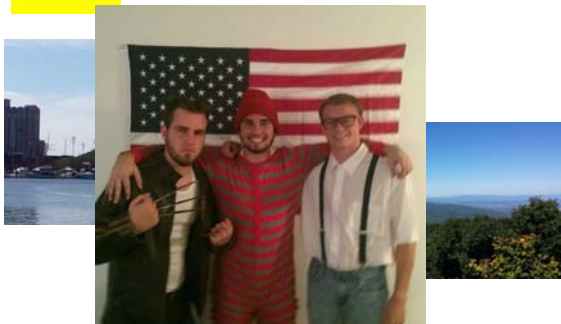
### Staying Connected

- A high number of marriages fail after 20-25 years.
- Once you become disconnected, some marriages 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.



Engage in meaningful/charitable activities as a couple

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

**AND**

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

### **The Myth of Quality Time**

- Quality time together is important.
- However, a relationship cannot be maintained without a certain quantity of time together.
- One of the reasons we are all so happy when we're dating is that we spend a significant amount of time together doing mutually enjoyable activities.

### **Boss at \$2 trillion investment firm PIMCO says 10-year-old daughter made him quit**

Published September 27, 2014 | FoxNews.com



- You don't have to do all or nothing.
- You may not need to quit your job altogether, but you may need to make some adjustments.

### **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!

Do not forget the important dates....and you had better figure out what are the important dates



JANUARY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23

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

FEBRUARY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

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

MARCH 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

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

MAY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22

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



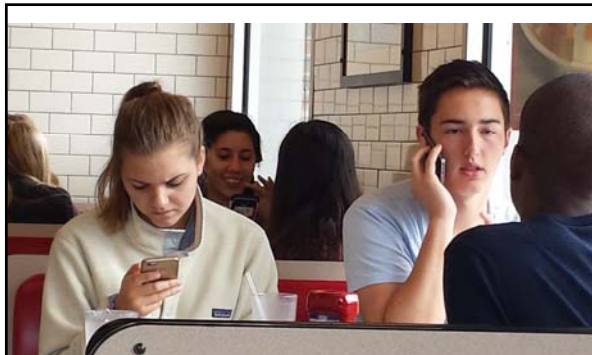
June 20, Father's Day  
Mike in Va Beach June 20-22



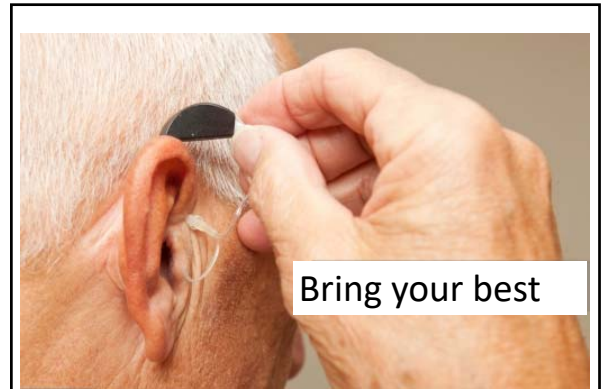
August 5, Anniversary  
Mike in Blacksburg, VA!



**Combine calendars to avoid  
miscommunications**



**Be Present**



**Bring your best**

### 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

### 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.

## Check your phones

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.