

The Work Balance Matrix



Unlike traditional approaches, the Work Balance Matrix not only helps professionals identify and **root out the causes of burnout** but also empowers them to **create meaningful changes in their careers** so they may do more of what they love and achieve optimal career well-being.

In our programs, participants assess their work on **dimensions that impact work balance and career fulfillment**. They then plot those responsibilities across the four **Work Balance Matrix** quadrants: Responsible, Strategist, Advisor, and Supporter – each representing a distinct work persona. By reflecting on their desired persona, participants evaluate how to best align their work to that persona. Participants also capture the time they spend in each quadrant, and identify what specific challenges get in the way of maintaining balance.

With their completed matrix, participants **formulate a personalized action plan** to more effectively balance work and align their time with what brings them purpose – within the bounds of their current role, while **aligning to their career aspiration**. In turn, organizations benefit from having a more engaged and committed workforce – increasing overall productivity and quality of work, while combatting quiet quitting.

By combining self-reflection exercises, personalized guidance, and actionable strategies, our programs equip individuals with the insights and tools they need to **proactively create a fulfilling work life, leading to greater engagement, reduced burnout, and a renewed sense of purpose**.



WORK BALANCE
— M A T R I X —

Take the Next Step

When you like what you do, you do more of it and get better at it – a virtuous cycle of professional growth. Bring the Work Balance Workshop to your organization and **discover** how you can do more of what you love.

Call 1.484.889.9482 or email hello@workbalancematrix.com
Visit us at www.workbalancematrix.com