



# Jobs

The 9 to 5

# What is your dream job?

- What is the role?
- What are the hours?
- Do you already have your dream job?
- If not, why not?
- Do you think that you would be satisfied if you got your dream job?
- Do you think that if you won the lottery you would still like to work?

# Work - Life balance

How much work is normal?

How much time do we need to spend at work?

How much time do we need to spend with our family/friends/relaxing/exercising?



# 5 tips for a better work-life balance:

- Do not try and be perfect
- Do not look at your work when you are at home
- Exercise and meditate before work
- Do not waste time
- Have a routine / structure

**What do you think of these tips? Are they good?**

**Do you have any different tips?**

# A four day working week

- At the moment in the UK some places are trying a 4 day working week to see how it functions.
- The idea is that people should be more rested and relaxed and therefore work better.
- Healthier staff = better customer service.



- **What do you think of this idea?**
- **In your opinion, what are the risks of a four day working week?**