

The BALANCE of imbalance



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Could your next column for the magazine be about work-life balance?” was Anne’s innocent-enough request. I laughed out loud. What Anne couldn’t have known was how ironic and yet somehow perfect the question was to me.

Let me explain. I woke up early to get the kids off to school and to prepare for an exciting day ahead. I was debating what to wear to an awards presentation that evening when my daughter called out with alarm that I HAD to see Chewy (our newly adopted kitten).

You see, Chewy was sporting a lovely yellow ribbon. But the ribbon wasn’t tied around his neck...he’d apparently ingested it the previous day. I’ll leave the rest to your imagination. So an emergency visit to the vet was in order before I began my already chockablock day.

The kids helped get Chewy into his carrying case, and I waved them off to the bus. Local vet? Sign said: “Closed until 10:30 a.m.” So I drove into the next town to get Chewy looked after. Procedure done, Chewy looked so grateful I had to wipe away a tear.

I got Chewy back home just in time to roar off to a colleague’s father’s funeral. I sobbed through the eulogy which was a testament to a great man I hadn’t known but was able to admire



through the words of his son.

Mascara repaired, I set off for the next moving experience of the day.

But first...the outfit I’d chosen in a rush that morning required open-toed shoes. I popped into the nearest drug store for “quick dry” nail polish, then perched on the stairs in the parking lot to do the necessary touchup.

Next? Off to meet a very special client. His company was up for an award that evening by the International Coach Federation. We had no idea if we had won but my client, Larry, had generously agreed to meet with me to prepare for our “acceptance presentation” should we be called upon to deliver it.

It was a wonderful afternoon of Larry sharing with me the many ways that his company had evolved since we have worked together. Needless to say... more moist eyes. To cap off the evening, my client won the award, and my heart fairly burst with pride.

The various elements of this day, with all of its highs and lows, practicalities and tear-filled moments, encapsulate for me what life balance is *really* all about. It’s the integration of a life that’s whole, rather than compartmentalized into equally apportioned slices of pie.

I say it’s time to throw off the >

“shoulds” and embrace the gloriousness of being able to dab at our mascara four times in one day and have all parts of our lives touched in profound ways – by family, friends, colleagues, clients and meaningful work. What might feel like “imbalance” is actually a blessed thing. As the saying goes... “It’s all good!” •

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