

THE BALANCING ACT: MANAGING A CAREER AND FAMILY NOTES (KEY)

Complete each section with information from the slide presentation.

Advantages	Disadvantages	Multiple Roles	Family
<ul style="list-style-type: none">• Create new foods and menus• Work with exotic ingredients• Explore passion for food and cooking• Impress clients• Flexible shifts• Demand for chefs is constant• If full time:<ul style="list-style-type: none">• Health insurance• Paid vacations• If you own a restaurant:<ul style="list-style-type: none">• Creative freedom• Type of food served• Choice of specials each night	<ul style="list-style-type: none">• Can be physically and mentally overwhelming• Stressful• Long hours with few breaks• Always on your feet• Under pressure to deliver meals quickly• Burnout is common• Hours include holidays and weekends• Stiff competition• Can be monotonous and tedious• No benefits for part-time employees	<ul style="list-style-type: none">• Adult• Employee• Citizen• Spouse• Parent• Community member• Neighbor• Other	<ul style="list-style-type: none">• May consist of:<ul style="list-style-type: none">• Spouse• Children• Grandparents• Brothers and sisters• Step-children• Other relatives

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Time Saving Techniques

- Avoid procrastination
- Avoid time wasters
- Be flexible
- Do it right the first time
- Make a To Do list
- Practice work simplification
- Prevent interruptions
- Set goals
- Stay organized
- Take a break
- Use a calendar
- Use small amounts of time

Managing Your Energy

- Amount changes daily
- Identify your peak period
- Levels vary with age
- Increase levels by:
 - Getting plenty of rest
 - Eating healthy food
 - Exercising regularly

Leisure Activities

- Hobbies
- Vacations
- Community activities
- Reflection