

Work-Life Integration

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Hi, it's Gail Mercer-MacKay from Mercer-MacKay Digital Storytelling and The Six-Figure Freelance Writer. I'm coming to you this week from on the road. I'm on the road with my daughter-in-law Trish. We're really excited, we're going away for the weekend, taking a Friday off. I want to talk to you this week about work-life integration. That's different from work-life balance, and we've had a lot of conversations about it recently with clients and around the office.

Really it's about, this whole idea of work-life balance is really hard to achieve, but given the amount of time we are working and the ability of digital transformation and new tools that allow us to work anywhere at any time, you can accomplish a much more restful and enjoyable existence by work-life integration. Which really allows you to incorporate the fun things and the good things that you want to do in your daily life, but still meet any work commitments that you need to make.

Given that many of us are not going to have the traditional retirements that our parents had or we want to make sure we're not missing out on those important family days and school events with kids and all of those things that are so important to us, the whole idea of work-life integration can really help us achieve that. Give it a try or give some thought to yourself about how you are going to incorporate more work-life integration into your life. Particularly if you're a freelance writer and you want to make that big move to becoming a full time freelance writer, work-life integration is the way to go.

Let me know your thoughts on this video. Send me a comment, let me know, share it out if you think somebody else might appreciate it. Until next week, I'm Gail Mercer-MacKay. Believe, be brave, and go write.