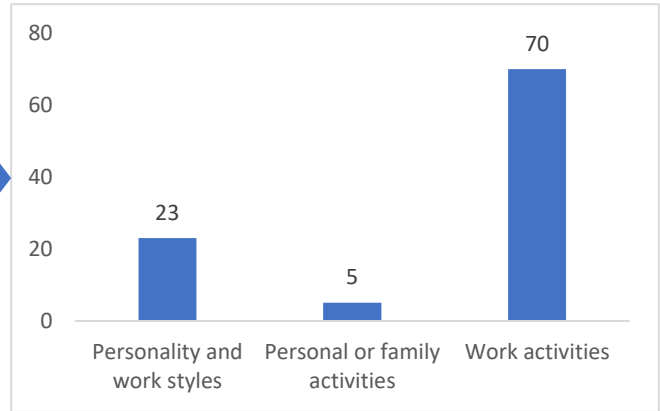
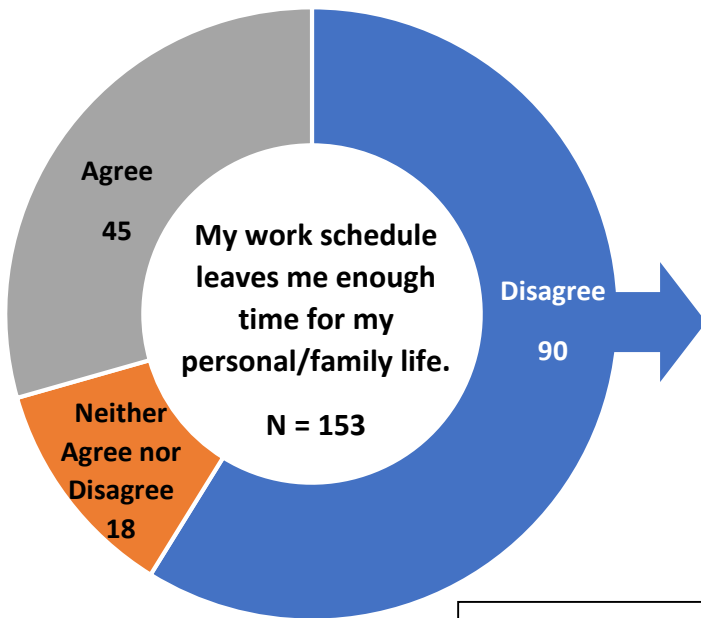


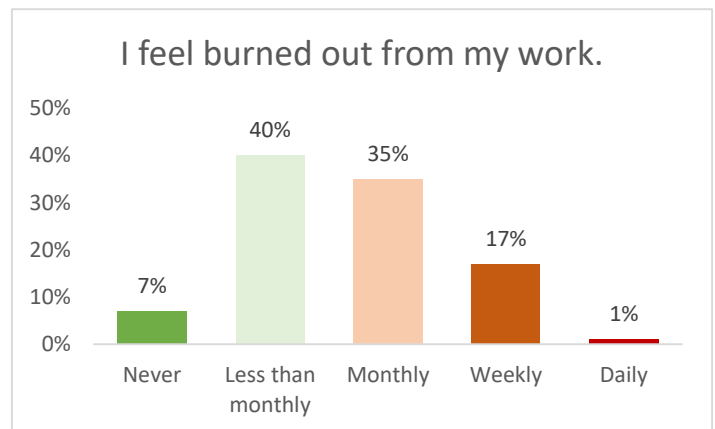
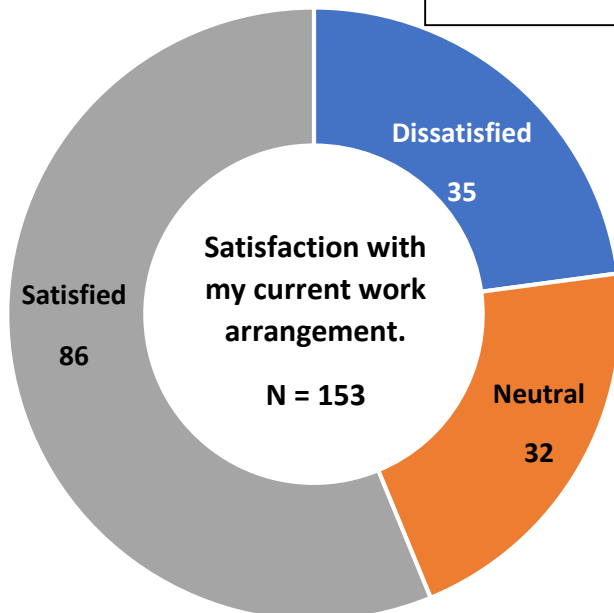
# Work Life Balance

We asked you questions about how well you feel your work and personal lives are balanced, as well as about burnout. These are your responses:



*3 most frequent comments to improve work/life balance:*

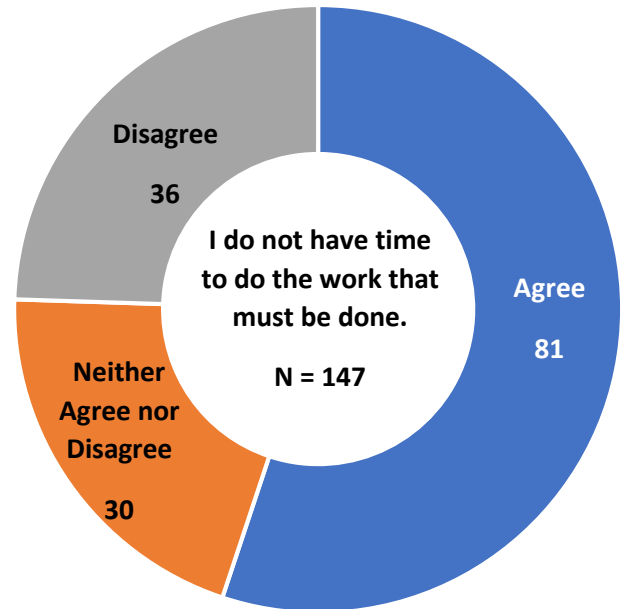
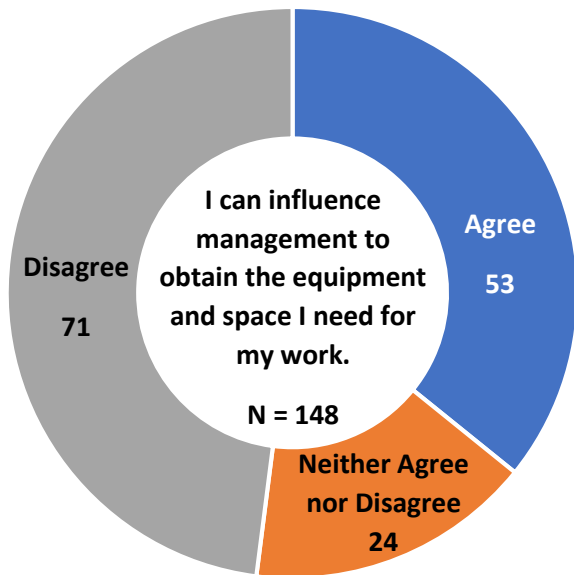
- More infrastructure and support** for administration and research (20% of comments)
- Reduce or abolish early morning (7am) and evening (5pm) meetings** (16% of comments)
- Hire more people** (hospital side) or **reduce clinical work overload** (e.g. fewer weeks on call) (12% of comments)



# Burnout

For more ideas on maintaining your own work/life balance, check out Stanford University's WellMD site:

<https://wellmd.stanford.edu/healthy/work-life.html>



## Support from colleagues



### Top 5 suggested changes in policy or practice to improve the workplace as a place for all to work:

**Transparency** on roles, responsibilities, resources, remuneration, time allotted for tasks **across all levels & in all divisions in the department** (23% of comments)

**More women and diverse people in leadership roles.** Change the culture and overall mindset to better appreciate more progressive ways of approaching things (16% of comments)

**Equal recognition and respect** for educational contributions, innovations and quality improvement initiatives, administrative roles, clinical contributions and research work (16% of comments)

More formal **mentorship** and **career development training** (14% of comments)

**Reduce early morning (7 am) and evening (6 pm) meetings** and allow **teleconferencing** (Webex) for meetings (14% of comments)