

Finding Balance in Shift Work

GoSkills online course syllabus

Skill level

Beginner

Lessons

17

Pre-requisites

No prior experience needed

Video duration

25m

Estimated study time

25m 9s

Instructor

Felix Felix

Introduction

1 Thriving as a shift worker

Shift work comes with several advantages and challenges, and one of the most important aspects of thriving in shift work is balance.

Navigating the Fundamentals of Shift Work

2 Shift work 101

Shift work has incredible differences than other career paths.

3 Leverage your mindset for shift work

With the right mindset, you will be able to tackle the challenges of balancing personal fulfillment and success at work.

4 Set yourself up for success in shift work

There is not one prescriptive routine that will work for everyone.

5 Collaborate with others during shift work

You need others to succeed in your shift work career.

Striking the Perfect Work-Life Balance

6 Assess your current balance

In order to prioritize balance in shift work, it is important to reflect on your current habits, goals, and routines.

7 Communicate about your schedule

It is important to learn effective communication strategies for discussing shift schedules with friends, family, and coworkers.

- 8** **Manage your time in the context of shift work**
Developing skills for efficient time management is important, especially in the context of shift work.
- 9** **Prioritize your health in shift work**
Managing your physical and mental health is an important aspect for shift workers to keep front of mind.
- 10** **Draw boundaries and be consistent with them**
Setting boundaries helps protect your well-being and personal time.

Aligning Your Work with Your Goals

- 11** **Define your goals for shift work**
Setting goals can help foster more motivation for your career.
- 12** **Set your foundation with motivation**
Sometimes personal motivations and values can get lost in the context of shift work.
- 13** **Discover your passion at work**
It is important to discover ways to find fulfillment and purpose in shift work roles.

Elevating Career Growth

- 14** **Take charge of your career success**
Having a clear picture of what a career path in your industry looks like will allow you to be prepared to make the best decisions for your career.
- 15** **Forge new connections**
Networking can lead to career growth and also help you learn from others in your field.
- 16** **Continue personal growth**
Personal growth can be key to finding balance with your professional career.

Conclusion

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Balance in shift work

Finding balance in shift work begins with you.

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