

# Professional Development

Reading the article and undertaking this In Balance learning activity is equivalent to 60 minutes of professional development. Discuss all your answers with a peer/s.

See the Nursing Council defined competencies for professional responsibility and interpersonal relationships in Domains 1 and 3 for RNs, ENs and NPs at [www.nursingcouncil.org.nz/Nurses/Continuing-competence](http://www.nursingcouncil.org.nz/Nurses/Continuing-competence)

## A READING: THE QUESTIONS IN THIS SECTION ARE DESIGNED TO HELP YOU READ THE ARTICLE ATTENTIVELY

- 1 Which of the factors listed below was not cited as a reason for increasing interest in work-life balance?  
*Tick one*  increased travel time  global climate change  distantly located elders  delayed child-bearing
- 2 The concept of 'spillover' is about:  
*Tick one*  only negative effects between roles  positive or negative effects between roles
- 3 The studies cited in this article found impacts on mental health and well-being when study subjects worked more than 10 hours overtime per week on top of:  
*Tick one*  part-time hours  full-time hours  either full- or part-time hours
- 4 The 2015 NZNO employment survey reported that the proportion of the nursing workforce with responsibility for family members was:  
*Tick one*  just under a half  about half  just over half
- 5 The article concludes by recommending that the most important conversation to have about your work-life balance is with:  
*Tick one*  your manager  your significant others  yourself  a trusted colleague

## B REFLECTION: THIS SECTION HELPS YOU REFLECT ON YOUR LEARNING FROM READING AND RELATE IT TO YOUR EXPERIENCE

- 1 What work-life balance means for me personally is that I am able to...
- 2 What are your 'take home' insights or learning? List 3 points from the article:
- 1.
  - 2.
  - 3.

## C REALITY: THE NOTES YOU MAKE IN THIS SECTION SHOW HOW YOU INTEND TO APPLY YOUR LEARNING IN PRACTICE

- 1 Please select from 'Questions this article might prompt...' the one most meaningful to your work-life balance. Outline your answer, the options open to you, and actions you plan to take in some brief notes below:

Verification by a colleague of your completion of this activity:

(Signature)

COLLEAGUE NAME: ..... DESIGNATION: ..... DATE: .....  
NURSING COUNCIL ID: ..... WORK ADDRESS: ..... CONTACT #: .....