


# CAREER COUPLES

TWO INDIVIDUALS, TWO CAREERS, ONE FAMILY.

Family life is changing, and so is the role partners play at work and at home. As the number of working parents continues to grow, so do the time pressures and other struggles associated with fulfilling career aspirations and family obligations.

Here are our top tips from our Career Couples coaching session.




It's important to identify your family values and success metrics to ensure that decisions in your personal and professional life align to what matters most to your family.

## IDENTIFY YOUR FAMILY VALUES



What are the types of conversations that you need to have to ensure you are working as a team? Remember to listen and be open to what your partner has to say.

## COMMUNICATE MORE THAN YOU THINK



Negotiations can be win-win: find the grey area for you both, let go of perfectionism and set boundaries around what's important. Don't forget to prioritise self and family care in the balance.

## NEGOTIATE FOR WHAT YOU NEED