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Managing Work/Life Balance

Chad Kerr

Lincoln University, Jefferson City Missouri

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Managing Work/Life Balance

I am the Head Softball Coach at NCAA Division 2 Lincoln University in Jefferson City, MO and as I'm always trying to better myself as a Coach and Person I recently attended the NFCA (National Fastpitch Coaches Association) Annual Conference in Las Vegas, NV December 6-9 2017 that is held for College softball coaches.

I came away with the obvious take a ways concerning fielding, hitting, conditioning, and the mental game of Softball in regards to my team and players. I sat in on many seminars and was pleasantly surprised with 1 of the seminars given by a long time Head Coach from the D1 level. He spoke on the importance of Work/Life Balance and that you need to be a good Person/Spouse/Parent first before you can truly be successful in your chosen career.

He spoke on how focused he was the first many years of his career, and though they expected it and wasn't offended, he didn't have the type of relationship he wanted with his wife and 2 children. Luckily he made some changes and got himself on track as a person. He was already definitely on track as a Coach winning multiple National Championships but he found until he became the best spouse and father he could, he couldn't really completely enjoy the accomplishments in his career.

He spoke of a video that has surfaced on Facebook given by a college Professor to his class and I will summarize but if you can find it, it will be well worth your time and probably hit home and make a lot of sense to you as it did me.

He starts by putting an empty Jar on his desk and filling it with golf balls. He asked his students "Is this jar full?" and they reply "yes". He then pulls out a bag of small pebbles/rocks and dumps this into the jar to go along with the golf balls. He again asks his students "Is this jar full?" and they again reply "yes". He then pulls out a bag of sand and proceeds to dump the sand into the jar along with the golf balls and pebbles. He again asks his students "Is this jar full?" and they again reply "yes". He then opens a beer and proceeds to pour the beer in the jar along with the golf balls, pebbles, and sand. He again asked his students if the jar is full, which now it is, and they replied "yes".

He explains to the students the jar represents your life. If you add things accordingly you can have a full and happy life but if you put things into it in the wrong order, you can't get as much in your jar. The golf balls are the important things, family, health, etc. Those wouldn't fit in the jar if you tried to put them in after the pebbles and sand. The pebbles are the next things in line, career etc., and the sand are all the extras in life, social life and fun. It ends with 1 student asking what the beer represented and he replied "The beer shows that with a proper order in life, you still have time to have a beer with your friends from time to time."

In summary it hit me that we need to remember what is truly important in life and fill our jar in the correct order. If we do so, we can all have a full and very happy life along with a successful career.