

# Don't discard your corporate career - #Upcycle it!

## Q &As

1. **There are plenty of books giving women career advice. How is this one different?**

My book focuses on addressing the work-life balance challenges that derail so many women's corporate careers. As one of the UK's premier experts I've developed an evidence based framework grounded in research that helps the reader better understand what work-life balance means to her - and how she can maintain it while navigating her employer's 'man made' corporate culture.

2. **My employer offers a women's development programme. Do I still need your book?**

Women's development programmes are a great way to enhance management and leadership skills; and to help you understand your employer's promotion criteria. However, I've yet to come across a programme that fully addresses the work-life balance challenges women face within their organisation; or that equips participants in the skills to craft flexible jobs which are not career limiting.

3. **I'm currently working with a coach so this stuff will be covered, won't it?**

That depends on the coach and whether they have a thorough understanding of both work-life balance theory and job crafting within specific corporate contexts. If your coach is less experienced in these areas the exercises in my book can help drive part of your coaching agenda around these important matters.

4. **So how am I likely to benefit from reading your book?**

The book introduces an evidence based, practical model that will enable you to:

- Get clarity on your unique work-life balance preferences and how you can achieve these.
- Re-structure your current full-time role into a quality flexible job that keeps your feet firmly on the career ladder.
- Identify the key skills you need to ensure success in your new balanced working arrangement.

Essentially you'll create an easy to follow route map which can be revisited as your circumstances change.

## 5. I'm currently not employed but taking a 'career break'. Will I find your book useful?

Yes. You'll still gain clarity on what work-life balance means for you; and how you can best manage it - whether you're working for yourself or for someone else. It will also enhance your confidence should you choose to return to the corporate world by:

- Providing you with a process to structure a flexible job that you can use with a prospective employer or intermediary such as a recruitment consultant.
- Highlighting some of the key questions around corporate culture you should be asking a prospective employer.
- Helping you identify your key management and leadership skills; and the ones you'll need to enhance in order to maintain a balanced working life.

## 6. What qualifies you – Anna Meller – to write this book?

I've been making work-life balance my business for the past twenty five years. I was a trustee for both the charities that merged to form Working Families; and I've researched and written three ground-breaking reports about work-life balance in the City of London on their behalf.

At the turn of the century I was an accredited consultant to the government's Work-Life Balance Challenge Fund, working with a range of employers in the public, private and not-for-profit sectors. In 2009 I became a founder member of the British Psychological Society's working group on work life-balance (located in the Division of Occupational Psychology).

Over the years I've worked with countless women on work-life balance issues. I love getting a client to the point of clarity in what she needs; and helping her identify the small but powerful changes she can make to her own situation so she can live a more balanced life.

## 7. How can I find out more?

Download the Book's [table of contents](#).  
Read and follow my [balanced leader blog](#).