



World's Toughest Job

As rewarding as they are; families come with challenges, perhaps more than any other relationships we face in life.

Recently, an advertising agency created a job ad for the world's toughest job, with the title of *Operations Director Earning \$0 per Year*.

The 'must have' requirements included a demanding list:

- standing up all the time
- constantly exerting yourself
- working from 135-unlimited hours per week
- experience in medicine, finance and culinary arts necessary
- no vacations
- increased workloads at Christmas, New Year, Easter and other holidays
- limited opportunity for sleep

Of 2.7 million viewers, the job only had 24 applicants and the interview then proceeded to reveal that this was the role of a parent and in particular a Mum. I wonder how many recognise that this is the commitment to the role of parent.

Finding enough time to spend with family, managing the physical, financial and emotional

needs of each family member, and juggling multiple expectations, personalities and conflicting demands are some of the many challenges that can make families both a great joy and a huge challenge.

In May, we will celebrate both National Families Week and Mother's Day. These days provide an opportunity to celebrate families and also to reflect on the juggle of modern parenthood.

People often turn to EAP for support when family relationships become tenuous. This can certainly help, but it is important to know that EAP can support you with strategies to address issues and provide support strategies for brewing crises before they reach breaking point.

EAP consultants can help you to identify and build on your strengths, or to work on weaknesses before they cause problems. We can also help you to balance your priorities to make sure that family gets the time that it needs and deserves.

Call Converge International to arrange a convenient time and place for you to meet with one of our experienced consultants to talk about how you can find a better balance, some coping strategies and improve your family relationships.