

Burr Hosts “Dispelling the Myth of Work-Life Balance” Program with Psychologists from McDonald Graham LLC

As part of the firm’s “Women in Business” Women’s Initiative program, the firm recently invited clinical psychologists Dr. Julie McDonald and Dr. Lisa Graham from McDonald Graham LLC to talk about “Dispelling the Myth of Work-Life Balance.” The program was broadcasted throughout all the firm’s offices and included the firm’s Summer Associates.

The program focused on the myth that an ideal work-life balance exists and that attempts by high performers to hold themselves to these unattainable standards can sometimes decrease productivity and satisfaction at work and in their personal life in the long term.

During the program, attendees were encouraged to consider adopting a reality-based model of the “*Life Elements Blend*,” a trademark exercise and life management plan developed by McDonald Graham LLC.

The *Life Elements Blend* ultimately helps individuals identify where change is needed in work and personal life in order to be more satisfied, productive, and effective at work and in life. The exercise also helps individuals understand that many of their struggles and challenges are shared by others and they are not alone.

