

## **Answers to Questions.**

Q.1 What strategies have you employed to maintain a work/life balance?

***Answer: I have maintained a sense of balance by using many of the same strategies that I coach in the Balancit® program. There is no one size fits all and many a times I devise unique solutions that never existed anywhere to fit the needs and situation of the entrepreneur or individual being coached. My specialty is unique and customized solutions on the spot.***

2. How do you maintain these strategies?

***Answer: I maintain that routine and discipline of applying systems that I coach.***

3. What influenced you to implement these strategies?

***Answer: My own requirement to achieve a sense of balance and to strengthen the relationship with my spouse and my family. We have been married for 18 years, this is my first and only marriage, and I have two beautiful daughters.***

4. How have these strategies affected your work/life balance?

***Answer: I have lost 65 pounds, and fit into my white wedding suit that I had bought 17 years ago. I spend quality time with my family and they are fully involved in the creation of the tools and systems that I have presented in this proposal. My wife and both daughters have contributed greatly and I have named my company after them.***

5. How long have you been implementing these strategies?

***Answer: I customize my Balancit® program based on the needs of the entrepreneur or individual. The thrust remains the same that I coach them over 21 weeks or 21 coaching sessions to achieve the balance for good.***

6. How have you shared these strategies with your colleagues? friends? family? If so, how have they incorporated them into their lives?

***Answer: As mentioned earlier, my family is very much involved in the creation and this has created a balance in our lives.***

7. What does work/life balance mean to you?

***Answer: It means a purposeful and meaningful life. Without balance, all the money in the world means nothing to me.***