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## 5 Professional *you* vs. personal *you*

One of the most difficult things to do as an aspiring manager is to separate the professional *you* from the personal *you*.

Every aspiring manager should remember this simple idiom: There is life after work.

There are three ingredients that have nothing to do with work that are absolutely necessary for a successful career: Family, friends, and downtime.

Family support during one's rise in the corporate ranks is crucial to make the various transitions as smooth as possible. Work can be all consuming if you let it. But it cannot hug you, or listen to your thoughts, aspirations, and fears. Work cannot ruffle your hair in a playful manner just to let you know someone cares.



**Workplace friends are one reason to show up each day.**

Of course you have friends at work. If you don't, work can become drudgery and long days become even longer. While there's nothing wrong with having friends that

jump the boundaries from work to after-work, from a psychological point of view, it is important to have friends outside of work that have nothing to do with your work. Relaxing with friends from work presents two potential uh-ohs: 1) The subject of work will come up, and; 2) Without outside influences, ideas, and observations, the flow of creative juices is greatly inhibited.

Downtime is essential to clear, concise reasoning. Smart managers realize this small truism and make sure they take time off to re-energize. Many top-level managers make time to leave work behind on a regular basis. They always return with new ideas to create a better company, an offshoot of time away from the day-to-day chores that always abound in the modern company, association, or educational institution.

*Your world will survive if you are not available for a time for email, phone calls or text messages. Truly, it will. Those that believe otherwise will forever be banished to Office Hell.*