The Balancing Act
Managing a Career and Family
Culinary Arts
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Working in the Food Service Industry
Advantages

- Able to create new foods and menus
- Work with exotic ingredients
- Explore passion for food and cooking
- Impress clients
- Flexible shifts
- Demand for chefs is constant

- If full time:
  - Health insurance
  - Paid vacations
- If you own a restaurant:
  - Creative freedom
  - Choose type of foods served
  - Choice of specials each night
Disadvantages

- Can be physically and mentally overwhelming
- Stressful
- Long hours with few breaks
- Always on your feet
- Under pressure to deliver meals quickly
- Burnout is common

- Hours include holidays and weekends
- Stiff competition
- Can be monotonous and tedious
- No benefits for part-time employees

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Multiple Roles

- Adult
- Employee
- Citizen
- Spouse
- Parent
- Community member
- Neighbor
- Other
Family

May consist of:

- Spouse
- Children
- Grandparents
- Brothers and sisters
- Step-children
- Other relatives
Families Struggling for Work-Life Balance
(click on link)
Time and Energy Management
Time Saving Techniques

- Avoid procrastination
- Avoid time wasters
- Be flexible
- Do it right the first time
- Make a To Do list
- Practice work simplification

- Prevent interruptions
- Set goals
- Stay organized
- Take a break
- Use a calendar
- Use small amounts of time
Managing Your Energy

- Amount changes daily
- Identify your peak period
- Levels vary with age
- Increase levels by:
  - Getting plenty of rest
  - Eating healthy food
  - Exercising regularly
Leisure Activities

- Hobbies
- Vacations
- Community activities
- Reflection
Questions?
The Pro & Cons of the Culinary Arts
Becoming a chef isn't just about slicing and dicing; it takes hard work, determination and skill.
http://www.ehow.com/info_7859285_pro-cons-culinary-arts.html

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A new study released from the Pew Research Center found 37% of mothers say they want to work fulltime, due, in large part, to the recession and financial insecurity.