

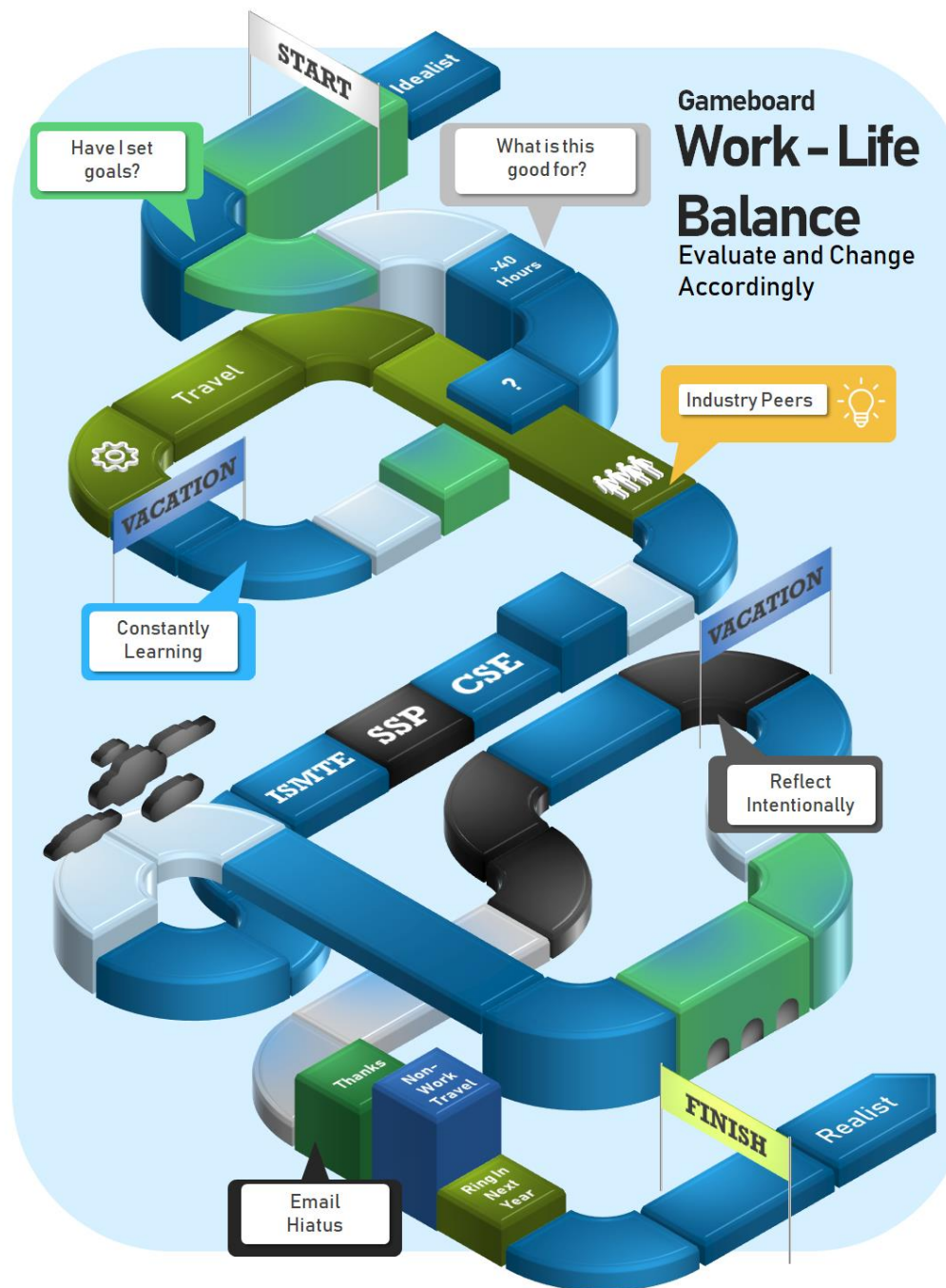
REFLECT & BALANCE

Tuesday, May 7, 2019

5.4 Work-life Balance: Striking it Right

Anna Jester

Director of Sales & Marketing, eJournalPress



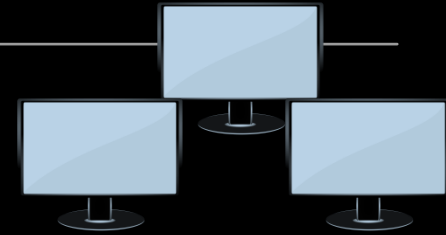
WORKING ON BALANCE

Home

Professional



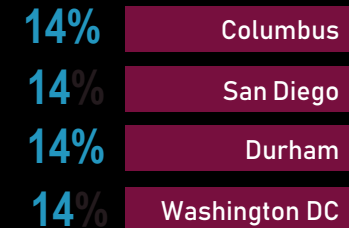
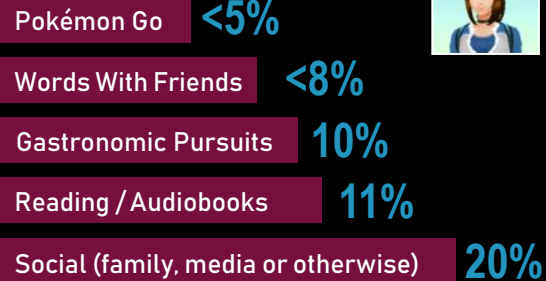
Additional monitors are also awesome in home offices



100% HAPPIER
Using three MONITORS

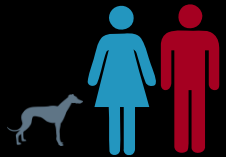


5
Things you are likely to find me doing



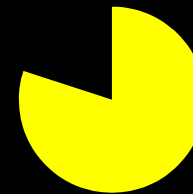
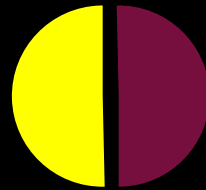
7 in 52
Weeks in 2019
including
annual
meetings

43% International (Copenhagen, London, Oxford)



Proactively appreciate
Your support
network!

50%
Amount of time
I should be
sleeping



80%
Spent at Desk/
computer
In office

25+ Coworkers
In office & remote



THANK YOU FOR YOUR TIME!

Anna Jester

Director of Sales & Marketing

eJournalPress

ajester@ejpress.com

[@anna_jester](#)