

## There is opportunity in every crisis.

Society is in turmoil. Not only politically and economically, but also on a personal level, the demands being made on us are very different than was the case just a few years ago. In a world of changes with very few constants, time has become one of our most precious commodities. Yet most people feel they have little or no control of their (working) lives – with hardly any scope for independent decision-making, the autonomy we all desire is something only enjoyed by precious few. The time has come to tackle this predicament head-on. This requires a radical shift in perspective.

→ **The perfect work-life balance – a pipe dream? For more and more of us, far from being mere luxury, it is becoming a physical and psychological necessity. Taking a deliberate time-out can achieve the goal of developing and nurturing each individual's motivation and productivity, as well maintaining their levels of personal happiness.**

**Carsten Alex** has ventured further down this road than most people. Having held a variety of managerial positions, including many years as an executive at Daimler AG, he has finally found his true calling – after taking his own sabbatical leave. Since 2006 he has worked as an independent consultant and coach.



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### TIME OUT AS AN OPPORTUNITY

Taking a sabbatical can work wonders for your career

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