

ESSAY TOPIC :-

IS WORK-LIFE BALANCE IS MORE IMPORTANT THAN CAREER ADVANCEMENT ?

OUTLINE :

1) Introduction

1.1) Attention grabber

1.2) The parallel relationship of work life-balance in career advancement.

1.3) Thesis Statement: In the race of the life, where all our moving towards having a great career, we neglect the balance of work-life which ultimately effect the people around us including ourselves.

2) Importance of work-life balance in different aspects of our life.

2.1) Having a work-life balance help the person to have a happy healthy relationship with their spouse.

2.2) work-life balance helps the person to present for their family.

2.3) This balance also helps to create quality time with your kids.

2.4) work-life balance helps the person to enjoy their present instead of worrying about their future.



- 2.5) Work-life balance helps the individual to take care of their mental health.
- 2.6) Work-life balance helps the person to prioritize their work and at the same time their health.
- 2.7) This balance helps the individual to prioritize things instead of rushing for everything at the same time.
- 2.8) Work-life balance teaches the person the art of patience.
- 2.9) Work-life balance eventually helps you to stay connected with your old friends.
- 2.10) Work-life balance helps you to be an optimistic person.

3) How Career Advancement shadows the beauty of enjoying life.

- 3.1) In many cases career advancement is the cause of broken relationships.
- 3.2) The career pressure of advancement leads the person to be a workaholic.
- 3.3) In the hustle of achieving corporate ladders, we forget the child's emotional need.
- 3.4) The people with the mindset of career advancement focus on the future more rather than the present.
- 3.5) Career advancement ruins the mental health of an individual.
- 3.6) Health to achieve in our career, health gets neglected.
- 3.7) Career advancement individuals are always in a rush to achieve more.
- 3.8) Impatience lies in the nature, when it comes to career or other aspects of life.

3.9) Career advancement mentality demands more working hours due to that can't spend quality time with your friends.

3.10) It makes you an pessimistic person.

u) Conclusion.

ESSAY:

Imagine, you are sitting on your death bed spending last days of your life. All the flashbacks are coming one by one that how you lived your life. But what if there was regret that you may spend most ^{of your} time with your family. So much indulge in the work, to excel in your career, life only revolves around the career advancement that you forget to spend time with yourself and family. That's the importance of work-life balance, when you give proper attention to your work and life at the same time. The happiness of a person lies in the non-materialistic things, spending time with family, being in nature, chatting while having coffee. These little things make a person happy which eventually help in the work to maximize productivity. In the hustle of living a better life we start giving importance to those factors which will affect our life. The importance of work-life balance can be described as by the relationship among career advancement and work-life. The more an individual gives importance to it's work-life it directly helps you to excel in your work or career. In the race of the life, where we are rushing towards our goal we neglect the balance of work

life, which ultimately affects our surrounding.

The importance of work-life balance occurs in different aspect of our life. The main concern of any relationship is that their partner can spend their quality time with them, when a person is so much indulge in their work, and work become their first priority. Indirectly the work, ~~become~~ the cause of broken relationship. There's a famous saying happy wife, happy life. This statement portrays the idea that to live a better life it's important that your spouse has healthy relationship with you. when there's peace, and support of your partner in life that's when you start enjoying your work and cherish your life and this thing can only be occur when you have good work-life balance.

The another important part of our life is family, all the people work hard in ~~our~~ their lives to provide comfortable and luxuries life to their family. In the hustle of earning more money and excelling in the career. ~~to~~ we forget that all happiness can not be buy with the money. Time is the most crucial factor that cannot be pause for anyone. Instead of regretting on our death bed, it's important that we will remain present when our family needs it.

ESSAY:

A WOMAN'S PLACE IN
THE HOME

OUTLINE:

1 - Introduction

1.1 - Attention grabber

1.2 - Society perception about women being in home.

1.3 - Thesis statement:- when we look back in the history, women's are labelled to be a homemaker. As they are responsible, for taking care of kids, family. They didn't get their basic rights. As the society is changing the women's are demanding for the gender equality where they are not only known as homemaker.

2 - Due to the society perspective of women's place in the home lead to the:

2.1 - women's are considered as homemaker.

2.2 - The sole responsibility of taking care of kids is upto the women.

2.3 - The rights of taking education is not provided.

2.4 - women's cannot think about having a career.

2.5 - women's are not given the opportunity to take decisions for themselves.



- 2.6 - women's are not allowed to play sports.
 2.7 - women's doesnot have the right for vote.

3 - The Role of Feminist Movement in gender roles.

4 - Evolution of gender roles by the time:

4.1 - In current era, women's are not only considered as homemakers but also a career-oriented.

4.2 - The idea of co-parenting emerges.

4.3 - women's education is a fundamental right.

(As per the Article 37 of the constitution of Pakistan)

4.4 - women's are now being placed in leadership roles.

(cm Punjab: Maryam Nawaz, may borrow CEO of General Motors)

4.5 - The concept of women's right introduced in the world.

4.6 - women's fight for the right to vote

(suffrage movement)

4.7 - women's sports team introduced.

5 - How International Organization and policies helping in women empowerment:

5.1 - The role of UN women in women's empowerment.

5.2 - The role of government in policy making.
(National gender policy framework 2022)

5.3 - Role of industries in providing jobs to women.

(Engro programs: Break the bond, WELLS)

5.4 - The role of NGOs in providing awareness to the rural women about their basic rights.

6 - Conclusion

ESSAY.

From childhood, women's are listening from their grandmothers or society. That men's are the breadwinner and women's are the homemaker. From history till date, the core responsibility of women is to take care of home. When we look back in the history, the time period of colonialism in subcontinent or America. Men's are the one who went for the war and fight for their country whereas women are left behind in the home. This perception start moving from one generation to another, and eventually it takes place as the society perception. Women's from birth are taught how to cook, homechores, sewing clothes. The only thing in women's mind are pleased that they are meant to be at home. But now a days, things are changing women's are fighting for their basic rights. Women's are asking for gender equality where they have their own individual personality, where they are not know only as a homemaker. Due to the society perception of women's of being in a home, gives them the personalistic responsibility of being a homemaker. Where, they have to take care of all the home chores, regardless of that women's are more capable and can not be bounded by the cultural norms. If we look in our surroundings our mother, grand-mother and grand grand mother are all homemakers. And they have been taught



that taking care of home is the only choice and being respected in the society.

The another responsibility which is only associated with the women is to take care of the kids. women's have to nourish and to take care of their kids need. The role of co-parenting doesn't exist in the history, as per the cultural norms it's a female trait. These female traits also play a role in shaping the woman's responsibility and describe that the roles of men and female. Usually we have seen women's in the parent's teacher meeting as women's have the sole responsibility to take care of the children's well-being.