

Pair help couples juggle work-life balance

BUSINESS coaches and married couple Rebecca and Edward Plant say making a marriage and a business work can be a blessing and a curse.

The pair, who run business training firm Lead Better, have been providing training for couples to help ensure the couple that works together, stays together.

It is estimated that about 33 per cent of all Australian small businesses are owned by married or de facto couples.

Ms Plant said many couples struggle to find the right balance to flourish at home and in the workplace.

"There are a lot of benefits to working with your partner but you have to be very conscious and switched on to make it work," she said.

The pair have been working with Jess Merritt who, with husband Adam, owns Proactive Electrical Contracting on the Gold Coast.

The Merritts said they

struggled to find a work-life balance when Jess came into the business 18 months ago.

"Our company went through significant growth in the past 12 months and it just became all about (work)," Ms Merritt said.

"I'm very passionate about work and I found I was working long hours and talking about work all the time.

"It was taking away from our time with each other and our two children and it was becoming very frustrating for my husband."

The couple's training aimed to implement strategies and processes that would allow them to "turn off" from work during family times.

"What we learned was that we really needed to structure that time to be a husband and wife, and mum and dad," Ms Merritt said.

"Another important step we took was to clearly define our roles so we – and everyone else

– knew which of us was responsible for certain areas of the business.

"Now that we have done that, and have a greater understanding of how each of us works, we are seeing results.

"We are much happier and I would say more productive than we have been in the past.

"We used to work such long hours. The other night, for the first time in three years, I was in bed before 10pm."

Ms Plant said couples often approached a business thinking they would share the load.

"This can lead to confusion and often problems," she said.

"Each person will bring a unique set of strengths.

"And remember, home is home, work is work, keep the two separate."



Husband and wife team Rebecca and Edward Plant.