

Rick Grimaldi Interviews with Fortune on Managing Work-Life Balance

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In an interview with Fortune Magazine, **Rick Grimaldi** shares best practices to effectively disconnect while on vacation. Rick, author of "FLEX: A Leader's Guide to Staying Nimble and Mastering Transformative Change in the American Workplace," explains that a change in work-life balance is part of what's keeping us from fully embracing vacation mode. "It's not just that work is encroaching on our 'free' time, our personal lives are also spilling into our workday," Rick says. "It's more and more common for employees to set their own hours, work remotely at least part of the time, leave to pick up kids from school..." But he adds, "Moving between worlds is not always easy. While a call may only take 20 minutes, you might hear something upsetting on the call. Then, when you try to move back to 'vacation mode' it's hard to be present."

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