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Don't feel guilty for having a break

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I bet you work hard. Everyone successful does, don't they?

But do you sometimes feel like a hamster on the wheel of your own life, forever running faster and faster to go nowhere in particular and all the while becoming ever more exhausted as the time drifts by.

This was the theme of a discussion I enjoyed on Saturday with a handful of other business types as one of our number piloted his lovely Italian river boat sedately down the Thames while the rest of us drank and dipped our crisps into the hummus while

we gnawed on our steak sandwiches.

A gorgeous sunny evening under the stars was punctuated by plenty of good humour and a few journeys along the usual philosophical tangents.

It seems that I may not be the only one wondering whether the fast pace of life today is one to keep on living just because we can, and just because we have the chance to do so much these days that wasn't possible when we were my son's teen age.

On Friday I was up at the crack of dawn stuffing in some breakfast before shooting up the M40 to visit our call centre partner to check on what they are up to.

Then it was on to Batley in Yorkshire for a meeting with a new retail partner before slogging it back home to Bucks and into a full weekend of DIY projects, weekend social gatherings and preparation for the work week ahead.

They say there is no rest for the wicked and it seems

we are all very wicked indeed these days.

Even relaxation now involves travelling far afield and cramming in one fantastic moment after another to keep up with the Facebooks.

Back to the boat.

We all in our own way were making the same simple point that less would be more in our respective lives.

The boat captain loved his boat.

Better to spend all his time on it than bothering to fly to Cabo St Lucas to sample its delights, as wonderful as they might be.

Others made a strong case for the comeback of doing nothing at all.

Zilch. Nada.

When was the last time you sat on the sofa, did absolutely nothing and didn't feel guilty about it?

And yet, it is when we do nothing that we are at our most inventive and thoughtful, which as leaders is the difference we are supposed to



Doing nothing is not something to feel guilty about

add, right?

I am no sandal-wearing tree hugger with a penchant to live

off others, none of us on the boat were, we were all workaholics, but we all concluded

that slowing down would make us each happier and more productive.