

Find the right work-life balance

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Introduction

Here you'll find news and features for women. Including advice from Penny Power, finding the right work life balance and working from home.

Would you like an opportunity to influence women's enterprise support in London? You can have your say by taking part in a telephone survey. **[Find out more.](#)**

5 top tips on networking by Penny Power

As a mum of 3 and an entrepreneur, I feel networking is very much based around the amazing benefits of creating a warm supportive network around you that you can trust, open up to and share life's ups and downs with.

My Top 5 tips for women when networking would be:

1. Be total yourself, never ever put up a false impression of who you are, this will make you resent yourself and resent your life. Network with people that you like and feel you can open up to, when people know the real you, then you will attract the right people at the right time into your life

2. Understand how to maximise your networking though online and offline methods. The online networks will give you maximum exposure and will make you easier to find, your offline will help you to develop deep friendships, local to you.

3. Consider your network as a place for support, mentoring and personal

development, not as a marketplace, do not sell to your network.

4. Know how to communicate what you are passionate about and find ways to indicate how you have turned this into your way of making money – make sure people feel your passion and how you make a difference to others.

5. Build a network around you that enables you to stay in your 'flame' not in your 'wax', find ways to delegate parts of your work that you find tough and un-inspiring to others that would love doing the things you hate. The only way you can find time for the things you are good at is to reduce the time you spend on the things you are poor at. Your network can take you further than you could ever conceive on your own.

Written by Penny Power, Founder and Director - Ecademy Limited

Read my Ecademy profile here:

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Business ideas to fit in with family life

Overview

Whether you have been in paid employment all your life or you're an experienced

entrepreneur, trying to find a business that fits in with your family needs can be a challenge, especially if you are relying on the income.

For some people it means a complete career change, for others it's a case of adapting existing skills and experience to form a business that fits in with family responsibilities. This factsheet looks at a range of business ideas that are particularly suited to family life.

Where to start

Once you've made the decision to start a business that fits around your family responsibilities, you need to ask yourself the following questions:

- How much money do I need to earn?
- How regularly will I need to be paid?
- What sort of capital outlay can I afford/raise?
- What sort of business interests me most?
- What am I least interested in?
- What skills, experience and hobbies could be relevant?
- Will my partner and family be supportive?
- Will I need childcare regularly, sometimes or not at all?

Getting the information you need

It's all very easy providing a list of business ideas that may be family friendly – but that's not much help if you don't know what's involved and where to get started.

That's why every single business idea listed in this factsheet is supported by an in-depth guide to starting that particular business. You will find out:

- if you are suited to that type of business
- what training or qualifications are needed
- who your customers and competitors are likely to be
- what the key issues affecting the market are
- how you can promote your business
- what start up costs to expect
- any legal issues
- links to useful organisations

Child-related businesses

There is no shortage of ideas and opportunities to start a child-related business, as there is usually high demand from other parents who are looking for childcare or activities for their children.

Childminders

Childminding can be an attractive option both for women who have a background in childcare (such as nannying or teaching) as well as professional women who choose not to return to their previous employment after having their own children.

The obvious advantage is that you can earn a regular income while continuing to look after your own children in your own home. Not only does this mean you don't need to fork out for childcare costs yourself, it also

gives you the flexibility to choose your hours and days, as well as decide on each day's routine and activities.

Childminders must be registered with OFSTED and there are strict guidelines as to the number of children a childminder can care for, including their own. Your home will be inspected to ensure it is safe and suitable for children, and you are required to attend a childminding practice course which covers starting a childminding business and managing children's behaviour.

Baby and toddler classes

There is a range of baby or toddler classes that you could choose to run, such as baby signing, baby and toddler exercise, baby yoga, baby swimming, infant massage or music classes.

You may be able to run them with your own baby or toddler, or you could run them out-of-hours or on weekends. Classes can be held in your own home, at a local hall or swimming pool or at the home of your client. Some training in the skill you plan to teach will be necessary, and it may be worthwhile gaining a first aid certificate.

Crèche

A crèche provides a safe and secure place where parents can leave their children on an ad hoc basis, offering at least two and half hours of care a week. In England, they must be registered with OFSTED.

Crèches are often attached to a permanent establishment, such as a place of work, a swimming pool, a fitness club or a shopping centre.

The main issue to consider will be the premises, as there are strict rules on the amount of space needed, the location and safety of kitchens, toilet facilities and gardens. A crèche can not be run by a sole operator so you will need either a business partner or staff.

Other child-related business ideas

There are a number of other opportunities that you may wish to consider, including:

- Children's day nursery – provides continuous care for more than four hours, for children aged between three months and five years. The demand is high for day nurseries, but the start-up process can be quite lengthy.
- Playgroup – provides sessional daycare for the under-fives. Many are not-for-profit, but there are some privately-owned businesses.
- Out-of-school and holiday club – provides care for children before or after school or during holidays. A minority of clubs are run as privately-owned businesses.
- Children's indoor play area – provides a safe yet fun environment where children can play, and often a coffee shop for the parents to relax. Both the set up costs and time commitment involved can be high.
- Children's entertainer – performs a variety of acts for children (e.g. magic tricks, puppetry, juggling, clowning, face painting) usually at parties. Entertainers are often required on weekends or during holidays, but it can be hard work establishing yourself.

- Home nappy service – delivers supplies of cotton, cloth or terrycloth nappies, liners and over-pants to parents. You will need a vehicle to transport the dirty and clean nappies and access to washing machines and tumble driers.

Home-based businesses

Many people find that the best way to balance work and family commitments is to run a business from their own home. This has been made easier with the help of PCs, broadband and email. This section looks at home businesses that are both computer based and those that are not.

Freelance copywriter / sub-editor / proofreader

If you have a publishing or media background, then you may decide that setting up as a freelance copywriter, sub-editor or proofreader will provide you with the flexibility you need to juggle family commitments.

While freelancers generally work to deadlines, you will be able to choose how much work to take on, and what hours you wish to work. All you need is a home computer and email address, and assuming you have these, start-up costs are negligible.

CV writer

A CV writer prepares CVs and covering letters in consultation with clients. Contact may be in person, over the phone or online. You will need to be able to write clearly and succinctly. The market for CV writers is very competitive.

Database developer

Freelance database developers design systems that store and manage a company's data, and will often be brought in for ad hoc projects. You will need a background in database development. It is likely you will need to spend time with the client specifying the project and training staff.

Ebay trader

Ebay traders aim to make a profit by selling goods using online auctions. About 160,000 individuals currently make a living from eBay while countless others use it to supplement their income.

While you can pick and choose your hours, it can be a time-consuming business as you need to factor in time for answering bidders' questions, packing and posting goods, organising new listings, as well as keeping an eye on the market and buying your goods to sell.

No formal training is required to start trading on eBay, but there are courses and books which can help you to optimise sales and profits.

Clothing alteration service

A clothing alteration service provides customers with quick adjustments to clothing such as taking in dresses or shortening trousers. You should be skilled in sewing and working with different fabrics.

Dressmaker

Dressmakers provide customers with a personalised service, including measurements, creating the pattern, fittings

and finishing. Demand for dressmakers is increasing. Formal training is not essential, but you should have some experience.

Home sewing and embroidery service

You can offer various services including textile repairs, embroidering logos onto clothing and linen. Thriving but competitive industry, as it appeals to people interested in developing a business with low overheads.

Ironing service

An independent ironing service may take on both domestic ironing and small commercial contracts, offering free collection and delivery. You will need to be a skilled and efficient ironer, with knowledge of fabric care. This type of business can be physically demanding, and you may have more custom at certain times, such as over the weekend.

Knitting services

A home knitting service can offer customers a tailored and exclusive garment, with materials of their choice. You can choose to run your service using complex knitting machines or by producing the garments by hand.

Homemade preserves and pickles

A producer may make marmalades, jams, jellies, curds, pickles or chutneys. This type of business can be run on a part-time basis from a suitably equipped domestic kitchen. You may choose to sell direct to the consumer or through retailers. You will need knowledge of the specific food production techniques required.

Homemade cake, biscuit and sweet producer

A producer may make tray bakes (such as flapjacks), cakes, muffins, biscuits, toffee, nut brittle or fudge. This business can be run on a part-time basis from a domestic kitchen. A creative approach to food preparation will be required.

Homemade soup producer

A homemade soup business operates from a domestic kitchen, selling soup either directly to consumers (online or at farmers' markets) or to intermediaries such as hoteliers and restaurateurs.

Market researcher

A market research business will collect and interpret data on behalf of its client, and may involve the testing of new products, customer satisfaction surveys or opinion research. You will need sound some background in research and may need to visit potential clients to pitch for business.

Translator

A translator translates a text from one language into another. These may include scientific texts, legal documents or novels. The work is ideally suited to working from home. You must be able to express yourself clearly in your native language as well as having an excellent understanding of a foreign language.

Virtual office assistant

A virtual assistant (VA) provides administrative support for clients on a self-employed basis. You would work from your own home and communicate through

electronic media. Duties typically include telephone answering, secretarial tasks, book-keeping, typing, filing, travel booking and data entry. Working hours are usually flexible.

Typing and word processing service

A typing and word-processing service may provide individuals and businesses with secretarial and editorial solutions such as letters, reports, newsletters, invoices, as well as translating or data processing. Work can be commissioned and delivered via email, fax or post.

Web developer / Website designer

Small scale website designers and developers can work from home with minimal face-to-face contact with clients. A background in web design and development will help when starting out on your own.

Graphic designer

A freelance graphic designer can work from the comfort of their home, but may need to meet with clients to pitch for business and discuss requirements.

Flexible hours businesses

This section covers businesses that may still be home-based, but the work involved usually means leaving the house to visit clients. However, they are often still a good choice for parents wishing to balance work and family commitments because the hours are flexible and how much work you take on is up to you.

Business management / Advertising / HR / Public relations / E-marketing consultant

If you have a professional background in business, advertising, HR, public relations or e-marketing then you may make the decision to 'go it alone' and start your own consultancy.

Consultants usually work on a project or contract basis, and these can vary in length and scope. While there is likely to be some time spent away from the home when pitching for business, working with clients, and presenting results – a lot of the work can be done from your home office at hours to suit your daily routine.

Consultancy is a highly competitive sector, so you will need to be experienced, motivated and energetic to get your business up and running.

Contract catering

The contract catering sector has shown enormous growth and can cover anything from canteen refreshments to catering for weddings and parties. A background in food production is essential.

Contract cleaning

A contract cleaning service covers both cleaning work within domestic and commercial settings, as well as more specialised cleaning within clinical and industrial settings. Tendering for contracts can be demanding and competitive.

Domestic cleaning service

A domestic cleaning service offers a range of services to householders such as polishing, vacuuming, and cleaning bathrooms and kitchens. Many clients require a regular service, such as weekly, but there is scope to offer a specialist

spring-cleaning service. You could choose hours that suit your family commitments, or clients may be happy for you to bring your baby along.

Events organiser

Much of the organisation involved in running an event can be done from home, especially if you are already familiar with the venues, caterers, entertainers and accommodation. Guest lists, budgets, sponsorship deals and press releases can all be organised from home.

However, for large events such as exhibitions, you will need setting up time as well as stand management, so will need to consider how much time away from home will be necessary.

Image consultant

An image consultant advises clients on all aspects of their personal presentation – services may include colour and style analysis, public speaking coaching, a wardrobe review or make-up application sessions. The majority work from home or on a mobile basis.

Mobile hairdresser

If you are an experienced hairdresser, then you may wish to set up on your own as a mobile hairdresser. Usually this involves travelling to clients' houses and offering services such as cutting, styling, colouring, perming, straightening and hair extensions.

Nutritional therapist

A nutritional therapist advises clients on how to use diet to boost wellbeing and alleviate health problems, including weight loss.

Consultations with clients can be done at your home or at the client's, and you can choose hours to fit in with your other commitments. Most have a background in nutritional therapy and undergo training on how to advise clients.

Slimming and diet coach

A slimming and diet coach may offer one-to-one sessions or they may run informal group sessions, where weight-loss progress is monitored on a weekly basis (often based on an existing slimming system, such as WeightWatchers).

Hypnotherapist

A hypnotherapist uses hypnosis to explore and treat a range of psychological and medical problems such as addiction, pain, phobia or smoking. Clients are usually treated on a one-to-one basis, in your home or theirs.

Private exam tutor

A private exam tutor provides individual coaching for school, college or university students preparing for examinations. You must have an understanding of the exam curricula in the subject you wish to tutor in. It is likely that you will be required to work evenings and weekends.

Private music tutor

The range of private music tuition offered is increasing and so too is the customer base, although it still mostly comprises children. Most tutors specialise in one area, such as strings, woodwind or brass, or on one instrument, such as the piano. Most tutors work on a part-time basis.

Party planner

A party planner organises a party on behalf of a client, to a specific budget and theme, including birthdays, graduations, weddings, christenings and Christmas parties. You would be responsible for organising the venue, catering, entertaining, props, invitations, replies, and clean-up services.

Some may also work on commission for larger businesses, such as Ann Summers, and organise parties in a private home offering items from the product range for sale. You may be required to work evenings and weekends, so need to think about the hours you are happy to work.

Wedding planner

A wedding planner oversees all stages of the planning process, including budgets, venues, seating plan, decorations, itinerary, catering, entertainment, invitations and photography. Most of your organisational work can be done from home, but you are likely to meet with the bride and groom during weekends and in the evenings.

Find the right work-life balance

Many people start their own business because of the flexibility it affords. Putting down some ground rules to ensure that you do indeed find the right balance is essential, and these tips will help to put you on the right track.

Review your current circumstances

Make a list of all the activities that currently take up the bulk of your time in an average

week. Include work, children, partner, relatives, self, social life and domestic chores. Work out how much time you devote to each activity per day.

Assess how your time is spent

Look at your average week – are you spending too much or too little time on one particular area? Is there one area that is being completely neglected (time for yourself, for example?) Are you working until after midnight most nights, and would prefer not to be?

Draw up your ideal solution

Don't worry too much about practicalities for this step – just think about what is important to you, and how you would like to spend your time on a daily basis, and write it all down. If you'd rather not spend time on domestic chores, then leave them out.

Consider your options

If you are finding that there is simply not enough time to do the things that mean the most to you, then look at the options for cutting out the area you are least interested in. For example, the time you spend on domestic chores could be better spent earning money for your business. So you could consider getting a cleaner once a week and instead of thinking of this as an unnecessary luxury, look at it as a way of spending money to make money.

Trial your new work-life plan

Put together a realistic weekly plan (based around your ideal scenario) for how you will spend your time. If the plan states that you must not work past 10pm, and not at all on weekends, then stick to it. Similarly, don't busy yourself with chores when you should

be spending quality time with your children.

Plan ahead

It's essential that you keep a well-organised family and work diary, making sure that commitments for each are prepared for in advance. For example, if you know that you will be at an important meeting next week, then make sure you have organised childcare ahead of time. Have a back-up plan, such as a crèche, where you can leave your children if your first plan falls through.

Manage your workload

If you are getting more work than you can reasonably take on yourself, then consider outsourcing some work, hiring a temp or taking on an employee. You need to make sure that your workload and business goals are realistic, otherwise you will end up feeling stretched, stressed and unhappy.

Keep your hours flexible

By working for yourself you get to choose your own working hours – which should suit both your business and family needs. If you have school-age children, you may wish to work only during 'school hours', or you may do a longer day with short breaks for the school run and other responsibilities.

Separate home life from work life

If working from home, it can help to have a separate office space. This will ensure that you are not interrupted (as much) when working, as well as when you leave the office being able to 'switch off' from work. Try to avoid bringing work issues into family life and vice versa. You will need to be disciplined to keep both separate.

Stay positive

Part of the battle to achieving a work-life balance is believing that you can really do it, and sticking to your rules. Don't be pressured into taking on more work than you can handle, and don't feel guilty if you have some time out to yourself when, in theory, you could be working. You deserve time off and shouldn't waste that time by worrying!

For more information, see our factsheet on [Business ideas to fit in with family life](#).

Move on at 50 - FREE business course

If you are 50+ and thinking of self employment or have only just started their own business then the 'Move on at 50' business course can help you.

The course runs for 10 weeks every Thursday at the end of Sept until the beginning of December. [For more information visit the London Metropolitan website](#).

If you are interested please complete the application form and return as soon as possible. You must be able to commit to ALL of the sessions and attend all day for each Thursday of the programme.

We have a very long waiting list and will work on a first come first served basis of eligible participants.

[Application form for Move on at 50 event](#).

[Agenda for the Move on at 50 event](#).

New 'ambassadors' network to help women start up

Women seeking to start their own businesses now have a network of 1,000 established female entrepreneurs to show them how it's done.

The Women's Enterprise Ambassadors Network will consist of entrepreneurs, offering inspiration and advice to other women.

Industry Minister Margaret Hodge had the idea to establish the network when research showed that women, more than men, need a strong, successful role model to give them the confidence they need to start up their own business.

She said: "if we had the same rate of entrepreneurship among women in the UK as they have in the USA, we would have 700,000 more businesses in Britain today."

Ambassadors are volunteers, offering their time for free. However, their involvement will afford them opportunities to promote their businesses and influence women's enterprise policy at local, regional and national level.

Activities undertaken by ambassadors are likely to include speaking to a wide range groups, such as schools, colleges and universities.

Many ambassadors have been recruited to the network through the Regional Development Agencies (RDAs) and key partners, such as the Make Your Mark campaign and the Small Business Forum.

The establishment of the Women's Enterprise Ambassadors Network has the

support and endorsement of Department of Trade and Industry (DTI) Ministers. It will be delivered on behalf of the DTI's Small Business Service by the nine RDAs and the Make Your Mark campaign.

Running a home-based business

An increasing number of people not only work for themselves, they work from their own homes. This can seem an attractive option, particularly for sole traders and start-up businesses, or people with family commitments. But there are both practical and emotional issues to consider.

General advantages and disadvantages

There are pros and cons to running your business from home.

On the plus side:

- you can work in a way that suits you, your lifestyle and family commitments
- you save time and money by not having to travel to work. On average Londoners spend 10 hours a week commuting
- it is a cheaper and easier option than renting or buying premises. You're not tying yourself into a tenancy agreement and it cuts down on start-up costs
- working 'remotely' is becoming much more accepted
- you could find you work more productively without the distractions and interruptions of working surrounded by other people
- your family can feel more involved in what you do.

But on the downside:

- it is just as easy to be distracted at home, especially if you have children
- you may miss the social and professional interaction of working with other people and feel isolated and bored
- you need to be extremely self-motivated and disciplined and able to work to deadlines without supervision or feedback
- opportunities to expand the business may be restricted by the space available
- you may be unable to employ extra staff to help you at busy times, for example, or install more up-to-date equipment, because there is not enough room
- you may live at a distance from your target market.

Types of home-based business

Some businesses operate particularly well from home, such as service or office-based activities like financial advice, training or tutoring, software programming, design, or marketing. This sort of business may not require much space, but a reasonable amount of privacy and seclusion.

Direct selling and distribution businesses such as party-plan retailers and door-to-door sales of cosmetics or household products may just need a base for storing catalogues and samples and sorting out orders for delivery.

If your business involves production, such as crafts or catering, having adequate space – for storage as well as for actually making

the product – is going to be a key concern. There may also be health and safety issues, and potential disruption due to noise or smells.

Trades and domestic services such as painting and decorating, gardening, cleaning or building, will generally operate on the customer's premises, but you will still need room to do the necessary administration work and have secure storage facilities for equipment and materials. Again, there may be health and safety issues to take into consideration.

Your home may actually form part of the business, such as bed and breakfast accommodation, a creche or a residential home for older people. You could live in the same building as retail premises like a restaurant or small shop. This is more likely to require structural redesign, planning permission and compliance with specific regulations.

Financial issues

Tax

Talk to your accountant about the tax implications of having a home-based business. You can claim a 'reasonable' part of overall running costs such as light and heating but have to explain how you arrived at this figure. It may be based on the actual amount of space allocated to business use as a proportion of the size of the property. But you might also be liable for business rates or capital gains tax.

Insurance

Check the terms of your existing building and contents insurance - you may need to take out further cover for the business,

particularly if you have specialist equipment or stock stored in your home. Will customers be visiting the premises? You may need public liability insurance. And what happens if you can't work from home for some reason, for example if there is flood or fire damage? Are you covered for business interruption?

Overheads

Don't forget to factor in some element of costs of heating, lighting, phone bills and mortgage or rent payments when working out your prices. It may be worth enquiring if you are eligible for special terms offered by some suppliers to business customers.

Legal issues

Check your mortgage or rental agreement to see whether there are any restrictions on running a business from home. If you want to make any changes to the property or how it's used, like turning your garden into a cattery, you will probably need to get planning permission.

Hopefully, unless it's going to mean a lot of disruption like noise, dust or smells, more traffic or parking problems, your neighbours won't be bothered by you running your business from home. However, local bylaws may prohibit certain occupations which involve a fire risk, for instance, or frequent deliveries.

It's a good idea to do a health and safety assessment of the property, particularly if you're going to be using potentially hazardous substances or equipment, or you have children or other vulnerable people living with you. Remember that everyday office supplies like ink cartridges can pose a risk.

As a business you may need to comply with certain laws, such as the Disability Discrimination Act, especially if customers visit the premises or you employ staff. Depending on the type of business, you may also have to open up your home for inspection, by environmental standards officers, for example.

Accommodation and equipment

Even if you're working from the spare room, you want to operate professionally. Not only does it look better if you are visited by customers, it makes it easier to run the business properly if you keep your work secure and separate from the family home.

The place you set aside for work should be comfortable, the temperature should be adjustable, there should be some natural light and good ventilation. You'll need to give particular thought to the work environment if you provide services to customers in your home, such as reflexology.

All businesses have some paperwork. The most basic office requirements are a desk large enough to work on, a comfortable chair and a filing cabinet.

A decent computer will be able to perform key business functions such as word-processing, spreadsheets and presentations and can also run your diary and planning systems. If possible, keep this PC just for business use and make sure it is safe from accidental damage.

You may also need:

- email

- Internet access
- a separate business phone line
- a mobile phone
- fax machine or software
- telephone answering machine or service.

If you use email and the Internet frequently, a broadband or ADSL service is a more cost effective and efficient option.

You should think about additional security if you have a lot of stock or expensive equipment stored on your property. Make sure sensitive or commercially valuable information is protected too.

Personal safety may also be a concern, especially if customers and suppliers visit your home. Ask the police for advice.

Working practices

Think carefully about the type of business you choose to run from home and how it matches the level of commitment you can give to it. Would you be happy tied to a virtually 24/7 business like boarding kennels or a care home?

Try to analyse your strengths and weaknesses, and what you want from having a home-based business. If you want to spend more time with your children, then you need to decide what hours you want to work per week, and if you want to take certain holiday periods to coincide with school breaks. Your business plan needs to take account of this.

Consider what time of day (or night) you feel you work best, and how that fits in with other

demands on your time, like childcare, and the needs of your customers. There is a risk of getting into the habit of working long hours, but having family responsibilities may help you stick to a 'quitting' time.

Being home-based may also tempt you to continue to work when you are unwell. If at all possible, don't. Plan ahead, and have some sort of back-up in place. Depending on the nature of your business, this might mean bringing in temporary cover like care home staff from an agency, or having a reciprocal arrangement with someone in the same line of work, or simply renegotiating deadlines with customers and putting the answering machine on.

One disadvantage of a home-based business is lack of support services. But help is available. Think carefully about what is the best use of your time and whether it is worth paying someone else to look after your paperwork, sort out your accounts, maintain your customer database or answer the phone. As well as traditional accountancy and book-keeping firms, there are a growing number of 'virtual' office administration services that you may find helpful.

You also need to consider how to keep in touch with what's happening in your sector. You could join a local business club or relevant trade body. Networking – both face-to-face and electronically through emails and Internet forums – can prevent you becoming professionally and socially isolated.

Attending events like conferences or training courses can help keep your skills up-to-date. Simply talking to other people in the same position as yourself can be an

opportunity to voice frustrations, share problems and ideas, and keep you motivated.

Work-life balance

Running a business from home gives you the chance to get your work-life balance right, but the situation may not always be clear-cut.

- It may be worth paying for childcare during the periods you have set aside as your working hours if your child is not at school for whatever reason. Be realistic about whether you could carry on working uninterrupted with your children at home.
- If you find yourself with more work than you can handle, try to find an alternative to regularly working long hours. Maybe you could subcontract some, or employ temporary help.
- You will need to learn how to say no, and how to 'switch off' from work. This is where having a separate office space helps.
- Try to establish a routine and encourage family and friends not to interrupt you 'at work'.
- Make sure you take time out, particularly if you do a lot of work on the computer. Take as many breaks as you would if you worked on business premises.
- Don't bring everyday work pressures into family relationships. Network contacts are a better outlet for business concerns.
- Don't forget all the good things about running a business from home. Make the most of the flexibility it offers.

Summary

The decision to run a business from home requires careful consideration. You need to take into account the sort of person you are, the size and location of your home and the nature of the business.

Helplines

Business Link London

0845 6000 787

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