

# **Dr. Kathy Magliato**

## **Maintaining a Work/Life Balance**

**Bank of America** 

BANK OF AMERICA

MERRILL LYNCH

U.S. TRUST

BANK OF AMERICA  
MERRILL LYNCH

Please see important information at the end of this program. Filmed on 10/9/18.

# MAINTAINING A WORK / LIFE BALANCE

with Dr. Kathy Magliato

So I'm heart surgeon but I'm also a wife and a mommy.



And I just wanted to take a few moments and give you a few tips on how I tend to, sort of, deal with all of that in my life.

And I joke that it's not really work/life balance for me,



it's more like work/life juggling.



And I've found that a couple things tend to work for me. One is really being in the moment.



And what I mean by that is, when I'm at work, I'm at work. But when I'm home, I'm at home with my husband, with my children, engaging with them, not distracted by all the other things around us, work, electronics, those types of things.

When I'm at **HOME** I'm at home  
**ENGAGING** with them.  
**NOT** distracted by **WORK &**  
**ELECTRONICS**

And I try to really spend quality time with my family to kind of make for that time when I'm not there.



The other thing I love is, I come home at the end of a really busy day, it is so nice to sit down with my family at dinner and simply talk about my day.



You know, I think a lot of times we tend to shield our kids from what we did all day, and I disagree with that.

I think that you need to engage your children in what you do each day so they don't feel like a victim of your career, they actually feel like they're part of your career.

**ENGAGE** your **CHILDREN**  
in what **YOU DO** so they feel  
**PART** of your **CAREER**

And I've found that to be really helpful.

#### **IMPORTANT INFORMATION**

Some of the featured participants are not employees of Merrill Lynch and are not affiliated with Merrill Lynch. The opinions and conclusions expressed are not necessarily those of Merrill Lynch or its personnel. All opinions are subject to change due to market conditions and fluctuations. Any discussions concerning investments should not be considered a solicitation or recommendation by Merrill Lynch and may not be profitable.

Merrill Lynch makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated (MLPF&S), a registered broker-dealer and [Member Securities Investor Protection Corporation \(SIPC\)](#) and wholly owned subsidiary of Bank of America Corporation.

The Private Banking and Investment Group is a division of MLPF&S that offers a broad array of personalized wealth management products and services. Both brokerage and investment advisory services (including financial planning) are offered by the Group's Private Wealth Advisors through MLPF&S. The nature and degree of advice and assistance provided, the fees charged, and client rights and Merrill Lynch's obligations will differ among these services. The banking, credit and trust services sold by the Group's Private Wealth Advisors are offered by licensed banks and trust companies, including Bank of America, N.A., member FDIC, and other affiliated banks.

Investment products:

<b>Are Not FDIC Insured</b>	<b>Are Not Bank Guaranteed</b>	<b>May Lose Value</b>
-----------------------------	--------------------------------	-----------------------

© 2019 Bank of America Corporation. All rights reserved.  
ARG9W78P