

# MASTERING WORK-LIFE BALANCE

as a Gymnastics  
Club Owner



# Hey There!

If you own a gymnastics club, you'll know how scary it can feel to take a step back from the day-to-day running of your business. However, **in order to run your club with confidence you will need to maintain a healthy work-life balance.** After all, you can't pour from an empty cup!

That's where this guide can help you: these are our **top tips and examples** for you to implement so that you can **achieve your goals, whilst still having a healthy work-life balance!**

Ready? Let's get into it!



# 10 Ways to Master Work–Life Balance

## 1. The Perfect Fit

Hiring the right person for the job is super important when you can step away from doing the day-to-day tasks! So, what qualifies someone as the “right” person for the job? Whilst they should always have the required experience, they have to echo your club's ethos. **Your coaches and teachers will be the faces of your business, so hire staff that represent everything your club stands for!**



## 2. Delegating

You can't be everywhere and do everything simultaneously, so you'll need to **trust your team to handle various aspects of club operations**, like scheduling, admin, and class planning. This will allow your team to develop a sense of ownership and responsibility, whilst freeing up your time to focus on the big-picture stuff.



### 3. Training

Our recent podcast guest, Jolly Jess from Showtime Circus, expressed the peace of mind that providing her staff members with training gave her. **Training has given Jess the assurance she needed to step back from the business**, and even explore new opportunities to franchise!



### 4. Boundaries

As a business owner, you will likely have been involved in your business from the very start. However, you won't be able to continue to manage everything going on in your club as it grows! So, you'll need to establish clear boundaries between your work and personal life. Try defining specific working hours - and sticking to those.



## 5. Time Off

In order to avoid burnout, you'll need to take a break every once in a while. If you communicate your time off in advance and prepare your team for it, you should have no trouble being able to step away for a little bit. If you're worried about leaving your business, **try planning shorter, more local holidays first** and then increase the time and distance. Even a short break can help rejuvenate your energy and perspective!



## 6. Technology

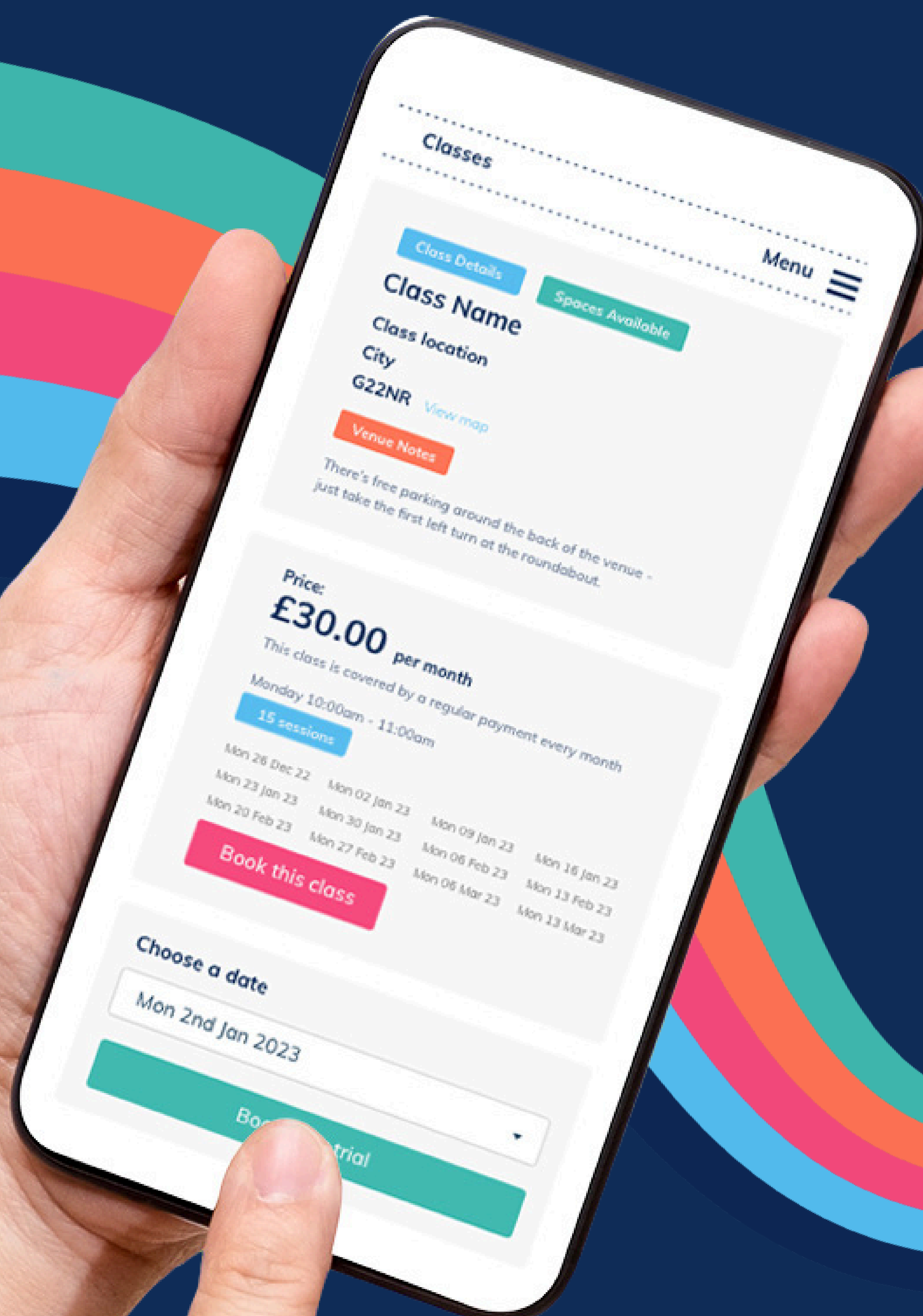
Don't be afraid to explore tools and software that will make your life easier by digitising your business processes. **A good system shouldn't be scary, it should be simple and make your life easier.** It should help you to automate repetitive tasks, reduce administrative burdens and improve communication between you, your team and parents at your club.



## 7. Systems & Processes

Having an online booking software like ClassForKids in place can cut down the time you and your team will spend on admin tasks. Not only will it streamline your business operations, but it will free up hours and hours of time for you to focus on what really matters: **growing your club and spotting new opportunities.** Look for an online system that has the features you'll need! A few examples of these are: online registrations, easy and secure payments, clear financial handling, and an overview of your club's overall health. By spending your time more wisely, you'll be able to find that balance between being a successful business owner and having a great personal life as well!

[Learn More](#)



## 8. Realistic Goals

At the end of the day, we're all human. That's why you'll need to **set realistic expectations** on both yourself and your club.

Avoid overloading your schedule or taking on too many projects at once!



## 9. Business Mindset

Developing a business mindset is all about planning ahead and thinking of **what is best for the future of your business**, rather than what would be good or work right now. Try to keep an eye on the long-term goals you want to achieve rather than immediate gratification.



## 10. Reflecting & Adapting

There can be no progress without some change and adaptations. That's why you'll need to **regularly reflect** on your work-life balance and make adjustments as needed. Look for **opportunities to run your business more smoothly**, monitor your own stress levels and time spent on the business, and go from there. Remember, you can't pour from an empty cup so it is crucial that you prioritise your well-being as well as your business'!

# Let's Recap

Let's recap: we know stepping back from the day-to-day business can be hard, but with these 10 tips you'll be able to do it and develop a healthy work-life balance which will allow you to focus on business growth - or take a well deserved break!

**Remember** that achieving a healthy work-life balance requires conscious effort and ongoing evaluation, and that a good balance will look different from one business owner to the next. Let these 10 tips be the beginning of creating a sustainable and fulfilling business and personal life!





# ClassForKids Helps You Run Your Gymnastics Club with Confidence

Cut down hours of admin and become the business owner you dream of being: speak to a ClassForKids team member about how our software can help you!

**“Best business decision we ever made! Frees up so much admin time and makes running the club, collecting fees and holding accurate data so easy!” – David, Nottingham City Gymnastics**

[Book A Demo](#)

