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# WHAT MATTERS: SUCCESS AND WORK-LIFE BALANCE

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By Daniel Petre

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*“Downshifting. Downsizing. Seachange. These trends are emerging as the issues of the decade. As a society we are now challenging the 24/7 drive to pursue wealth and so-called success.”*

Much has been written about the work/life conundrum. How do we maintain a balance in a world where we are working longer hours than ever? In his new book, **What Matters**, Daniel Petre not only explains how he changed his life to accommodate balance, he provides practical tips and ideas to encourage people to challenge the mostly unsustainable practices that promote lack of work/life balance in their lives.

As a senior executive of Microsoft Inc., Daniel worked long hours, but following the birth of his first child, he managed to ensure that he spent more time with his family. But it was the death of his sister in a car accident that gave Daniel his wake-up call - that there is more to life than just work.

**What Matters** is a book in three parts. Part 1 recounts Daniel's experience of trying to maintain a work/life balance in the inner sanctum of Microsoft US, and later working part-time for Kerry Packer as the co-founder of ecorp. Part 2 focuses on what success is and how businesses might approach the issue of work/life balance. The third part of the book attempts to provide some real strategies for dealing with the current imbalance that is in most of our lives.

Australia now has the second highest number of workers in the world who put in more than 49 hours a week. According to the ACTU, Australians are more likely to be overworked, with less time to enjoy family or community activities. Furthermore the stress of overtime is having a serious impact on people's health, relationships and sanity.

Now working with large corporations on the work/life balance issue, Daniel maintains that the key to addressing this problem is through enlightened leadership. **What Matters** is intended to be a practical book, a handbook to help bring about real change in the work place. Daniel Petre is the one author on this subject who can claim to walk the talk.

## **About the Author**

Daniel Petre has enjoyed a successful career in the information technology and media industries. He spent a number of years in senior positions at Microsoft and PBL (Publishing and Broadcasting Limited), while also participating in various government advisory forums and committees. With his wife Carolyn, Daniel established the Petre Foundation, making major donations to the Children's Hospital at Westmead, the Garvan Institute and the University of New South Wales, as well as supporting other charitable organisations. Daniel currently works as a strategic advisor to company boards and private equity firms. He lives with Carolyn and their three daughters in Sydney.