

The following is an excerpt from the Association of Legal Administrators newsletter:

Trends

THE NEED FOR WORK-LIFE BALANCE

Most working people feel the need for work-life balance, and members of the legal community are no different. The Boston Bar Association was recently commended for establishing a task force that addressed the sensitive issue of work-life balance. The findings not only highlight the issue's complexity, but also the need to improve the quality of legal professionals' lives (www.bostonbar.org/prs/fulfillment.htm).

Although the report focuses on managing balance for lawyers, the problem extends to all professionals in the legal field and beyond. A new trend – errand and concierge services – gives professionals the ability to relieve stress and create balance between work and home. Errand and concierge services have been called “angels of time” and bring hope not only to the legal profession, but also to every working individual who needs an outlet to maintain order in busy and sometimes chaotic lives.

“Outsourcing for balance is becoming more and more popular,” said Jackie Murphy, President and CEO of EK Errands Express in Indianapolis. In the legal field for more than 23 years, Murphy witnessed peers and clients struggle with accomplishing all that needed to be done. “On the work front there were projects, deadlines, meetings and professional functions to attend. On the home front was grocery shopping, dinner, kids’ school functions, volunteerism and the list went on and on.”

EK Errands Express was established based on recognition of the need for work-life balance and desire to make life simple.

“It was important to not only give back to the legal community, but also to assist others in the same situations,” said Murphy. “There were two ways of doing that – use the legal experience to offer dedicated business and legal services and offer personal solutions for home responsibilities that give back time for home, family and leisure.” Business Services and Legal Services include dedicated courier service, permit filing, business errands, filing court documents, service of process, virtual word processing and notary service, to name a few. Personal services include waiting for repairs or deliveries, vacation house sitting, grocery shopping, dry cleaning pickup/delivery and more.

For more information, visit www.EK-Errands-Express.com.