

A Sabbatical By Any Other Name...

Posted by Robin Hensley on July 12, 2011

I just got back from my annual sabbatical--the two weeks I take every year to rest, renew and rethink my business and my life. It's two weeks I look forward to every year and by the time I get it, I can really use it! However, I have to confess that those two weeks aren't really free of work. In fact, thinking about my work and my life is very hard work indeed. And while it's great to pretend that I am really away, the truth is it's a vacation in name only. I'm not complaining. Those two weeks gazing at the ocean are exactly what I need to let fresh air and fresh ideas in. The end of those two weeks mark the beginning of the new year for me. I come back charged up and ready to go.

Now, the idea of a sabbatical is different from a vacation. It's more a time to explore special interests or achieve specific goals. (In my case, planning the next twelve months of Me, Inc.) Many firms are adopting the idea of extended paid leave but let's face it, you probably wouldn't take it even if you could--especially now when things aren't going well in the business world and your absence might send the wrong message but, guess what? Now is probably the best time to withdraw and re-energize. If there's one thing we all need right now is fresh ideas and renewed vitality for the challenges we are facing.

So, have you thought about slipping away to gather your forces for the future you want to build? And if so, where will you go and what will you do to get the most from your time away? Tell us about it. Your story might be just what someone else needs to hear.

If you need more encouragement, Human Capital League has a great article on the subject. ["4 Reasons Your Boss Should Take A Vacation"](#) by Tanveer Naseer makes a strong argument for taking time off. Just change "your boss" to you!

Until next time,

Robin