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### **Career Planning in Harmony with Family Values and Needs**

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Balancing career and family! Balancing what you love and who you love!! It is such an attention getting topic. And yet, if you really think about it, people have been doing it for ages. What makes it challenging in today's world is the dual income families that throw off-balance of traditional style of balancing family and profession. Balancing family and career is not as difficult. The question is more meaningful when you ask how do you find the right balance, and in fact, what is the right balance? How do you know you are there? Happiness at home and self esteem due to work is genderless issue however, it is essentially talked more in the context of women. Some of the things that could be helpful in achieving the right balance, are time management, proper prioritization, asking for help, a caring family, friends, and most importantly colleagues. In the portfolio of professional passions, it is important to identify the areas that are conducive to possibilities of changing family needs, international families, spouse's career and job relocation, etc. So, the bottom line question is whether it is possible to find a right balance between family and career? I would submit to you that with passion, courage, open- mindedness, and proper career planning, it is definitely possible. We just need to utilize the same techniques in choosing and sustaining the right balance that we use in identifying research topics and executing it. This discussion will look into further details of the challenges of balancing family and career from the perspective of also an immigrant, and possible ways of overcoming them.