

'Work and Life – Striking a Balance'

an essay by

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"Work Life Balance" - We hear this phrase from family, friends, on talk shows & even periodically flashing on our very own Morgan Stanley Today Home-page. But beyond the phrase itself, defining &

achieving balance in our lives is a personal endeavour, dependent on our hopes, dreams, family, culture, career, financial circumstances & the list goes on and on and on.



As if it weren't hard enough to "balance" the many aspects of our lives, we now have mobile phones, e-Mail, blackberries which "Connect People Ideas & Capital", but while the many benefits of this technology are marketed far and wide, and acknowledged, we are also faced with the aspects of life challenge to sometimes resist the urge to work harder, faster & longer, or disconnect, allowing a focus on the many other things that immediately surround us. It may be a close friend or partner to which I'm speaking, or better yet, listening to at a cafe, a sunset over Sydney harbour, a prayer at a Japanese shrine, the smell of rain during a hot summer storm, the taste of a good glass of wine after a long day, watching a Penguin feed her young. I use these examples because it is precisely during moments like these that the technology I have, suddenly seems awkward, out of place & taboo to even think about using.

This introduction sets the stage for why I recently completed marathons on the Seven Continents and in so doing, raised money for Children in India.

Let us begin this adventure in New York City in 1997. I was the Property Manager of 750 Seventh Ave, had been out of university for three years & had wholeheartedly thrown myself into work... perhaps too wholeheartedly. I regularly worked weekends, hadn't really taken any holidays of significance & when I did take a few days here and there at Cape May or Long Beach Island in New Jersey, it was clear how unbalanced I had become. So what's a guy to do? Getting a gym membership wasn't the answer because with all good intentions & maybe a month of discipline, I would never use it again. As



I pondered my dilemma, I realised that the thing that I needed was a goal, yes, something else on which to focus which was clearly defined, exciting, did not require years of training or great talent & related to fitness - what better than the New York City Marathon !

I must confess that as I stood in Central Park in May 1997 for the marathon registration, I reflected on how much I really didn't enjoy running at all. In fact, for me to valiantly attempt 1-2 miles, was not without a need to put my hands on my knees afterward for several minutes to simply catch my breath while muttering a few choice profanities.

While I trained, at first quite painfully, for the next five months and completed the New York Marathon that November, I learned a few valuable lessons that have proven essential to both my physical and mental well-being, wherever my travels have taken me since.

Long distance running requires a patience that is difficult to develop in a world and industry in which faster is considered better, and as I was forced to slow down,

take one step at a time and allow my training to unfold, I found myself outdoors far more often with ample time to think and unwind from the rigors that work had thrown my way and happily unable to take my technology with me.

Of the thoughts that went through my mind during those months, most of which would bore you to tears, one that found a more outward expression, was how fortunate I was to be able to run and aspire toward a marathon; realising that so many others struggle with sickness or disease. As this thought matured, I considered how much money surrounds us every day in the financial services industry, particularly as we live in the most wealthy locales in the world. When I combined these thoughts, it soon followed that I not just run this race for the sake of fitness, but that I would "lasso" some of that money for those in need, in this case it was for Babies with HIV and thankfully, generosity prevailed and the overall effort successfully delivered \$26k to Incarnation Children's Centre in New York.



In the years since 1997, my professional life has kept me travelling away from home a majority of the time and while the experience itself has been eye-opening and exciting, travelling on your own for an extended period of time, on business, also challenges your "balance" in ways that are different from those you face at home.

When on assignment in a new city, work, whether you like it or not, becomes your focus, out of sheer practicality and survival. Thus, regaining a life balance involves 'patience', 'taking one step at a

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time' as new relationships unfold, substantial amounts of time alone... sound familiar?... Which is exactly why long distance running was such a blessing to have discovered before these travels began, because the fundamentals were the same and all I needed in any city, on any trip, was a pair of trainers.

Having completed the Athens Marathon and relocated to Tokyo in 2000, it was finally by the end of 2002 it occurred to me that running marathons in exotic locations would inspire me to take time-off in places that although I was interested, didn't have the spark I needed to pursue. It was this basic revelation that gave rise to running a marathon on each of the Seven Continents.

In 2002 I completed the Sydney Marathon and my re-location to London, when in 2003 the British Explorer, Ranulph Fiennes, miraculously completed Seven Marathons, on Seven Continents, in Seven Days, only four months after a double bypass. That was the spark I needed! And in 2004 I completed marathons in Africa - Two Oceans Ultra Marathon, South America - Easter Island, Asia - Tokyo, all leading up to Antarctica in 2005.



For this, the seventh continent, I decided to raise money for "CRY - Child Relief & You", an organisation based in Delhi that raises money for children throughout India's many cities and communities.

I had conservative hopes for the amount that would be raised and at the time thought that if I could raise even half of the Project Budget of £10,000, it would be a

success. Having now closed the books on this fundraiser at £11,800, it just makes me shake my head in amazement and realise the calibre of people that surround me.



While I could try to describe the journey to Antarctica, words really don't do it justice. I will say that it is a part of the world of which we seldom think, but on which this world greatly depends. Aside from the notorious whaling industry, Antarctica is a place that has not fallen prey to the advances of the human race and although subject to our 26 mile footrace, the race for raw materials and precious natural resources has not yet reached those icy shores, and let us hope it never does.



So, this is the story behind all of these races and is in reality, my own way of trying to "Strike a Balance" in my life. As many people ask, "So What's Next?", I honestly don't know, except to say, Gather ye rosebuds while ye may and always strive to seize the day!

Joiners / Leavers

We would like to welcome those who have joined Corporate Services over the last quarter, and bid farewell to those that have left us.

Procurement welcomed Stephen Holt who joined the IT Procurement Team and Matthew Rose who joined the Operational procurement team focusing on e-invoicing.



They bid farewell to Brian Russell. Procurement also welcomed another member of their extended 'family' when Ruth Weber gave birth to a baby girl – Lottie.

Corporate Real Estate has said goodbye to Amber Myers, John Flexen's Assistant, who left MS to pursue her design career. Amber has been replaced by Sheila Downey and we welcome her.

CS Europe Management said goodbye to Lisa James who worked for Jeff Pellet & Katie Tyndale for the past 7 months, we wish her all the best in her new job and for her future. Lisa will be temporarily replaced by Jonika Shiel who we welcome back to Corporate Services.

General Services welcomed Paul Lanahan, who is covering Johanna Collett's maternity leave, in February. Sadly, Paul will be leaving us for a new opportunity shortly. Johanna had a beautiful baby girl, Molly, on 12th April.

Camille Engdahl joined BIS in Feb'05 from Broadview, a Technology M&A Advisor and the CW Moves Team also welcomed Anne-Marie Bikhit in February.

The Operations Team welcomes back Rachel Sell from Maternity Leave, it is great to have her back in the office again.