

The thesis focuses on work and personal life harmonization and strategies that can lead to this harmony. The theoretical part contains general introduction to work and personal life harmonization problematics. Then follows the core of theoretic part, the overview of these strategies in the work, the family and the personal area. In this part there is also summary of their pros and possible risks. The empirical part is using qualitative methodology and is based on findings from theoretical part. Using semi-structured interviews, there were found out strategies which are used by employees from one specific company. In the work area associates often mentioned flexible work hours and home office. Their manager's approach seems to be very important. In the family area there was often mentioned help from partner and grandparents. The main aspects in the personal were "mental setting" switching roles or breaking point (milestone in life, which made individual to change his or her approach to harmonization).