

My 9to5... Katie Faulkner

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Wake up!

I'm awake at 6.30, but don't get out of bed until 6.45 – this is my 15 minute weekday lie in! Psychologically it feels like an indulgence at the beginning of what's usually a busy day.

Getting in to work for 8.30am

My drive in from the west of the island is always enjoyable, even when stuck in traffic: the coast road is breathtaking in all weathers. On the odd occasion, when I'm really fired up, I'll walk the 4½ miles from home and feel energised and ready for anything.

Let the day begin

First task: check my emails – there are usually lots. Once I have responded or reacted to these I'm then on the phone. During a normal day I talk frequently to clients, candidates and my marketing people. I've never counted how many calls I make and receive – but I'm sure I'm keeping several telecoms companies afloat!

Meetings

Each day is different, which is why my job's so great. Ours is a people business, matching clients and candidates, and meetings can be heavy duty or relatively simple – but I look on them as being an important and valuable means of keeping one's finger on the pulse and keeping commercially competitive.

Is there time for lunch?

I'm a great advocate of taking a break out of the office during the day and I'll either meet a friend or browse in the shops. Regretfully, I don't always practice what I preach and I do eat at my desk. If I'm good it'll be a salad – but I'm not an angel!

Afternoon

Mornings can merge into the afternoons. In a people-focused, service oriented business I really never know what'll hit my desk next and every call and meeting has an outcome which means more things to do and action: there's never a dull moment in our office!

Home time!

Getting the work/life balance right actually makes good business sense, so 5.30 is the start of personal time and this usually kicks off with a glass of white wine – unless I'm feeling really disciplined and I go to the gym first. I'm good at switching off: a social chit-chat with my husband, a good film or documentary does the trick – not forgetting the five books I have on the go at any one time!
