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Balancing career and family: A guide to working locum tenens with a family

Locum tenens can be a rewarding career choice for physicians and their families, offering a unique blend of flexibility, adventure, and fulfillment. However, some physicians with a family at home feel that locums isn't a realistic career move.

If you are exploring the prospect of working locum tenens with a family, here are some ways physicians with families at home make locums work for them — and their families.

Locum tenens offers a better work/life balance.

- Locum tenens assignments can be a means of achieving a desired work/life balance for many physicians, giving physicians more time at home.
- The nature of the locums schedule and lower administrative burden can alleviate burnout and help physicians feel more focused on family and home between assignments.
- Not only does the benefit of flexibility help parents with young children, but it can serve as a multigenerational benefit for physicians caring for aging parents.

Locum tenens assignments can be close to home.

- Local locum tenens assignments can be a desirable option for physicians seeking the flexibility of locums without the logistical complexities of travel. And it minimizes time away from home.
- Consider booking local accommodations and enjoying a staycation with family on a locums assignment — while earning an income.

Leverage locums assignments for family travel

- You can schedule locums assignments around weekend, holiday, or summer travel plans. You dictate your schedule, not your employer.
- Select destinations of interest and travel somewhere new each time or establish a tradition by returning to a favorite destination.

Gain global experience with locum tenens.

- For physicians and their families looking for adventures even farther from home, locum tenens can serve as the catalyst for international travel.
- An international locums assignment allows healthcare professionals and their families to gain diverse cultural experiences.





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Locum tenens can help support a physician's transition to parenthood.

- Locum tenens schedules are variable, allowing the flexibility to increase workload and earning potential in anticipation of family expenses.
- Flexible locums schedules can also be leveraged for as much parental leave as desired without the restrictions of a formal leave policy or concern for jeopardizing employment.
- Return to work can be flexible and scalable for locum tenens physicians, with as many or as few hours as desired.

Higher earning potential and financial flexibility

- As contractors, locum tenens physicians often enjoy greater earning potential than their full-time peers.
- This higher hourly rate can translate to fewer work hours and more time to spend with family without compromising earning potential.

