

# How to Balance a New Relationship and Love with a Booming Career



By [Sandra Fidelis](#)

So you've met a great guy who's extremely sweet, handsome, and dynamic. You love spending time together, and the chemistry is off the charts. It's exhilarating! The start of a relationship and love is probably one of the most exciting times for a woman. You want to spend every second with your new man, and when you're not with him, you're likely daydreaming about your future together (admit it!). But what do you do when your new partnership begins to affect other important parts of your life? Use this [expert love advice](#) to learn how to balance romance with a booming career.

# Take a Cue From Celebrity Couple Britney Spears and Charlie Ebersol

Like you and your new love, celebrity couples must also learn how to balance their budding love affairs with a demanding work schedule. Take hot new twosome Britney Spears and producer Charlie Ebersol, who recently went public with their four-month-old relationship. With the singer's smash Las Vegas show still going strong and the demands of being a pop princess, she must juggle her new romance with the responsibilities of a career she's worked so hard to build. You may not have access to Brit's army of assistants, chauffeurs, and nannies, but with a little focus, you too can give your love life and your career the TLC they both deserve. Here are three pieces of dating advice to consider:

**Related Link:** [Is Your Career Killing Your Relationship?](#)

**1. Take time for self-care:** You're a busy woman with a full schedule, so it's important that you have enough energy to perform well at work and to be present for your new relationship and love when you're together. Staying active is one of the best things you can do to increase your productivity. A regular exercise routine has been shown to give you more energy throughout the day. Can't afford a personal trainer like Spears? No problem. Try a Pilates class at your local gym or join a running group. You can even start with a 30-minute workout DVD in your living room. Prioritizing self-care will help you keep up with the demands of your busy career.

**2. Manage your time efficiently:** Start by scheduling both a weekly date night and some alone time. Scheduling uninterrupted time with your new partner is essential if you have a heavy workload. This means you're not checking emails and you're not responding to phone calls or text messages that are work-related. It may take some discipline, but you'll have

plenty of time to put out those fires later. Make sure to let your boss know that you'll be off the grid and will be back during regular work hours.

In the performer's case, time management is essential because she's also a celebrity mom and must make room in her schedule for time with her two sons. If you're a mommy too, be sure to prioritize your time with your children in addition to all of your other responsibilities.

**Related Link:** [When Friends Have Babies and You Have Your Career](#)

## Expert Love Advice About Balancing Love and a Career

**3. Include your new love:** Are your co-workers meeting up for happy hour after work? Let your man tag along and meet your colleagues. Do you have an upcoming business trip that could extend into a romantic weekend? Ask your guy if he'd like to meet you there and explore a new city. You don't have to jet off to an exotic destination to follow this expert love advice. Just use your time efficiently by merging your work and love life when appropriate!

Managing a successful career and a new relationship may feel a bit daunting. But with a little focus and creativity you can achieve the success you desire, build an amazing relationship, and finally have it all!

*[Sandra Fidelis](#) is a relationship expert, author and speaker with a great talent for helping single women get off the dating merry-go-round and finally meet the right man.*