

Media release  
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## **Builders have work/life balance nailed**

Work/life balance is a key factor when choosing a career according to 86% of New Zealanders surveyed.

The statistic comes from a survey commissioned by the Building and Construction Industry Training Organisation (BCITO) who surveyed 1001 New Zealanders about the importance of work/life balance in career choice.

A job in the building and construction sector came out top of the table in comparison to careers in the banking and retail sectors.

Ruma Karaitiana, Chief Executive of the Building and Construction Industry Training Organisation, says the research results are positive for the BCITO.

“Right now it’s decision time for school leavers and the research proves that work/life balance is top of mind when it comes to choosing a career. A career in the building industry not only offers a healthy work/life balance but also provides a working environment which offers variety, immense job satisfaction and the chance to do “hands-on” work.

“Due to the present skills shortage in New Zealand’s building industry, a career in the sector can offer firm job security. Being a builder is a satisfying occupation and our BCITO apprentices often tell us they love the feeling of standing back at the end of the day and seeing the results of their hard work. Building truly provides great career prospects for young people,” Mr Karaitiana says.

BCITO is holding its second Building Careers week next week (11-17 September) to raise awareness of careers in the building and construction industry.

Exciting events happening during the week include the judging of the BCITO Build-Ability Challenge. The Build-Ability Challenge involves technology classes from 15 schools across the country who have built dog kennels for their local SPCA shelters with materials provided by Mitre 10 and Pink Batts. The kennels will be displayed at local Mitre 10 stores during Building Careers Week and handed over to the SPCA during the week 25-29 September.

Ten information evenings will also be held throughout New Zealand. ‘BCITO Info Nights’ will take place during Building Careers Week. BCITO regional teams will host information evenings to provide people who are interested in gaining a qualification in the building and construction industry with an informal and accessible way to learn about career opportunities available.