BREAKING BALANCE: HOW TO FIND HARMONY IN WORK AND LIFE

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My Work & Life Harmony - Before

AGENDA

- Owning Your Superpowers-Setting Boundaries
- The Bounce Back-Strengthening Resilience
- Don’t Go It Alone-Best Practices for Work Harmony

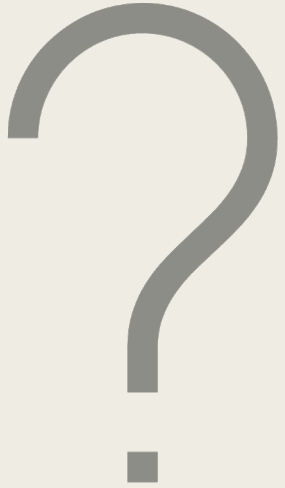
OWNING YOUR SUPERPOWERS – SETTING BOUNDARIES

POLL #1: What percentage of American workers lack work life harmony?

- 33%
- 25%
- 66%
- 95%

Source: Small Biz Trends, BLS, CNBC

IS THERE A CONNECTION BETWEEN YOUR PURPOSE AND YOUR BOUNDARIES?



What Motivates you?

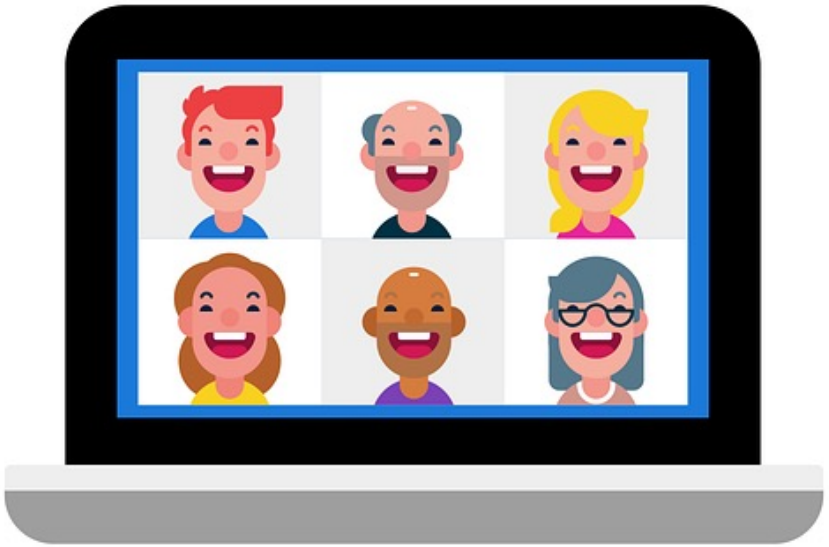
WHY DO YOU DO WHAT YOU DO?

WHAT MOTIVATES YOU TO BRING YOUR BEST EVERY DAY?

WHAT MOTIVATES YOU TO DO YOUR BEST FOR YOUR WORK AND YOUR LIFE?

HOW ARE YOU MANAGING YOUR ENERGY TO STAY RESILIENT?

HOW DO YOU SHOW UP WHEN YOU'VE GOT NOTHING LEFT TO GIVE?



Best Practices For Showing Up

- Take a pause for the cause
- Tap into what you’re feeling
- Fight the urge to avoid your emotions
- Once identified, ask yourself about needs/wants

KEEPING IT REAL WITH YOURSELF AND OTHERS

- Knowing when to say ”when”
- “No” is a complete sentence
- Trust yourself
- Be good to yourself

THE BOUNCE BACK- STRENGTHENING RESILIENCE

Poll #2: What percentage of full-time US employees experienced professional burnout at their current job?

- 17%
- 57%
- 31%
- 77%

(Source: Deloitte, Business Insider)

Let’s Chat: Why is harmony so important?

- Reduces stress
- Minimizes work burnout
- Strengthens resiliency
- What else?

Resilience Best Practices

- Get connected
- Remain hopeful
- Take care of yourself
- Be proactive
- Remember that small steps daily still count
- Reflect on your experiences

More Resilience best practices

- Use a gratitude journal
  - *Schedule celebrating every day*
- Avoid letting negative thoughts take over
- Pay attention to your “self-talk”
- Remember and pursue your passions (hobbies, family, friends, volunteering)
- Be mindful and embrace your past successes & lessons learned
- Learn from your mistakes

DON’T GO IT ALONE- BEST PRACTICES FOR WORK HARMONY

Poll #3: Stress that is a result of poor work-life harmony can lead to burnout and serious chronic diseases and even death.

- True
- False

Best practices for building harmony in work & life

- Find a new “commute” to work
- Walk while you work
- Keep your values close
- Communicate a schedule with your boss and housemates
- Speak up
- Forgive yourself

Best practices for building harmony in work & life

- Prioritize the most important things in your life
- Create a support system
- Talk it out
- Use your time off
- Don’t ignore the signs
- Reframe your game

My Work & Life Harmony - After

“Never get so busy making a living that you forget to make a life.”

-Dolly Parton

QUESTIONS