

BALANCING ACT

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Life Coaching

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WELCOME



Hi! My name is Vicki,
and I'm here to help.



VICKI MOULTON, CCP

**Certified Coach Practitioner, Mom to Two Children, Runner, Age 53
Lives in California, USA**

“WORK-LIFE BALANCE”

We’ve heard this term for years.

It’s become part of the culture.

But is it even real?

Does work-life balance exist?



WHAT'S SO GREAT ABOUT BALANCE?

Is there a better way?

More importantly, how can we reframe the idea of “balanced” as a more practical way to live?

OBJECTIVE

By the end of this session:

- ✓ Have at least one technique identified and ready to put into action
- ✓ Take one step toward living a more balanced life

THE

RESEARCH

HAPPINESS AT WORK?



“Research shows that work and employment are not only drivers of happiness, but happiness can also itself help to shape job market outcomes, productivity, and even firm performance.”

“Work-life balance emerges as a particularly strong predictor of people’s happiness.”

2017 World Happiness Report (<http://worldhappiness.report>, p. 145, Chapter 6, Happiness at Work)

BETTER PRODUCTIVITY

Research shows the 52:17 ratio is best.

The most productive workers focus on a project for 52 minutes, and then take a break for 17 minutes.



Source: <https://deskttime.com/blog/17-52-ratio-most-productive-people>

QUICK POLL

**How many hours do
you work in a week?**

- Not enough
- Just enough
- Too many

QUICK POLL

Agree or disagree?

I feel overwhelmed
while at work.

QUICK POLL

Agree or disagree?

No matter what I do, it seems like my schedule is too full, and I cannot get everything done.

TAKE A BREAK

How to take a good break:

- Walk outside
- Stretch/exercise
- Eat a snack
- Talk to a colleague
- Check social media (briefly, then go walk)
- Watch funny cat videos

Source: <https://deskttime.com/blog/17-52-ratio-most-productive-people>


QUICK POLL

Agree or disagree?

I feel confident that **I can find balance** between work and the rest of my life.

CAN BALANCE BE ACHIEVED?

- ✓ Great job.
- ✓ Fun social life.
- ✓ Good health.
- ✓ Nice family.

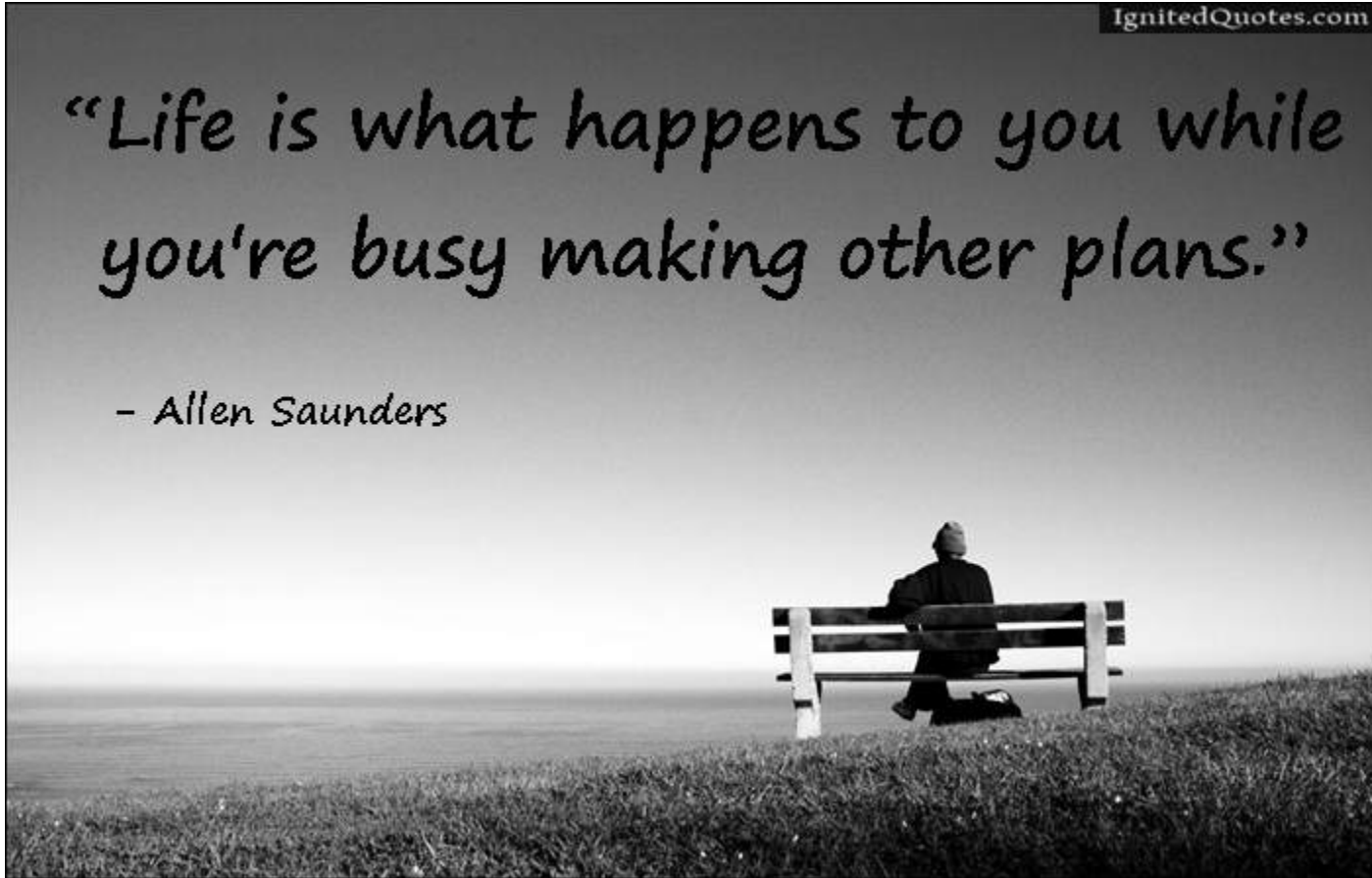
WHAT IF
I CAN 
DO IT?

NOT SO FAST...

IgnitedQuotes.com

*“Life is what happens to you while
you're busy making other plans.”*

- Allen Saunders



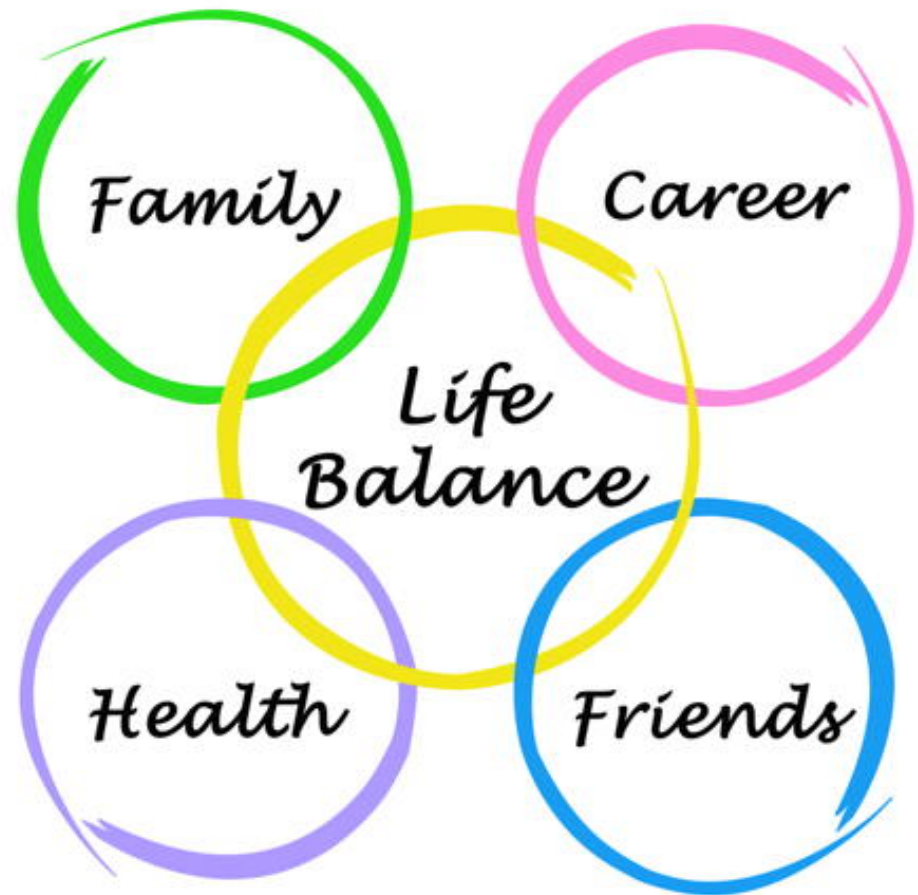
**WHAT IS
BALANCE?**

BALANCE DEFINED

- ✓ a counteracting weight or force
- ✓ an even distribution of weight or amount
- ✓ stability of body or mind
- ✓ harmony of design or proportion

So what are we trying to...

- ✓ Distribute?
- ✓ Stabilize?
- ✓ Harmonize?



QUICK POLL

Agree or disagree?

I am exhausted just thinking about the idea of trying to balance everything.

QUICK POLL

Agree or disagree?

There is no place or time for
what I want, just for myself.

QUICK POLL

Choose one:

Which puts the most pressure on you to be available?

- ☐ Work
- ☐ Family
- ☐ Friends

QUICK POLL

Agree or disagree?

Sometimes it feels selfish to want more sleep, or more time to myself.

THE CHALLENGE

QUICK POLL

If you could add one hour to each day, how would you spend it? (Choose one.)

- ☐ Work uninterrupted
- ☐ Socialize with friends
- ☐ Relax at home
- ☐ Volunteer my time for others
- ☐ Exercise
- ☐ Sleep

TOO MANY DEMANDS

“I’m a mom of a toddler, a kindergarten teacher, and also a student pursuing my Master’s degree in education. I feel sorry for my son that I can’t always be with him because I have to study, work, and be his mom all at the same time... I really love all 3 of my roles, but why does it seem like if I am good at one role, I can’t be good at the other 2?”

Ms. Hanna Permatasari Tanjung, Indonesia

STATE OF IMBALANCE

What if...

- ✓ You don't like your job?
- ✓ You are in a difficult personal relationship?
- ✓ You spend more than 50 hours a week working?



IMPOSSIBLE EXPECTATIONS

SET

PRIORITIES

TIME MANAGEMENT

Managing a schedule can be a full-time job.

The load can feel too heavy, and the pressure to meet deadlines can feel crushing.



MINIMIZE DISTRACTIONS



Social media can be a useful tool for research, mental break, humor, etc. But is it too distracting?

QUICK POLL

True or false?

Most workers use social media for research that is relevant to their work.

(False. Most use social media as a distraction or a “downtime” tool.)

QUICK POLL

Choose one:

How often do you check your social media (not including texting) **while at work?**

- ☐ Never
- ☐ Once a day
- ☐ Twice a day
- ☐ Several times a day

QUICK POLL

Agree or disagree?

I probably use social media too much at work.

YOU CHOOSE

- ✓ How do you prioritize the many demands on your time and attention?
What keeps getting in the way?
- ✓ Who or what could offer help with this?
- ✓ When and how can you ask for help and start prioritizing differently?

SET BOUNDARIES



I'll get back to you

NO, THANK YOU

Thank you for asking

That doesn't fit my schedule

I'll have to pass

Not right now

“NO” CAN BE HARD TO SAY

QUICK POLL

Agree or disagree?

I feel pressure to say yes to every request for my time.

HOW TO SAY NO?

“I am really busy running a business, an NGO, and two associations. But I keep receiving personal demands from more and more people who need my help. **I now realize that I can't help everybody.** But how [can I] say no? It's so hard for me...”

Mr. Hermes Adje, Cote d'Ivoire

LET SOMETHING GO

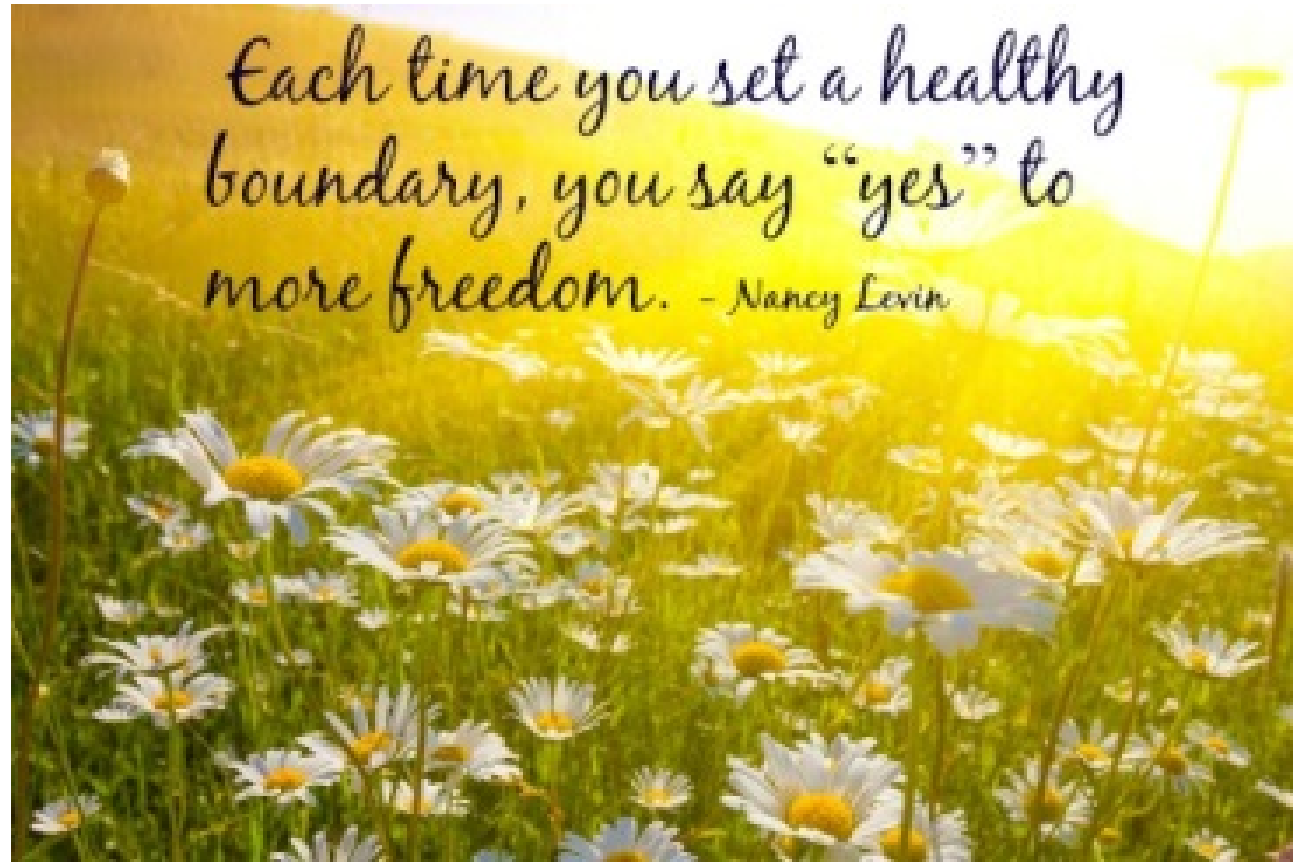


“Sometimes letting things go is an act of far greater power than defending or hanging on.”

Eckhart Tolle

CHOOSE MORE FREEDOM

- ✓ Make a choice.
- ✓ Draw the line.
- ✓ Be clear.
- ✓ Take a break.



**MAKE A
DECISION**



The best-laid plans of mice and
men often go awry.

~ Robert Burns

AZ QUOTES

LIFE HAPPENS

SET SMALL GOALS

Think about where you are right now with this balancing act.

- ✓ What are your short-term goals around work-life balance?
- ✓ Are these goals achievable?
- ✓ What's your strategy to achieve these goals?

START WITH ONE CHANGE

A serene sunset scene over a body of water. The sky is a mix of purple, pink, and blue, with scattered clouds. The water is calm, reflecting the colors of the sky. In the foreground, a small, dark wooden boat is moored, with its reflection visible in the water. In the background, there are some structures and more boats on the horizon.

If you want to change the
world, start with yourself.

Mahatma Gandhi

quotefancy

Almost nothing worth
accomplishing can
be done alone.



BE ACCOUNTABLE

Check in with someone. Make it a priority.

PAUSE...

There is no such thing
as work-life balance –
it is all life. The balance
has to be within you.

SADHGURU



BALANCE CAN BE TRICKY

If you can identify a starting point and set some small goals, you'll be well on your way.

QUICK POLL

Think a moment:

What surprised you about this discussion today? How will you start to make a change?

QUESTIONS?

THANK

YOU