

# Take the Ride of Your Life!

## *For ABA 2009*



### *BALANCE: I'm stuck in high gear*

Finding work/life balance is important in our personal and professional life.

We can't have a productive work environment if employees are stretched to the max in their work or home life.

Balance is important to all generations:

- *Work centric:* Those placing a higher priority on work than family.
- *Family centric:* Those placing a higher priority on their family.
- *Dual centric:* Those placing the same priority on their jobs/family.

Making time for ourselves is a necessity...not a luxury.



Letting go is an important part of balance.

When we pause and reflect on our life, we can make sure we are going in the direction we want to go.

Speeding up does not help if we are going in the wrong direction.

Make sure YOU are part of the balance equation!

### *STRESS: Go From Fear to in Gear*

*I'm afraid to take off the training wheels*

We spend enormous amounts of energy and an infinite number of tears trying to control the things we can't control.

### *FUN: "Look ma...no hands!"*

*Give yourself freedom to have fun!*



HUMOR IS A SURVIVAL SKILL

People are not born funny

There is a difference between childish and childlike

Take yourself lightly and your job seriously

We allow stress to wear us down and even kill us

