



Shaping Tomorrow's
Built Environment Today

Work-Life Balance – Is there such a thing?

Alaska - February 8, 2023

What Is Life
Balance?





What does balance really mean to you?

- Your balance may be very different from that of others.
- Find/make a space for you to go to your place of balance
- Is balance really achievable?
- Are you prepared to make sacrifices and give things up to find balance?

*People don't buy what you do,
they buy WHY you do it!*

Start With “Why”

The goal is not to do business with people who buy what you provide, it is to do business with people that buy from you because of **why** you do it. Find people that connect with **your** why.



Live From Your WHY

WHY - Your Vision

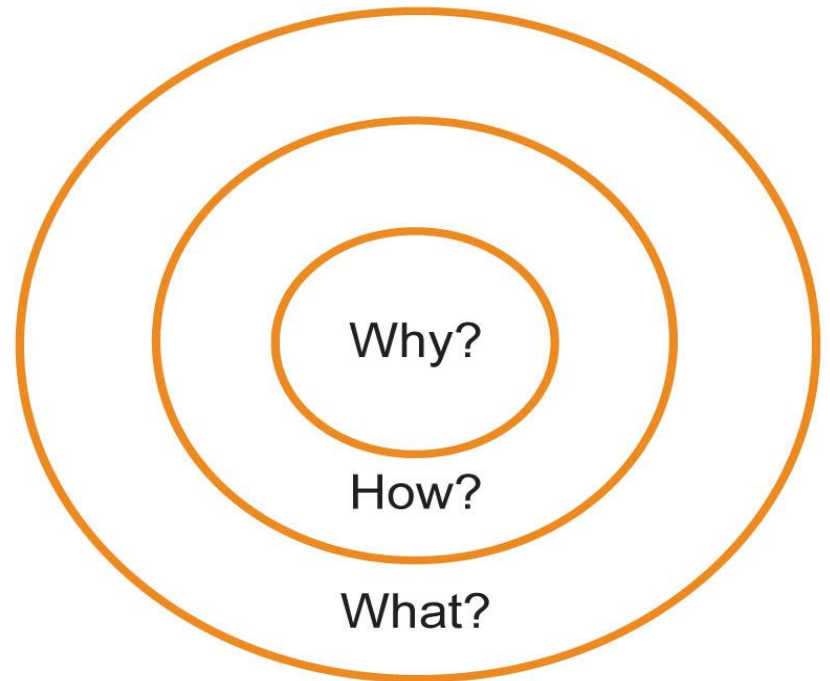
- Values, beliefs, purpose = your core
- Why do you do what you do?

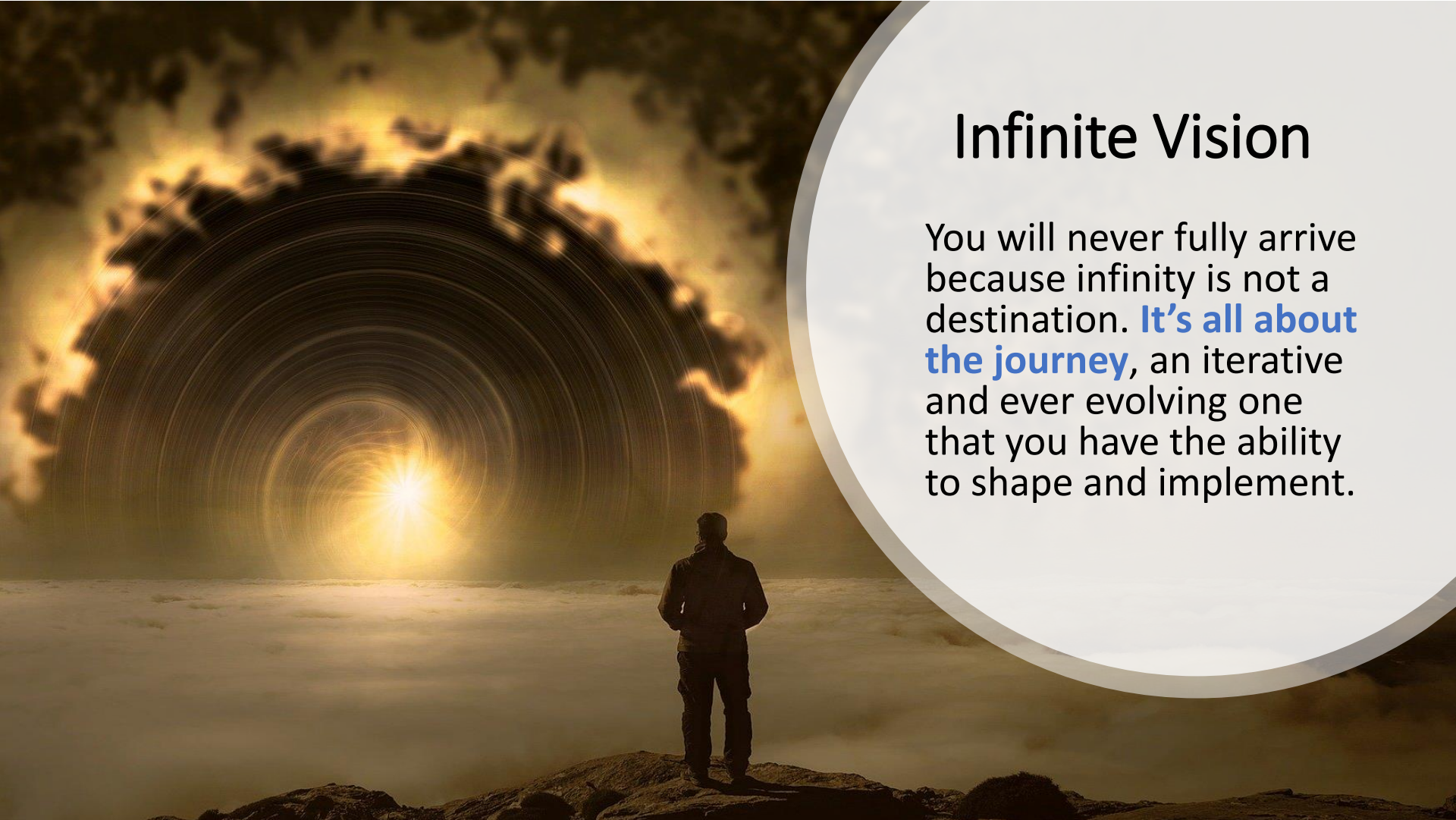
HOW - Your Mission

- Your passion, commitment, impact
- What differentiates you?

WHAT - Your Actions

- Your knowledge/approach/experience
- Your UVP (Unique Value Proposition)





Infinite Vision

You will never fully arrive because infinity is not a destination. **It's all about the journey**, an iterative and ever evolving one that you have the ability to shape and implement.

Life Balance



Seven aspects of a balanced life

- Physical
- Intellectual
- Environmental
- Vocational
- Social
- Emotional
- Spiritual health

The 3 Stages of Life



- Childhood
- Adulthood
- Old Age



Seek to find
meaning and
purpose in order
to achieve
balance

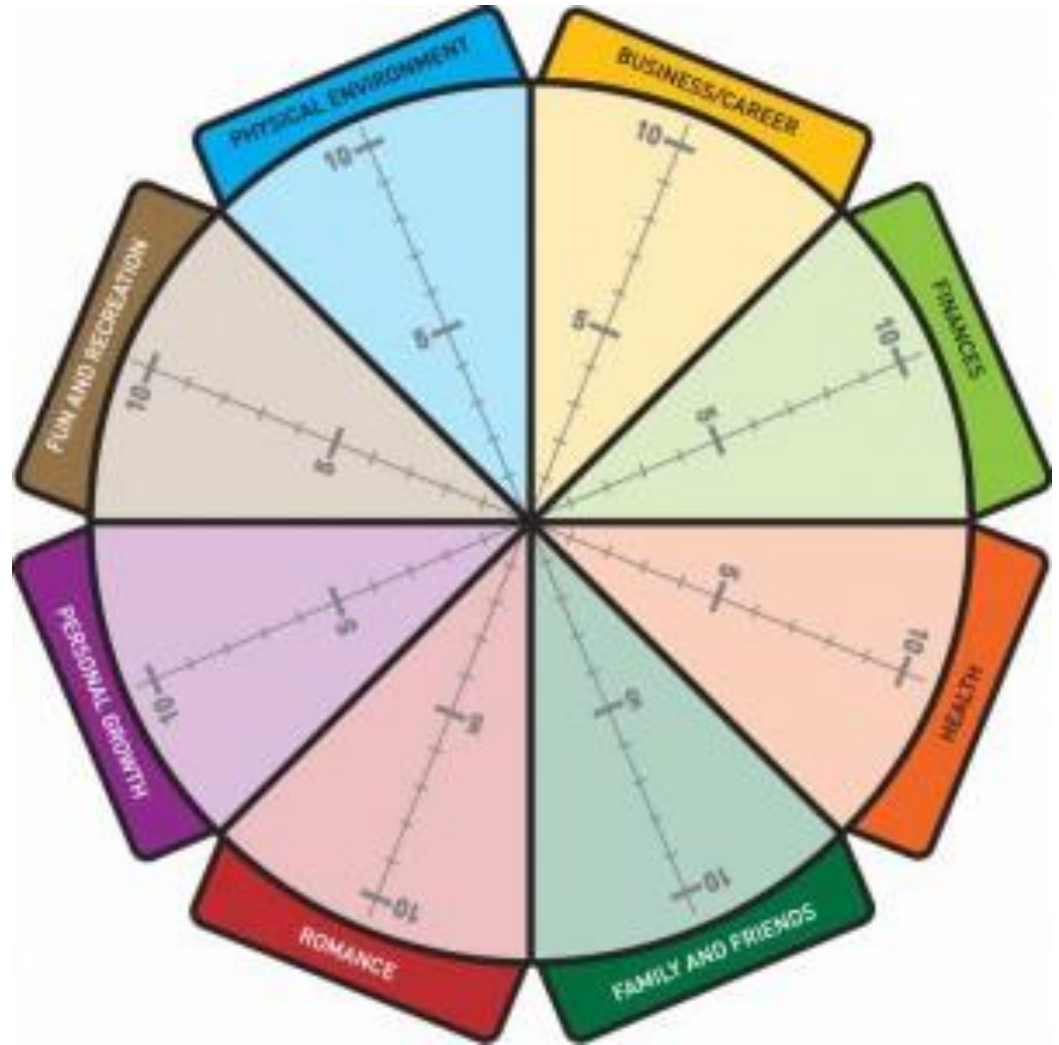
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- Reason for being
 - Purpose
-

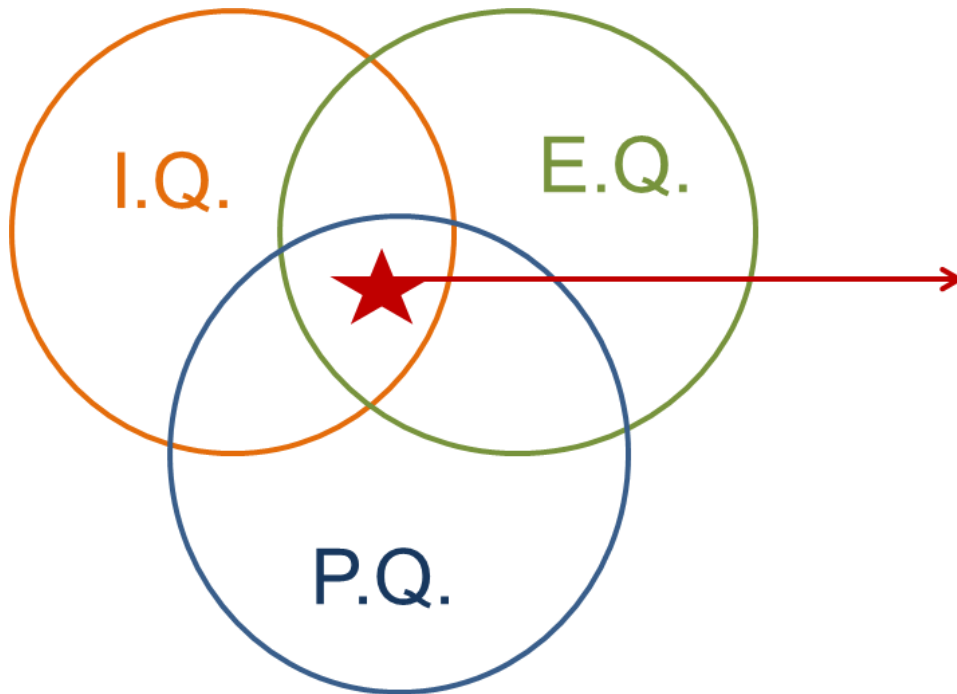


Wheel of Life Assessment

1. Business/ Career
2. Finances
3. Health
4. Family & Friends
5. Romance
6. Personal Growth
7. Fun & Recreation
8. Physical Environment



Your Leadership Brand

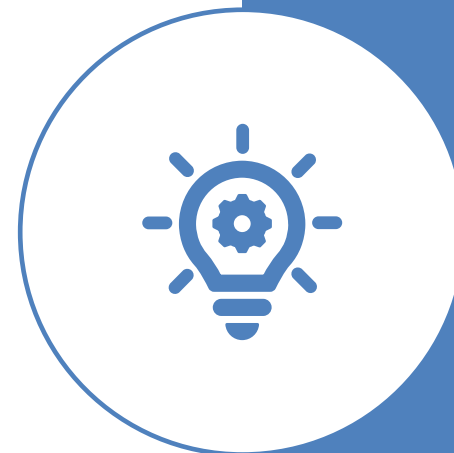


Your Brand Core

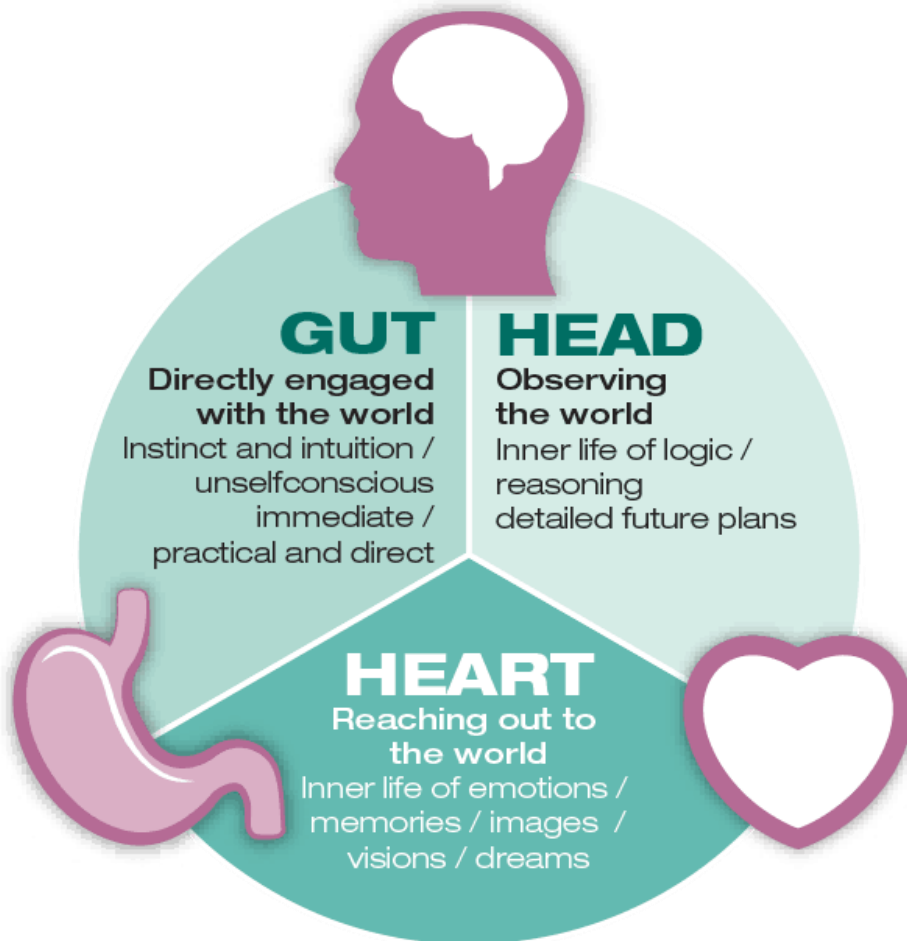
The core of how you lead comes from the sweet spot where your I.Q./E.Q./P.Q. align. This is the point of intrinsic motivation and fulfillment. This is also where those around you feel your presence, passion and purpose and benefit from you working from your center.

Your Personal Leadership Brand

- **Intrinsic Factors:**
 - **I.Q. (Intelligence Quotient)**
 - From birth
 - Can be leveraged and enhanced
 - **E.Q. (Emotional Quotient)**
 - Innate ability (nature)
 - Environmental (upbringing/ culture)
 - Can be taught and developed
 - **P.Q. (Passion Quotient)**
 - Deep seated interests, innate talents or convictions
 - Influenced by environment - family, society, culture, gender, religious beliefs, etc.



Leading With Emotional Intelligence



Key to balance...

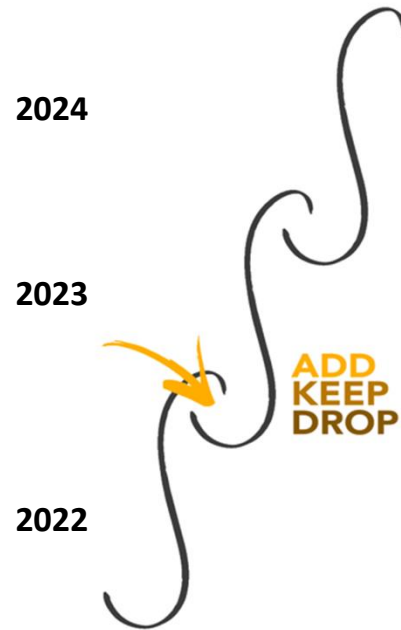
Say	Say “no” more than you say yes.
Inside	Head/Heart/Gut test
Be	Be clear on your PURPOSE!
Find	Find joy
Seek	Seek internal fulfillment
Live in	Live in the present versus the future
Focus	Focus more on internal fulfillment than “Stuff”

What Got You Here
Won't Get You There!

-Drop

-Keep

-Add



Your ONE BIG Take Away Is....



- **What?**
- **So What?**
- **Now What?**



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