

Work Hard, Play Hard

Tips for Achieving Career/Life Balance

Tuesday, October 12 / 4:00 pm – 5:00 pm

Presented by: Dr Shari Frisinger, President

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Question #1

Define “career / life balance”

Is it achievable or does it exist only in your mind as a fantasy?



“If you love what you do
you won’t work a day in your life”



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Question #2

Which is more tiring –
Career? Life? Neither? Both?

You only have 86,400 seconds in
a day or 1,440 minutes in that
same day

How do you consciously or
unconsciously choose to spend
these minutes?



Question #3

- What makes up your career demands?
- What makes up your life demands?



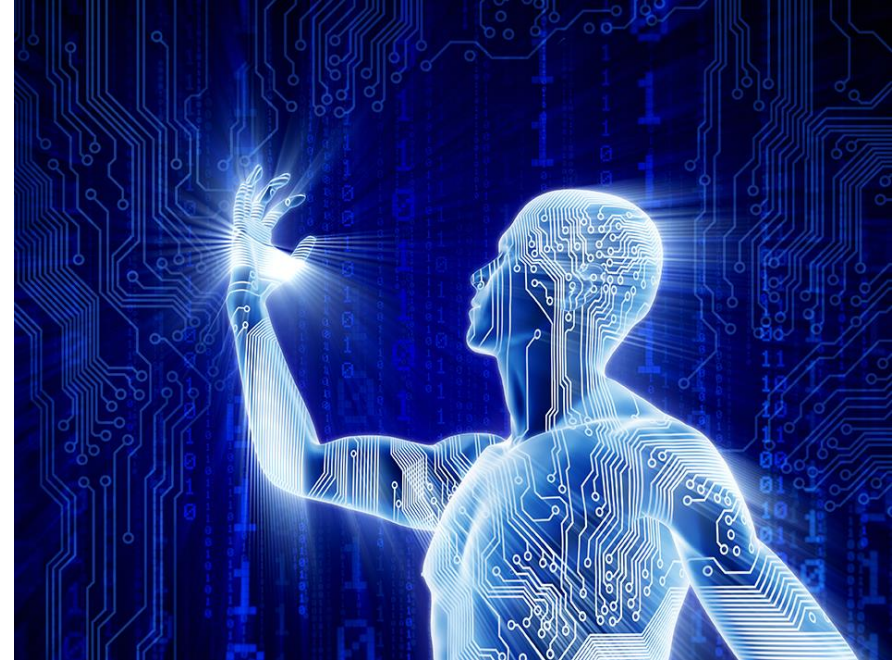
How much time is left

For you Personally?



Your Energy

- Mental and emotional
- Finite amount
- Drives all cognitive processes
- Fuels your brain



TEA™ Tornado

Thoughts >
Emotions >
Attitude &
Actions



Multi-tasking is a myth

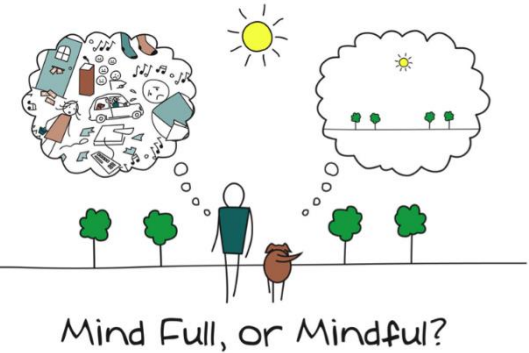


Buzzwords

How effective are they – really?



- What do they all have in common (excluding you)?



Resilience
The Courage to Come Back

Question #4

What is



to you?



Root cause

Who is in control?



Chief Executive

Results



Keep in mind

These points

- Fairness: the process not the outcome
- Facts: state, challenge, change perspective.
- The more on the line, the easier it is to get swept into making irrational decisions (fatigue, take care of self).
- Overreact perceived loss



Methods to gain your sanity

All begin with



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MentalHealthHumor.com

By: Chato B. Stewart

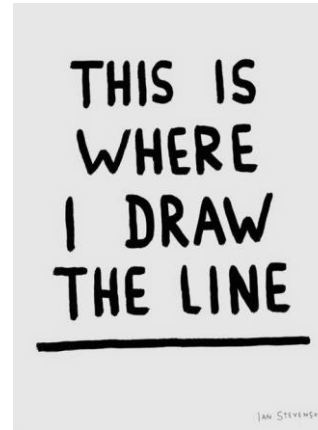
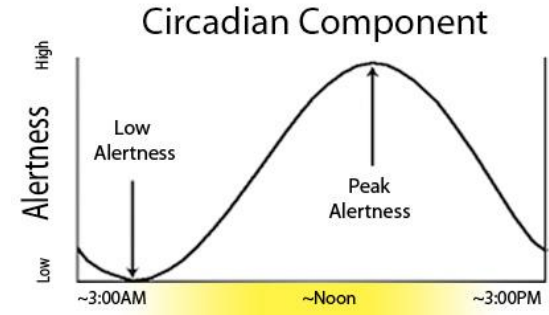


SANITY

www.MentalHealthHumor.Today.com

Methods to gain your sanity

- Situation, self, permission, boundaries
- Be 'fully engaged' – dopamine creates 'magical moments'
- Color, sing, smell lavender
- Mental circadian rhythm



Work hard Rest Hard

Change your perspective You change the situation



Work hard Rest Hard

The choice is yours

For more information, checklists, articles, my newsletter or other ways to gain a deeper insight on behaviors, or to help me with my defensive behaviors research

:

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