Work Hard, Play Hard
Tips for Achieving Career/Life Balance

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

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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”
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?

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How much time is left
For you .... Personally?

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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)?

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Question #4

What is stress to you?
Root cause

Who is in control?
Results

Harness Stress  Minimize Decision Fatigue  Change your perspective
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

Awareness

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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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