



Life in Balance

Presented by Kim Fabian

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Sunday, June 1, 2008 2:00 PM–3:00 PM

Are you working smart or are you just working hard?

- The definition of stress
- Peak performers vs. workaholics
- The power of choice
- Balance redefined

Studies of the characteristics of peak performers reveal several life-balance strategies for high-achieving professionals who work in dynamic environments.

Energy

Health: importance of self-care

Fitness: energy in/energy out

Stress management: Yerkes-Dodson Law

Clarity

Focus: sense of purpose; big picture

Contribution: sense of worth

Passion: sense of excitement

Direction

Balance: the balance myth

Priorities: guilt vs. decision-making

Time management: defining boundaries and developing systems

Connection

Communication: promoting clear and open channels

Relationships: what are you giving/taking?

Spirituality: connection to something greater

Integration

Resources: supportive environment

Integrity: intentions vs. actions

Motivation: the big reason why

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