



# LIFE WORK BALANCE

## ACHIEVING HARMONY IN A DEMANDING WORK ENVIRONMENT

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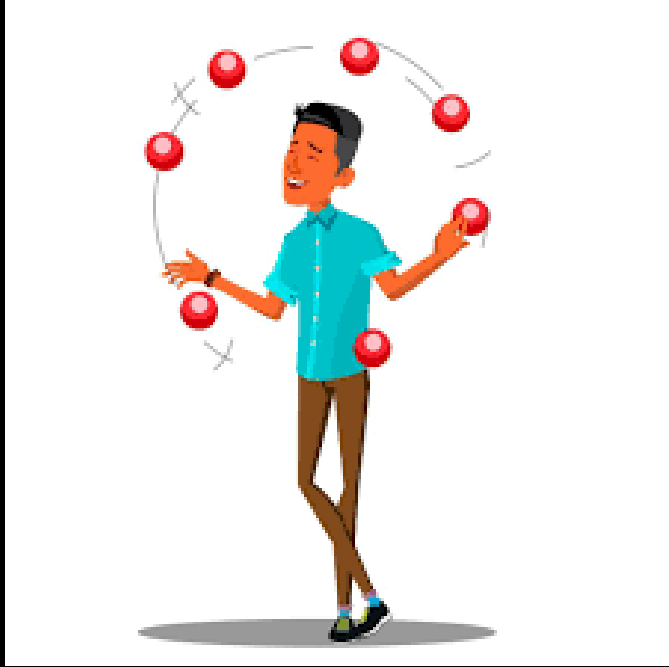


# WHAT IS BALANCE?

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# What is BALANCE?



OR



Why do you need a **BALANCE**?

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# Benefits of Achieving Balance

- Better health
  - Increased productivity
  - Happier / better relationships
  - More roundedness as an individual
  - “More” time for the things that count
  - Fulfillment
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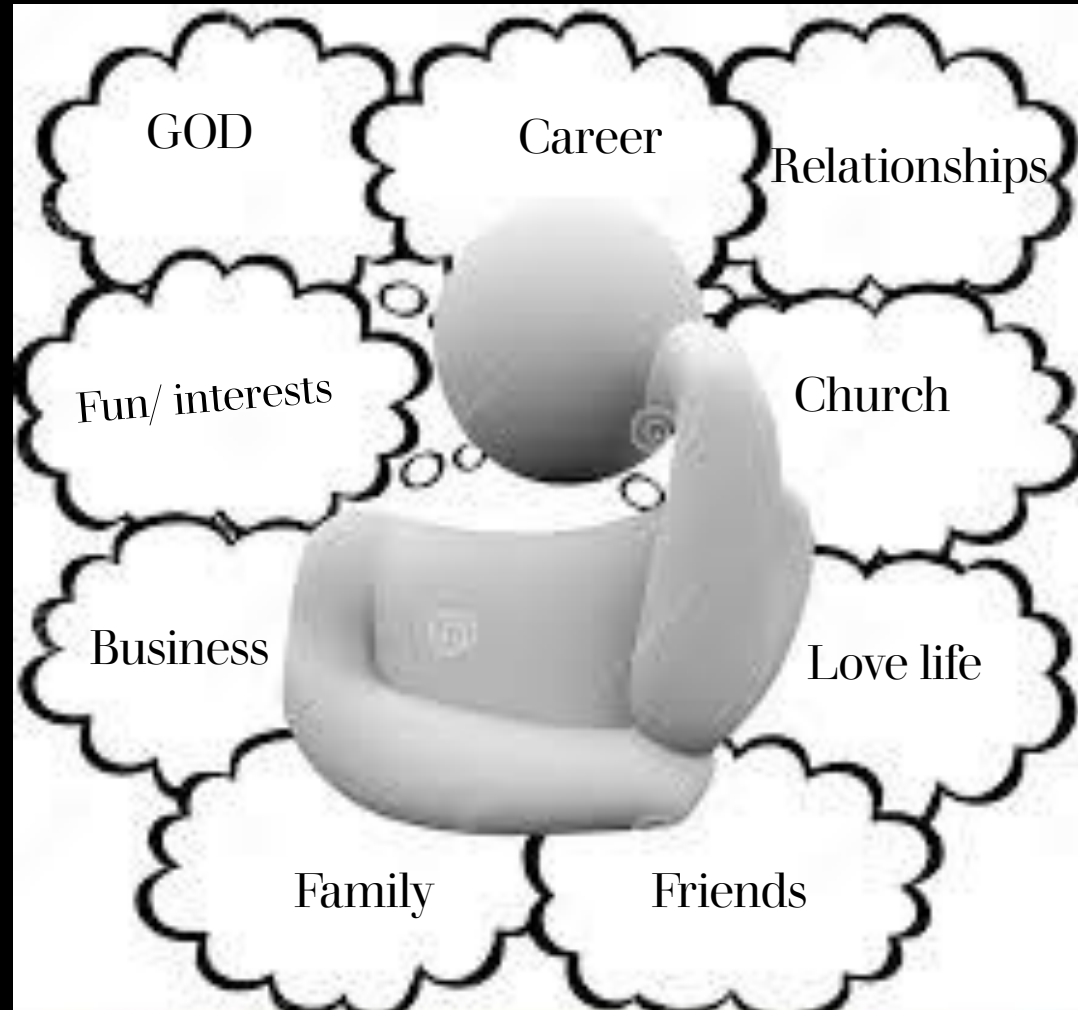


# BALANCING your Balloons



1

# IDENTIFY YOUR BALLOONS





# 2

## FINE TUNE YOUR BALLOONS

- Separate what you **NEED** to do from what you **WANT** to do.
- Put all your “want to dos” as **ONE** balloon.
- Identify what’s important **NOW**.

*“You may be a great multitasker, but you cannot juggle too many things, especially at the same time”*

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# 3

## PRIORITIZE YOUR BALLOONS

- All balloons cannot be the same size – some are more important than others per time.

*“Don’t be blinded by quantity that you lose sight of quality”*

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# 4

## DEVELOP SKILLS/EXCELLENCE PER BALLOON

- Be independently great at each of your balloons.

*“Mastery is a result of acquired skills and repetition”*

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# 5

## JUGGLE (NOT HOLD) YOUR BALLOONS

- There are only so many balloons you can hold per time
- Give attention to each balloon based on the time it needs to survive without you.

*“A seed once tended to at infancy, will grow to become a tree that requires little tending”*

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# BALANCE TIPS

— R E S T. —



*ASK ME*





**THANK YOU**

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