

# Work-Life Balance: What is that?

Healthy St. Mary's Partnership Annual Meeting September 28, 2023

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### A Little About Me...

38 yrs. in MD Public Schools

**Former Spanish Teacher** 

**Assistant Principal** 

**Principal** 

**HR Coordinator** 

**Title I Equity Analyst** 

B.A. Spanish and Sociology
M. Ed School Counseling
Ed.D. Educational Leadership

- Poverty
- Trauma
- Wellbeing
- Equity
- Leadership
- Community Partners



#### Who is in the room?

# Please take a moment to introduce yourself including:

- 1. your name
- 2. agency
- 3. role
- 4. reason you selected this session



#### **Session Goals**

01

Define Work-Life Balance

03

**Examine Strategies** 

02

**Identify Stressors** 

04

**Apply Tools** 



# How would you define work-life balance?



#### **Cambridge Dictionary**



...the amount of time you spend doing your job compared with the amount of time you spend with your family and doing things you

<u>enjoy</u>



### Points to Ponder



#### Consider that...

- . ...balance may not mean equal
- ...balance may change as we progress through life
- . ...balance is not a constant
- . ...balance is different for everyone



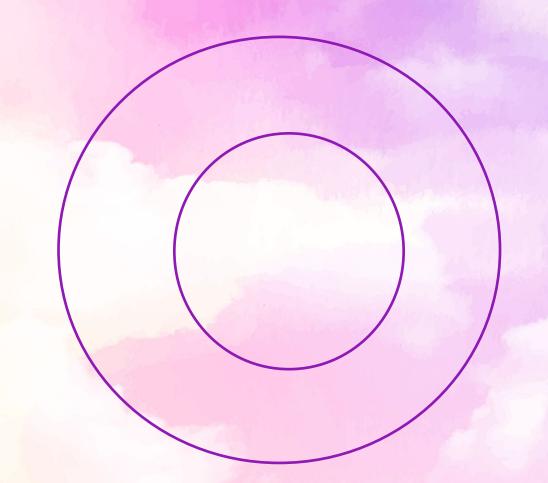
# What are the barriers you experience?



# How satisfied are you with your work-life balance?



In the exterior circle write the parts of your life you believe you have no control.



In the interior circle write the parts of your life over which you believe you have control.

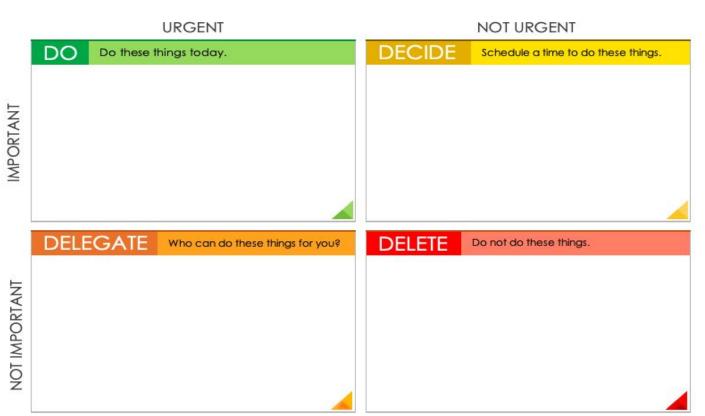


#### Stephen Covey said...

"The key is not to prioritize what's on your schedule, but to schedule your priorities."

#### **EISENHOWER PRIORITY MATRIX TEMPLATE**







#### Thoughts Lead to Actions





#### Take Care of Yourself





#### Are you operating with a full cup?





#### Gratitude & Mindfulness

Mindfulness links all self care actions. Recognise what we are grateful fo strategies to manage and when to seek

Connect with your community, culture and spiritual values. Even better, set a project to contribute to or support your community's growth. Feel good about giving something back

Social

Community



Exercise & sleep are proven to support good mental health reduce stress and increase problem solving. With a good diet, physical health sets a foundation for wellbeing

Interests, hobbies & playfulness

Return to old interests something new or advar your skills through stud Rediscover playfulne through story telling games or new forms of self expression

#### **Environment**

Whether it's your home, office or another space, nurture an environment that allows you to feel safe and take time out when you need. Lighting, noise and physical elements should be

**©**?

500

considered.

**SELF** 

**CARE** 

 $\Delta \Delta$ 

**Values** 

Set Limits

Say No! Know what you can do and what you can't. Set firm boundaries with boundary violators. Take time out, nurture good sleep and limit exposure to unhealthy environments.

#### Ask for Help

Many people ask for help when they have hit their limit, are in crisis or feel out of control. Self care teaches us to acknowledge out limits but importantly, to ask for

help.

#### Family/ Trusted Others

Connect with people you care about. Prioritise time with people who love you. Laugh together, cry together but most importantly, be genuine together.

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### Practice Gratitude

Nature Walk

Gratitude Jar

**Exercis** 

e Meditation Gratitude Journal

Daily Affirmations



## Find something that is safe and healthy and brings you joy!





## Gary Keller, Founder of Keller-Williams Real Estate **said...**

"Work is a rubber ball. If you drop it, it will bounce back. The other four balls - family, health, friends, integrity- are made of glass. If you drop one of these, it will be irrevocably scuffed, nicked, perhaps even shattered."



#### Please Provide Feedback

talk.ac/wauchilueadams

CODE IS TALK





#### Thank You!

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