

Work-Life Balance: What is that?

**Healthy St. Mary's Partnership Annual Meeting
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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***

02

Identify Stressors

03

Examine Strategies

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 enjoy”

Points to Ponder

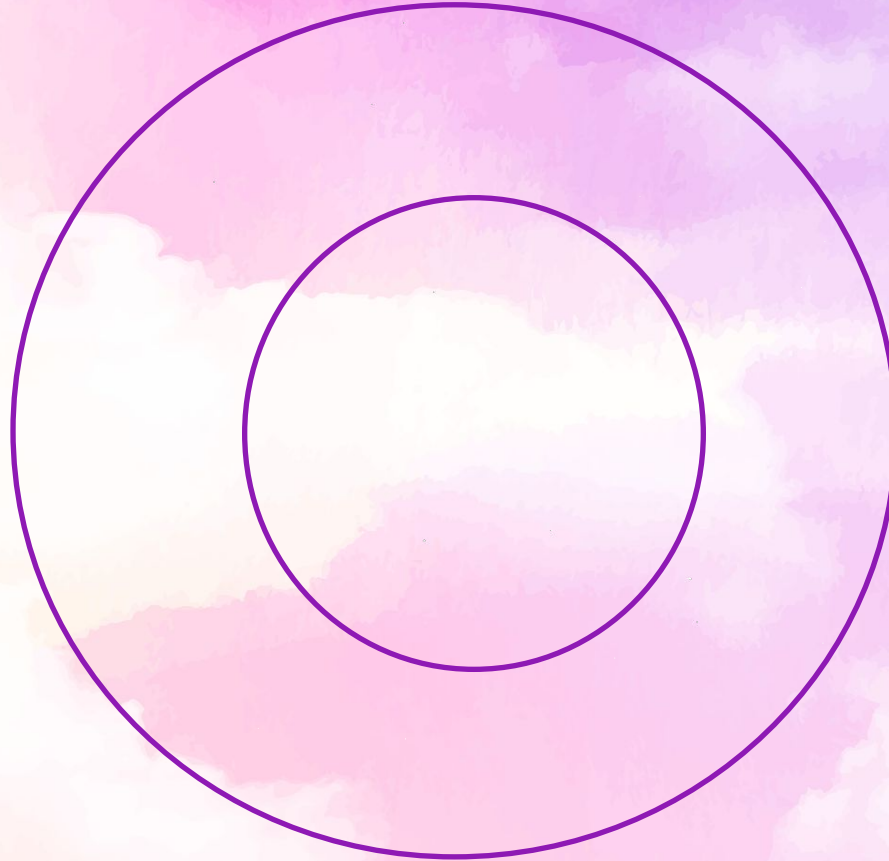
Consider that...

- ...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

	URGENT	NOT URGENT
IMPORTANT	DO Do these things today.	DECIDE Schedule a time to do these things.
NOT IMPORTANT	DELEGATE Who can do these things for you?	DELETE Do not do these things.

Thoughts Lead to Actions



Take Care of Yourself



Are you operating with a full cup?





Practice Gratitude

Nature Walk

Gratitude Jar

Exercise

Gratitude

e

Journal

Meditation

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

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CODE IS
TALK



Thank You!

Wauchilue Adams, Ed.D.

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