

Allison  *partners*

VLGMA

Choosing Balance and Leadership

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Agenda

- Define balance
- Get started
- Begin to shift your state of mind
- Learn new tools
- Manage stress
- Read about what matters to you
- Stay in touch

Define balance

1. What does balance mean to you? How do you define it?
2. What keeps you from achieving balance? What are the obstacles that get in your way?

Get started

SEEK SATISFACTION

understand energy

know and name what you value

own assumptions

choose

Begin to shift your state of mind

be mindful

PUT ON YOUR OXYGEN MASK

be vulnerable

show compassion

give up shame

shift from selfish to self care

Learn new tools

sleep

start your day right

find the fun

disconnect when you can

VACATION WELL

take breaks

experiment

coach yourself

tell and ask

breathe

Manage stress

A. I am breathing in.

B. I am breathing out.

C. I am relaxing.

http://www.allisonpartners.com/wwrn/entry/the_instant_stress_reducing_maneuver

Read about what matters to you

- www.allisonpartners.com/resources/by_tag/tag/balance
- www.allisonpartners.com/resources/by_tag/tag/brene_brown
- www.allisonpartners.com/resources/by_tag/tag/change
- www.allisonpartners.com/resources/by_tag/tag/courage
- www.allisonpartners.com/resources/by_tag/tag/email
- www.allisonpartners.com/resources/by_tag/tag/gratitude
- www.allisonpartners.com/resources/by_tag/tag/happiness
- www.allisonpartners.com/resources/by_tag/tag/mental_health
- www.allisonpartners.com/resources/by_tag/tag/mindfulness
- www.allisonpartners.com/resources/by_tag/tag/self-compassion
- www.allisonpartners.com/resources/by_tag/tag/sleep
- www.allisonpartners.com/resources/by_tag/tag/time_management_and_prioritization
- www.allisonpartners.com/resources/by_tag/tag/vacation

Stay in touch

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What We're Reading Now blog: www.allisonpartners.com/wwrn
(a member of our team posts every Tuesday)

