

#### **VLGMA** *Choosing Balance and Leadership*

Allison Linney, MBA

*16 February 2018* 

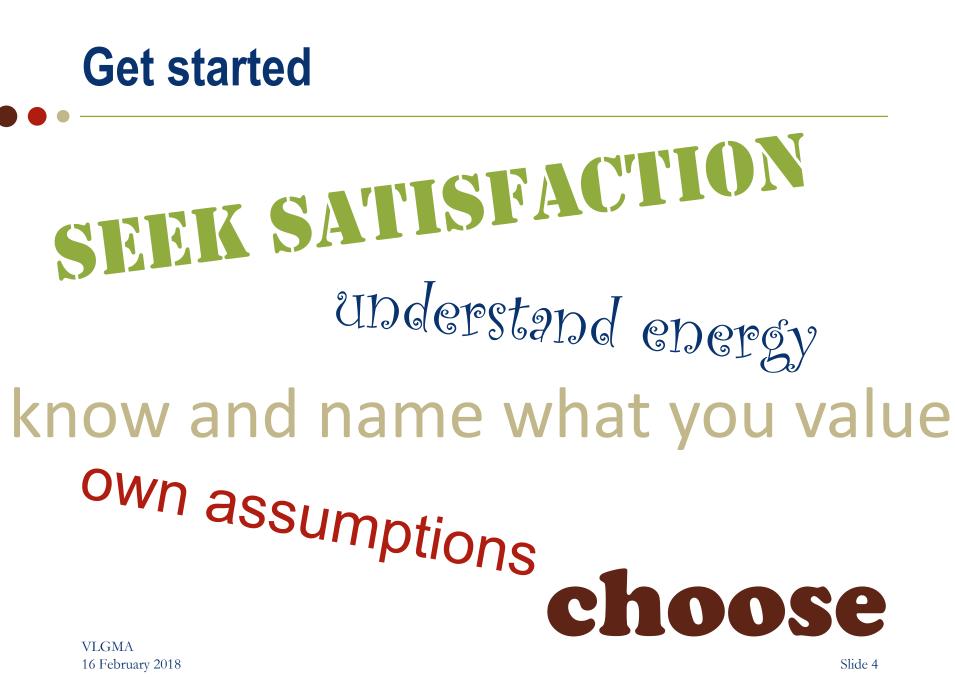
### Agenda

- 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



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?



### 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 VLGMA

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## 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

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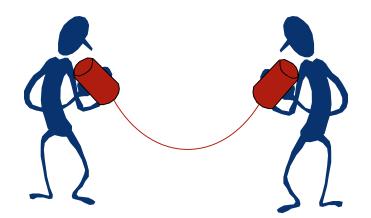
### Read about what matters to you

- 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/vacation

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### Stay in touch

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Linked in Allison Linney

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

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