Career Management

- Programs/Resources
  - Web resources, job board, webinars, programs, career fairs, individual career advising (in-person and remotely).

- Career Changes:
  - Launching
  - Transition
  - Underemployment
  - Unemployment
  - Encore Career

- A Lifelong Process:
  - Assessment
  - Exploration/Research
  - Personal Branding
  - Networking/Job Search
  - Professional Development
How to Find Work/Life/Play Balance – finding your values before you lose your mind!

With Master Trainer
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‘92’
Poll: Does Work/Life Balance Exist?

Yes  No  Undecided
Agenda

- Work through the five areas of personal value to find work/life/play balance
- Obtain the tools to prioritize what is and should be important
- Think about the BIG PICTURE without ignoring the little things that matter
Global Perspective

On work/life balance measures in the world US ranks 23 out of 23 in a 2011 OEDC survey (the Organization for Economic Co-operation and Development)

Why?

Factors considered

+ Employees working very long hours
+ Employment rate of women with children
+ Time devoted to leisure and personal care
Five Areas of Value

How fulfilled are you?

1. Family & Friends
2. Work & Career
3. Community - Service
4. Finances
5. Health and Well-being
How do we achieve our ideal Work/Life/Play Balance then?

Choices… Choices… Choices

- Frequency of making choices
- Resources
- Daily, weekly, monthly
- Empowerment
“Nobody can bring you peace but yourself.”

-Ralph Waldo Emerson
Family & Friends

Family
- Quality time vs. Quantity time
- When to listen and when not to listen
- Set boundaries
- It is ok to say no to family

Friends
- Someone who is happy for you during the good times but will coach you through the bad times
- Be selective
Work & Career

☑️ Remember you are “at work” more than anywhere else in life
☑️ Reframe your attitude
☑️ Make a list of three things you like about work
☑️ Make a “D.I.G.” file
☑️ Continue growing and learning.
☑️ Manage interruptions and time wasters
☑️ Work smarter not harder – busyness culture
Community & Spirituality

- Outreach
- Volunteering
- Making Connections
- The beauty of giving and caring and mattering
- Teaching your family members to get involved
- The world we live in really is small – even more important to care
Financial – Managing Money

- Goal setting
- Nickel and dime spending
- Retirement planning
- Start now
- Meat vs. Gravy
- Be prepared for the unexpected
- Debt management
- Family values
- Inheriting spending habits
Health

Taking Care of You
- Movement
- Preventative Screenings
- Health/Food Journal
- Nutrition
- Sleep
- Stress Management
- My Top Six
Best Practices

- This is about enjoying life
- Embrace change and fear
- Laugh, laugh, laugh – learn about humor therapy
- Ethics and Honesty
- Appreciation
- Tragedies

- Creativity
- Mindful Living
- Giving
- Character: Who you are when no one is looking
- Never give up
- Don’t dwell on the past
“One worthwhile task carried to a successful conclusion is worth half-a-hundred half-finished tasks.”

- Michael S. Forbes
What 3 Action Steps will you commit to working on?

1. _____________________________________
2. _____________________________________
3. _____________________________________
Thank you for your service!

QUESTIONS for me