Achieving Personal & Professional Balance in a Demanding World

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Achieving Balance

Why is this important?

What are the components?

What are some tips?
Balance Work and Life

Why did I come to this session?

What do I hope to learn?
Elements of Life

FISHES

- Family
- Intellect
- Social
- Health
- Economic
- Spiritual
Embrace Change

When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has been opened for us.

--Alexander Graham Bell
Voluntary Simplicity

Simplify your life: discover & pursue your passions

What do you feel when you find your passion?
Finding your passion is important

- You become more interesting
- Self confidence emerges
- Improves relationships
- Problems fade as new life “urge” grows

- Positive emotions – improve health
- As role model, you give “permission” for others to find their passions
Four Phases of Attitude

Recommitment
How Do You Decide Where to Spend Your Energy?

**Week Day**
- Sleep
- Eat
- Travel To / From Work
- Work
- Exercise
- Other

**Weekend**
- Sleep
- Eat
- Family/Friends
- Fun/Activity
- Work
- Other
Tyranny of the Urgent

- Vs -

Important Life Choices -- Passions

Where do you spend most of your time?
Finding & Exploring Your Passions

Learn to Enjoy Yourself

Explore Your Gifts

Overcome Barriers

Learn to Enjoy Yourself

Explore Your Gifts

Overcome Barriers
What are some of the barriers?

- Unclear Goals
- Lack of Priorities
- Perfectionism
- Attempting too Much
  … can’t say “NO”
- Crisis Management
- Disorganization
- Procrastination
Finding & Exploring Your Passions

- Learn to Enjoy Yourself
- Explore Your Gifts
- Take Action
- Overcome Barriers
Creating a motivating vision

The soul never thinks without a picture.

-- Aristotle
Personal Mission Statement

FISHES

- Examine Roles
- Examine Values & Priorities
- Create & Adopt Mission Statement
- Develop Strategy
- Reassess Occasionally
Life is a Journey
Balance is a conscious decision every day

**Commitment:** To something BIGGER than one self
-- life purpose

**Control:** Responsible for my own actions/choices

**Change:** An inevitable companion

**Community:** Social support group
Tips on Maintaining Balance

- Invest in people … including myself
- Take time for exercise and nutrition
- Decisions based on values, rather than feelings
- Learn to handle stress – know your signs
Striving for Balance

- Give in once in a while
- Leave work at work
  - Art of delegation
- Learn to accept what you can’t change
- Talk out your worries with a friend
- Laugh more
  - Celebrate the simple joys
The greatest thing in this world is not so much where we are, but which direction we are moving.

--Oliver Wendell Holmes