

| How to Keep A Work/Life Balance

| The Be Helpful Experiment: Sharing the good things that happen in business & life when we put people first

How to get and maintain a balance at work and life:

Everyone understands why our
focus is where it is at the time.

Why do we want a balance?

We Have a Positive
& Healthy Mindset

People Want to
Be Around Us

We Get Things
Done Others Can't

We Have Quality
Time at Home

What happened when all
my focus was on work and
none on family...

What happened when I
listened to a diverse range
of opinions at work...

Strategy #1

Get and Maintain a
Balance at Work and Life

Are you using
your time wisely?

Strategy #1

Are you using your time wisely?

- Treat your time with respect
- Are there things at work we can improve, to help us enjoy our time at home more?

Strategy #2

Get and Maintain a
Balance at Work and Life

Does everyone
understand why
your focus is
where it is?

Strategy #2

Does everyone understand why your focus is where it is?

- Are you using your time wisely?
- Are you short changing anyone?
- Are you spending too much time with someone?

Strategy #3

Get and Maintain a
Balance at Work and Life

How diverse are
the opinions in
your network?

Strategy #3

How diverse are the opinions in your network?

- Listen without reacting
- It's not personal
- Look for the golden nugget

Get and Maintain a Balance at Work and Life

- Are you using your time wisely?
- Does everyone understand why your focus is where it is?
- How diverse are the opinions in your network?



The Be Helpful Experiment

Sharing the good things that happen in
business & life when we put people first

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