



Catrina Alexander

Work/Life Balance – Lessons Learned

- Examine proactive strategies to help with balance.
- Identify tasks that have the greatest impact on addressing a healthy balance.
- Distinguish approaches that help with a more productive work/life balance.

*This session examines some of the typical work-life balance conflicts often faced by women who are choosing to balance work and family. To maintain energy and positive focus, it's critical for women in leadership roles to maintain a healthy and productive balance between their professional and personal lives.*