



Lisa Wolff

Work/Life Balance-Your Ratio

- We will have a “shout out” session with examples of challenges within our work/life balance so that we have an understanding of where we each are in the overall equation.
- Everyone’s balance, if it does exist looks a little different. We will discuss the many techniques we use and determine which are most effective.
- Strategies exist for those who struggle as well as those who are products of perfection. How will your WLB fit into your future personal and professional development?

Work/Life Balance comes to many of us as a choice between our personal life and our work life. What is the fair ratio or equation which helps us balance our time to meet both the needs of our families or personal life in comparison to our professional career? How do we determine what the priorities are in order to focus on maintaining a balanced and rounded life? Our tactics are varied and our outcomes will become measurable as we openly discuss the success of our personal plan for a balanced equation of work and life!