



MANAGING AND SUSTAINING A WORK LIFE BALANCE

10 STRATEGIES TO AID
YOUR CHOICES
(no means exhaustable!)



Tip number 1

AWARENESS

To your time
To what you want
To what you need



Tip number 2

HONESTY

To yourself

To others



Tip number 3

SUPPORT

Infrastructure
Flexibility



Tip number 4

100% ATTENTION

Get results
Enjoy



Tip number 5

SELF BELIEF

1/2 Empty?

1/2 Full?



Tip number 6

YOUR VISION

At your 80th party
On your death bed



Tip number 7

TIME OUT

Recharge your batteries
Release that child



Tip number 8

DELEGATE

Super women...please!!
You can't do it all



Tip number 9

GOLDEN RULES

Life is important
What will you not compromise on?



Tip number 10

INSPIRATION

Feeds ideas and creativity
Lifts the spirits