

# SLOWING DOWN THE SEE SAW: SEVEN STRATEGIES FOR LIVING A HARMONIOUS LIFE



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# Objectives

- Explore the Concept of Work/Life Balance
  - Assess Current Balance & Barriers
- Discuss Strategies to Achieve Those Goals
  - Set Balance Goals

# We each have a story...



- What brought us here?

- What brings you here?



# Leadership in the 21<sup>st</sup> Century~

I'm leaving work  
to go home and  
check work email.



someecards

# Potential Career Consequences of an Imbalanced Life

- Reduced Work Performance
- Increased Absenteeism
- Lower Commitment
- Poor Morale



# Potential Health Consequences of an Imbalanced Life

- Physical:
  - Headaches, nausea, sleep disturbances, changes in weight, muscle tension, fatigue, heart palpitations
- Emotional:
  - Depression, anxiety, irritability, difficulty making decisions, angry outbursts, resentment, feelings of powerlessness
- Personal:
  - Lost time with friends and loved ones, job burnout, isolation – stopping social activities, relationship loss/difficulties, self medicating

# Consider these statistics from The Henry Ford Health Group:

- 40% of job turnover is due to stress
- 60-80% of accidents on the job are stress related
- Multiple studies found that individuals working 11 hours a day or more, were 67% more likely to experience a heart attack. Those who work between 10-11 hours a day had a 45% higher risk

<https://youtu.be/1DRg4O4Proo> <iframe width="560"  
height="315"  
src="https://www.youtube.com/embed/1DRg4O4Proo"  
frameborder="0" allowfullscreen></iframe>

# Defining Work- life balance....

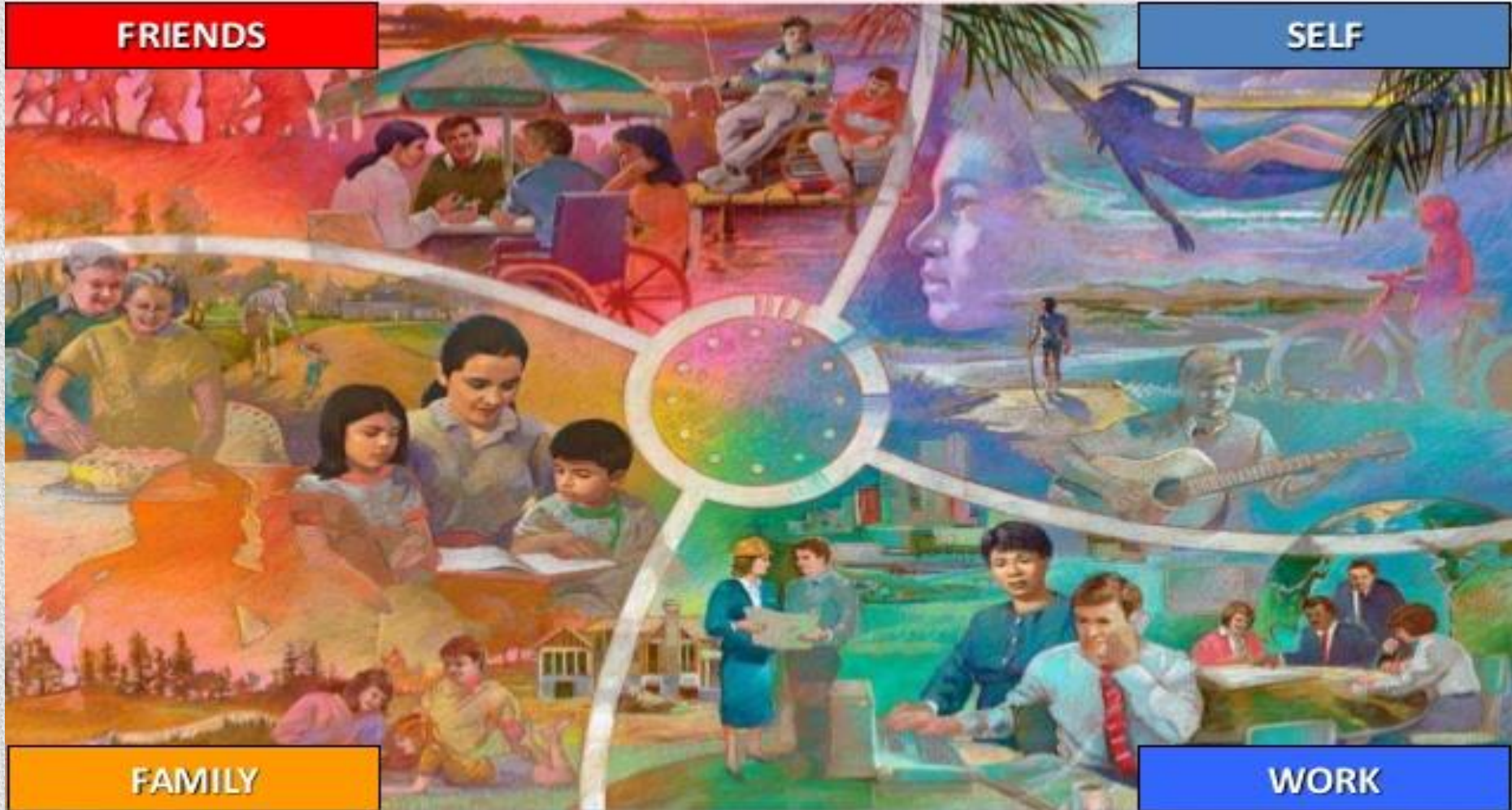
Meaningful daily achievement and enjoyment in each of the four life quadrants:

FRIENDS

SELF

FAMILY

WORK





# Balance Barriers

<https://youtu.be/aBtYlhNXhh8> <iframe width="560" height="315" src="https://www.youtube.com/embed/aBtYlhNXhh8" frameborder="0" allowfullscreen></iframe>

- *In a small group, discuss some of the barriers you have in achieving a better state of balance.*

# Self Reflection



# Strategies to Improve Work/Life Balance

- 1. Mindfulness & Meditation
- 2. Power of Positive Intent
- 2. Physical Health
- 3. Hobbies
- 4. Relationships
- 5. Unplugging in an Age of Constant Connectedness
- 6. Use your Leadership Skills to Your Advantage!

# Mindfulness/Meditation/Positive Intent



# HEALTH

- Exercise
- Nutrition
- Sleep



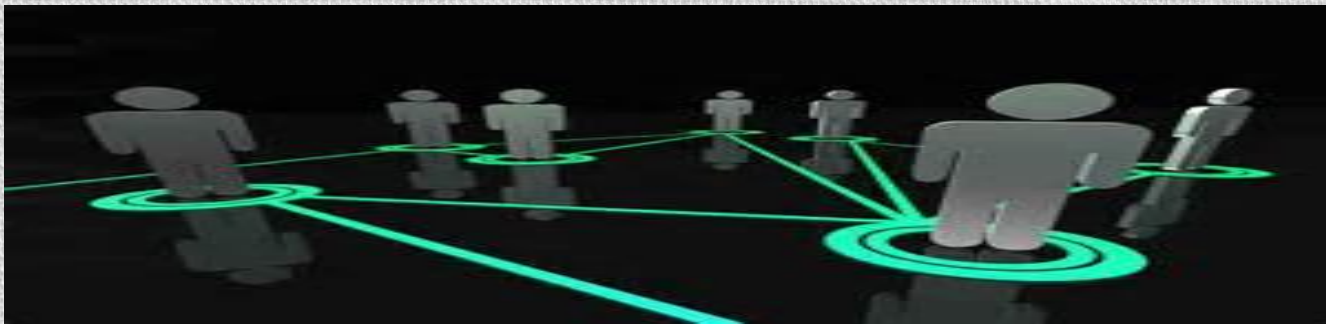
# RELATIONSHIPS

- SELF
- Religion/Spirituality
- Family
- Friends
- Identify Your Support System



# Unplugging in an Age of Constant Connectedness

- Global economy/International business
- Advanced communication technology
- Flex-time schedules
- Alternative or flexi-place work location
- Changes in family structure (dual-career)



Digital Diet~ set parameters and follow them!

# Use your Leadership Skills to Your Advantage!

1. Plan meticulously, yet maintain flexibility
2. Don't overbook
3. Prioritize ruthlessly
4. Learn how to say no
5. Organize
6. Use technology ... but don't overdo it
7. Know it won't always be perfect



• (Wurio, 2013)



# 7 Questions to Ask Yourself (Then share in your group)

1. What would Work/Life Balance in your life look like?
2. How can your leadership strengths support Work/Life Balance specifically?
3. What are the challenges in creating Work/Life Balance in your life?
4. What needs to be done to break through these barriers?
5. What are you doing now to create Work/Life Balance for yourself?
6. Are there any programs or policies at work that you are not using that could be helpful?
7. Are you taking the time to remember to breathe every day?

# RESOURCES



# Contact Info

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