

Work Life Balance and Self Care

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About Me!

LR Wilson is the Owner and Founder of LR Wilson Consulting LLC which specializes in personal and professional development. Client support is offered through a series workbooks, conferences, classes, workshops, group coaching and individual coaching. LR WILSON CONSULTING LLC equips clients with skills to live an Empowerment Lifestyle in every aspect of their lives.

What is YOUR definition of Work Life Balance?

Work Life Balance Defined

What exactly is it?

“The state of equilibrium where a person equally prioritizes the demands of one's career and the demands of one's personal life” - Business News Daily

What are some things that contribute to a Work Life Imbalance?

BRAINSTORMING SESSION!

Work Life Balance is a Cycle Not An Achievement! - Harvard Business Review

Improving Work Life Balance

- 1) Learn to say NO!
- 2) Take Breaks
- 3) Use your lunch hour for lunch
- 4) Ask for flexibility
- 5) Prioritize duties/projects
- 6) Practice self care
- 7) Set manageable goals
- 8) Pay attention to your emotions
- 9) Let go of perfectionism
- 10) Unplug
- 11) Meditate

Work Life Balance

[YouTube Video](#)

Self Care

What does Self Care look like to you?

BRAINSTORMING SESSION!

Self Care Definition

The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.- Oxford Dictionary

Develop a Self Care Routine



Self Care Examples

1. Taking a bath vs a shower
2. Meditating
3. Going “Ghost” on Social Media
4. Journaling
5. Reading a book
6. Watching a movie
7. Turning off all electronic devices
8. Taking a walk
9. Removing people from your life
10. Saying NO!

Work Life Balance and Self Care

How do they work together?

Work Life Balance and Self Care work together because they are needed in order to remain in a healthy mindset. When you are lacking in self care, that spills over into your work life balance which ultimately becomes an imbalance. Setting healthy boundaries is the key factor in everything we do in life. Whether it's at home, at work, in relationships or otherwise. You can't have a balanced work life if you're lacking in self care!

Take The 21 Day Challenge!

I Challenge you to implement any of the things we've talked about today for 21 days into your daily routine and document how it has changed your work life balance!

LETS MAKE IT A HABIT!

If your compassion does not include yourself, it is incomplete - Buddha

QUESTIONS

Resources

[Www.betterup.com](http://www.betterup.com)

[Www.forbes.com](http://www.forbes.com)

[Www.hbr.org](http://www.hbr.org)

[Www.soundgirls.org](http://www.soundgirls.org)

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