

Self-Management:

Work/Life Balance

Most of us have operated in such overload for so long that the norm becomes **The Way of Too**—too much, too fast, too often, and perhaps too little, too late. Based on teachings from Jeffrey Patnaude's book, *Living Simultaneously -- Balancing Self-Care, Personal Relationships and Work*; participating in this one-day seminar may challenge that particular aspect of your life and call you to change when you discover that all three of your life circles may need revision.

Self-Care - Our First Work

This is the first of the three life circles as Self-Care must come first. This is not narcissism but instead a practical idea. What do we have to bring to our relationships or work if we are not a vibrant and healthy self first? Three essential aspects of taking care of the self include:

1. **Attitude** - very practical ideas and practices that can revolutionize the way you live each day:
 - Starting the Day
 - Living the Day
 - Ending the Day
2. **Exercise** - learn the simplest and timely way to stay in shape
3. **Nutrition** - we are what we eat and you may be surprised at what is eating us!

Relationships - Our Hardest Work

Three essential practices of building intimate and lasting relationships include:

1. **Space for Love** - creating a safe place where we can authentically be ourselves:
 - Trust - the foundation of ALL relationships
 - Telling the Truth - honesty is one of humankind's top five values
 - Reverence - watching each other's back and guarding each other's boundaries
2. **Love for Space** - *"We shape our dwellings and then, our dwellings shape us."* (Churchill)
 - Space - creating healthy and vibrant space for creativity
 - Order - the importance of organization in moderation
 - Detail - paying attention to "first things first"
3. **Spacious Love** - *"We come to love, not by finding the perfect person, but by learning to love the imperfect person, perfectly."* (Keen)
 - Presence - learning how to show-up and be fully there
 - Patience - putting ego aside
 - Acceptance - compassion, not comparison

Work - Our Most Important Work

The reason that we are here - is not necessarily to have a job or raise a family, but to do our work. How do we discover our life calling if we are so enmeshed in a job that we have no time for discovery? Here's how:

- Discover your Passion - that which makes your heart sing (and it may be your job)
- Purpose - understanding the "Why" of your life
- Gifts - you are multi-gifted and need to know which ones flow through you
- Needs of the World - your world around you has needs that you can fill

When these components are all answered, we may discover the true meaning of **"Our Work."**

Participants are limited to 21