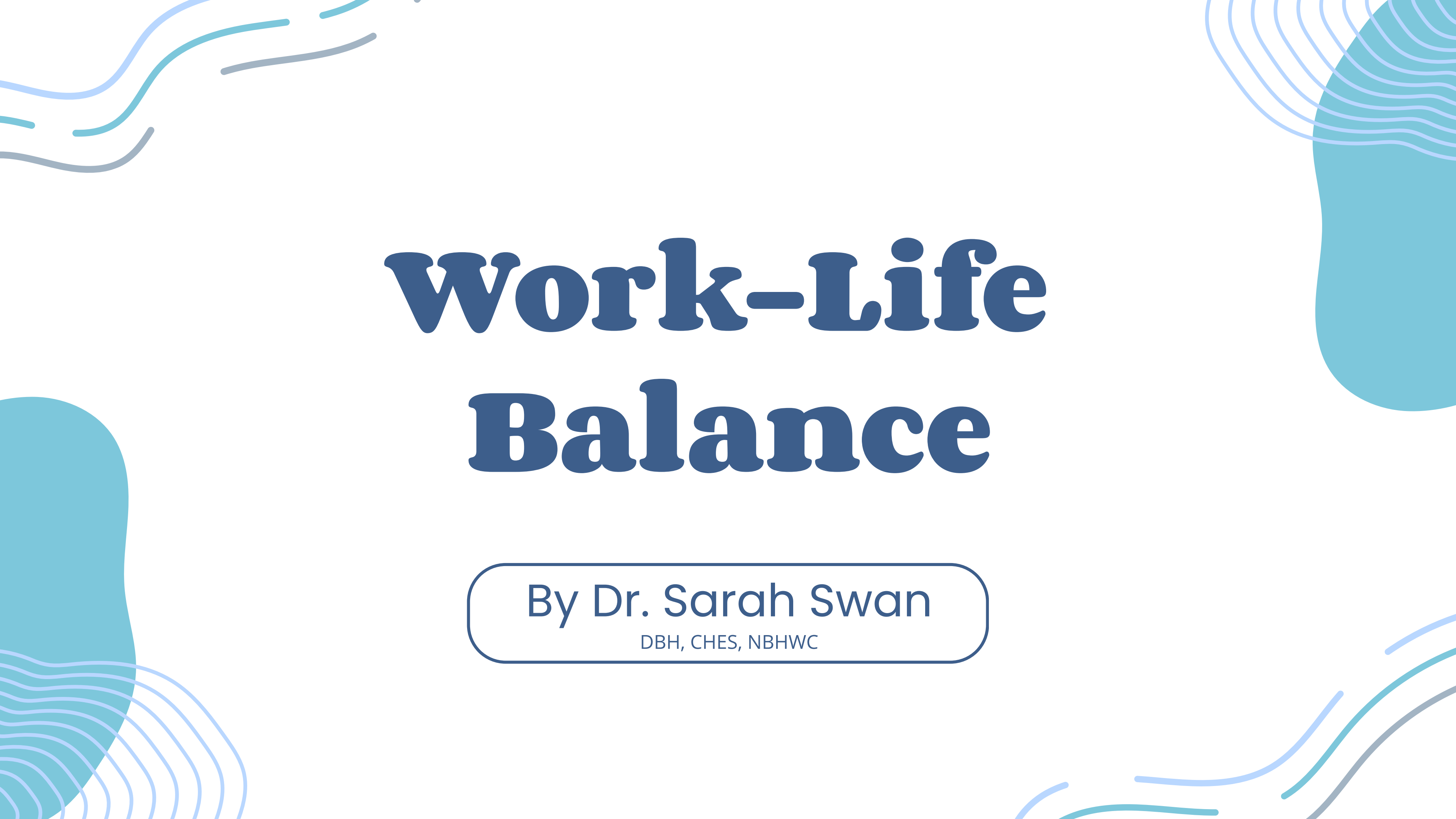




Work-Life Balance

By Dr. Sarah Swan

DBH, CHES, NBHWC



Agenda

1. Intro to Dr. Sarah
2. Warm Up
3. Boundaries & Turning it Off at Home
4. Clarifying Your purpose
5. Joy, Community & Connection
6. Minimizing & Managing Risk
7. Close & Call to Action



Dr. Sarah

Introduce yourself!

State your name & one fun fact that no one else know about you.

Welcome & Warm-Up

Rate yourself 1–5 on:

- Current work–life balance
- Energy level this week
- How well you set boundaries

What's one thing you want more of in your life right now?



Boundaries & Turning It Off At Home

What boundary is hardest for you?

- After-hours messages
- Saying no
- Protecting personal time
- Emotional boundaries



Boundaries

Three Types

- Time boundaries (your hours)
- Energy boundaries (what drains/fuels you)
- Emotional boundaries (what feelings you carry home)



Boundary Reset



1. Identify one boundary to strengthen at work
2. Choose one “shutdown ritual” to turn off at home (e.g., walk, stretch, laptop closure)
3. Decide one boundary to communicate clearly

Clarifying Your Purpose

What is your 'why'
professionally and personally?

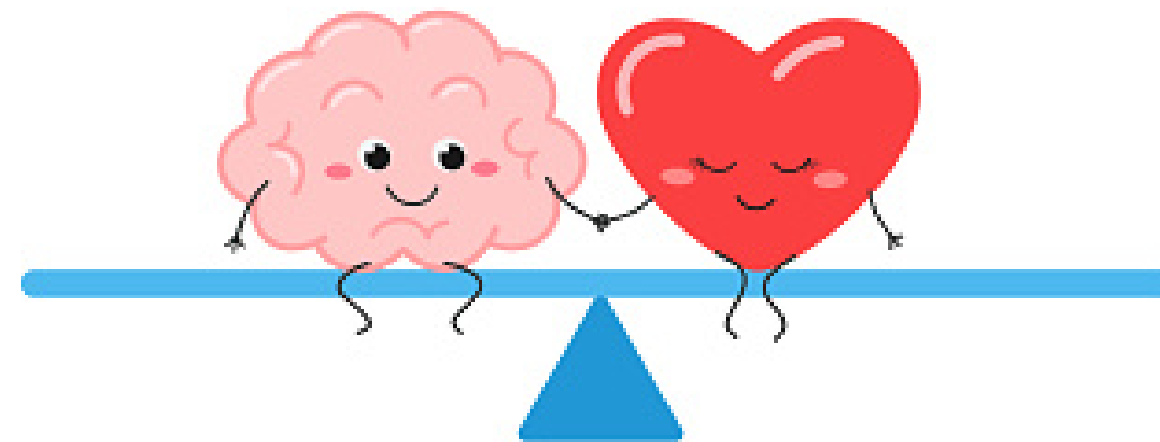
What do you want your life to
feel like, not just look like?



Clarifying Your Purpose

The work I want to do in the
world is...

I want my life to feel...



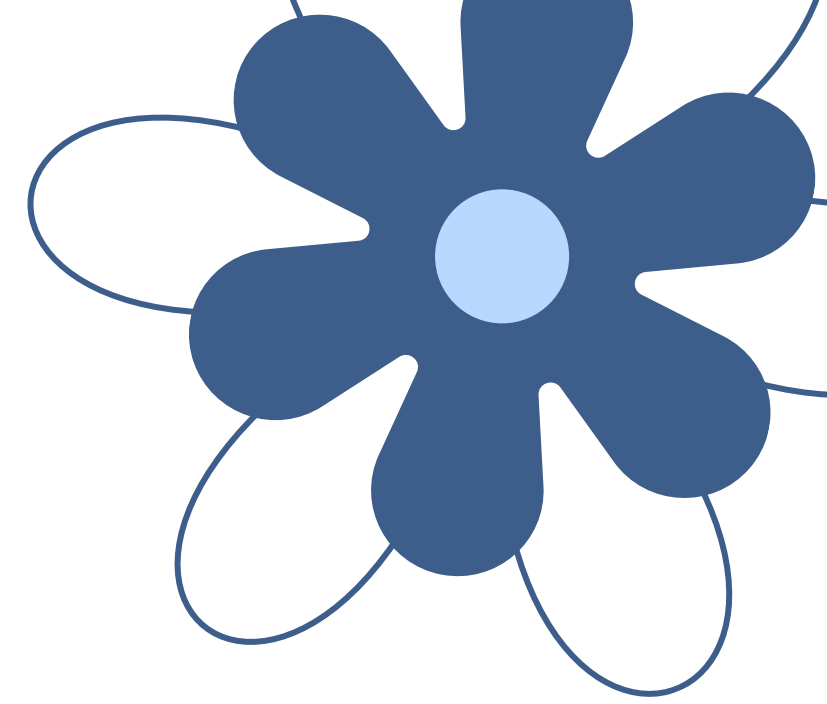
SHIFT GEARS!

Joy, Community & Connection

Purpose gives direction, but **joy and connection** are the fuel. These are essential protective factors against stress and burnout.



Joy, Community & Connection



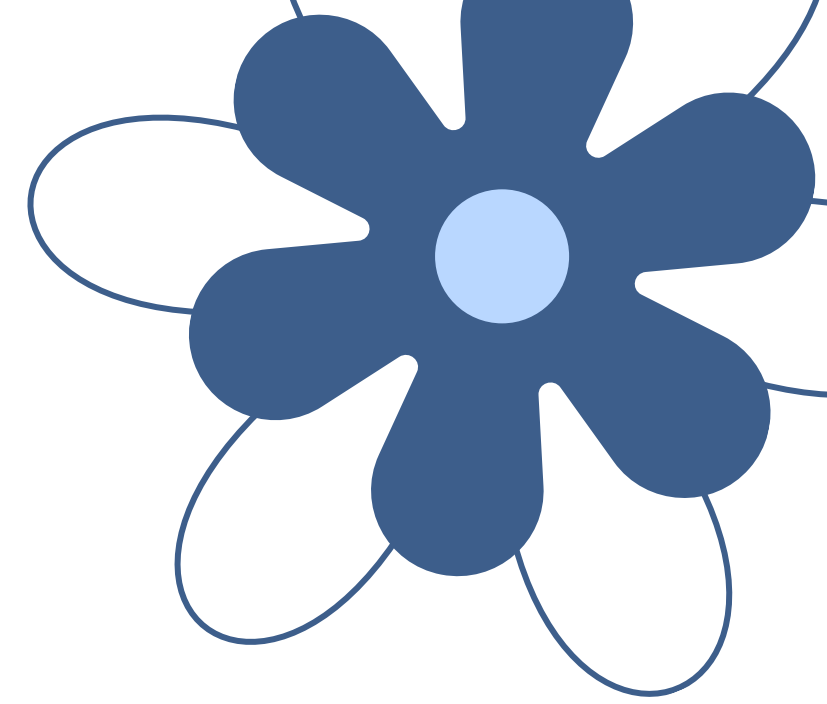
What activities bring you genuine joy?

What is one thing you've stopped doing that you want to bring back?

Where do you feel connected to community?



Joy & Connection



Breakout Groups

What is one small joy you'll add back into your week?

OR

One way you'd like to deepen your sense of connection?

Minimize & Managing Risk

Work Place Risk

- Overextension
- Perfectionism
- Lack of recovery
- Poor boundaries
- Emotional overload



Action Plan

ONE micro-strategy to reduce risk this week:

- 10-minute daily pause
- Firm communication boundary
- Joy/recovery activity
- Community connection
- Purpose reminder
- Sleep reminder

**WORK IN
PROGRESS**

Closing

What's your biggest takeaway from today?

What's the one actionable thing you will implement this week?





**Thank
You**

WANT MORE INFOMATION?

Let's Chat!

