

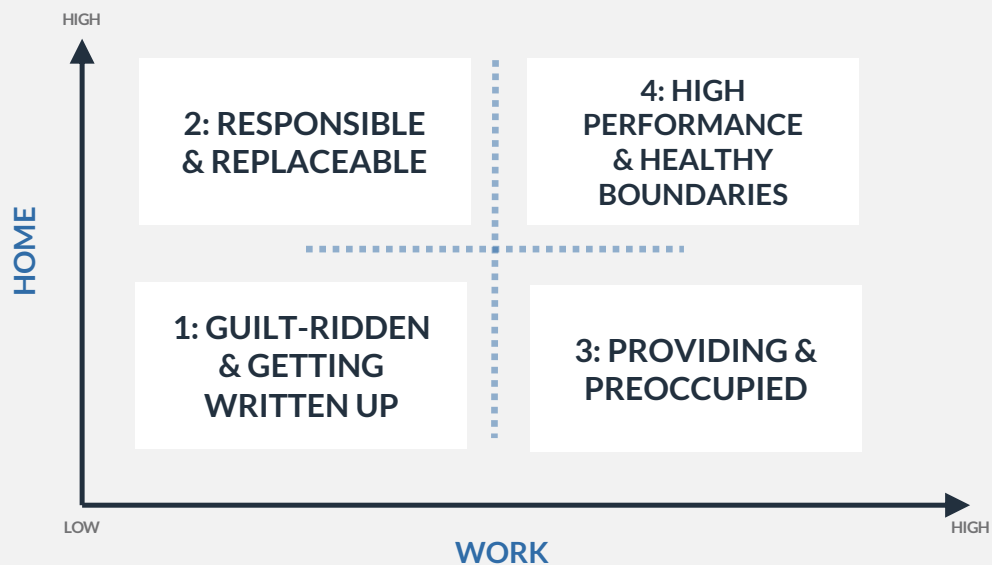
THRIVING AT WORK AND HOME

A Leaders for Leaders Masterclass

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BREAKOUT #1

- Recently, **which quadrant** have you been spending the most time in? Use an example to explain.
- What is something you can **start**, **stop** or **continue** doing to spend more time in quadrant 4?



BREAKOUT #2

1. Looking at the list of **Tips to set Boundaries**, what could you incorporate to help you set boundaries?
2. In terms of managing the tension of work and home, what are some **starts, stops** and **continues**?



TIPS TO HELP SET BOUNDARIES

1. **Rely on internal validation not external:** Build up what makes you feel good- activities, people, etc. – you already have a lot going for you.
2. **Start with small NOs:** Say you'll go but be late or do coffee instead of dinner.
3. **Give yourself time:** When someone asks, your default is, "Let me get back to you."
4. **Know your goals:** It's easier to say no to other peoples' lives when you know what you're saying yes to in your life.
5. **Stop apologizing:** Say no with meaning, don't apologize for prioritizing you! If you don't, no one else will!

*Thanks to Vanessa Van Edwards, *Science of People*



Balance isn't about doing everything for an equal amount of time – it's about **doing the right things at the right time.**

Christy Wright
Take Back Your Time

PERSONAL REFLECTION

1. Right now – in this season of life – what does “success” look like in the following areas of life?
 - Work
 - Family
 - Health
 - Friendships
 - Hobbies
 - Other
2. What areas of life are you OK with focusing on *right now*, and what areas are you OK not focusing on *right now*, based on the season of life you are in?

NEXT STEPS

01 KEEP LEARNING
SLIDES & RESOURCES

02 STAY CONNECTED
NEWSLETTER & SOCIAL MEDIA

03 HELP US GET BETTER
SHARE YOUR FEEDBACK



Personal Action Plan

Commit to one small step today.

Main point to remember from today's masterclass:

What can I **start**, **stop**, or **continue** doing in the next week to put my learning into action?

☒ Start

☐ Stop

☐ Continue

Who can support me and help me stay accountable to this learning commitment?



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