Walking a Tightrope: Work-Life Balance

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9 most stressful American jobs in 2018

5. Event coordinator: $47,350

Event planners organize everything from weddings to professional conferences. While it might sound like a fun job, it involves organizational and communication skills to juggle schedules and personalities, which can add to the stress.

Most event coordinators need a bachelor’s degree to enter their field, which can take time and effort.
Agenda

In today’s session, we will discuss:

- Figuring out what you actually want – at any stage
- How to make the demands necessary at work
- What you need to finally delegate at home
- Apps that give you time back
- Travel hacks
- Crockpots

What We’re Not going to cover:
But first-

What do I actually want my life to look like?

Consider this…

• 1 in 5 had a vision board
  76% of them are where they want to be

• 81% of those who practiced visualization says more than half of their top goals have been reached
My 20s

My 30s
My 50s

Looking ahead...

EARLY RETIREMENT
MAKE IT SO...
memegenerator.net

www.nace.net #NACEEXP19
Next-

Ok what’s an actual mess in my life that *truly* bothers me?

What bothers me -

![Image of a messy fridge](image1.png)  ![Image of a messy desk](image2.png)
What doesn’t bother me -

Then-

What am I not doing that I miss desperately because of work?
Finally-

Ok how can I actually make this all happen?

Let’s tackle

• Work
• Home
• Fur Babies
• Baby Babies
• Travel
Work

Be adamant about your boundaries
-Clients
-Boss

The boundaries set by society

Work

That time I didn’t take a maternity leave
(and don’t regret it)
Work

Cut out what doesn’t make sense (even if you like to do it)

Work

Embrace block scheduling
Embrace technology
Embrace saying no
How come no one ever talks about?

I DON'T ALWAYS KNOW WHEN TO HOLD'EM
BUT WHEN I DO, I ALSO KNOW WHEN TO FOLD'EM

Home

Set up a command center
Pitching in is mandatory
You wear it, you wash it
Chore Charts

Meal Plan, Meal Plan, Meal Plan

AnyList  prime  instacart
Home

Automate anything you can

Home

Have a weekly clean list
Home

29

Home

Just do it

30
Delegating
(and the guilt that goes with it)

Home

Holidays

- Finish your shopping by Nov 30 (you heard me)
- Don’t make stuff such a big deal
- Amazon Wish Lists
- Make it a priority- book the portrait
- Streamline cards with a service like Minted
- Be selective with holiday parties
- Buy apps in bulk and save in the freezer
- Strategic holiday cookie party
Fur Babies

Pets

Be honest- is this the right move right now?
Try fostering
All hail Chewy.com
Pre-plan vet visits (like hair appts!)
Block schedule play time
Don’t give up on them
#noshame

The other kind of babies
Our Sitter(s)  
School/Teacher  
My in-laws  
Our therapists

My husband  
Our pet sitter  
After school care

Before Travel (solo parent edition)  
6 items

- Clean clothes for Oliver
- Breakfast food for Oliver
- Baby sitter coverage (if needed)
- Cats have enough food?
- Cats have litter?
- Sunday cleaning list done?
Travel
Travel

Be realistic- what’s the ROI?
Can it double as vacation?
How far will it put me behind?
How long will it take for me to recover?

Travel

Get Status- become loyal
Pay for convenience
Have an emergency budget built in
Travel

Make as few decisions as possible

• Budget for wifi (or have a hotspot)
• Map out work on your plane (with breaks!)
Don’t forget…
Celebrate the little things

Celebrate the Big things

WHEN SOMEONE TOLD ME I LIVED IN A FANTASY LAND I NEARLY FELL OF MY UNICORN.

www.nbrvr.wedding.com
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Text OFD to 444999
For your work/life resources!

Q&A

Continue the conversation!
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Thank you for attending!

Please complete the session survey, we greatly value your feedback.