

Investing in Ourselves...

'Cause The Way We're Working
Isn't Working



Hi, My Name is Shannon and...

- * I am a mother
 - * I am a partner
 - * I am a daughter & granddaughter
 - * I am a sister
 - * I am a friend
 - * I am a colleague
 - * I am a boss
 - * I am an INTJ
- * And most importantly, I am a FAILURE, a complete and utter failure

Here's Your Sign...

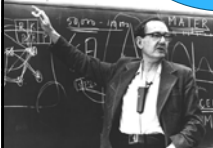


We are so busy getting things done,
that we never stop to consider
if we are doing the right things.

When was the last time...



What information consumes is rather obvious. It consumes the attention of its recipients. Hence...




a wealth of information creates a poverty of attention.

Herbert Simon, 1971

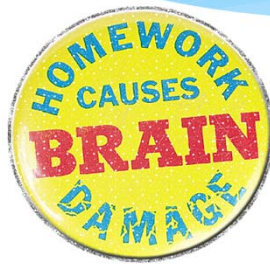
Impact of Overload

- * Anxiety / Stress
- * Delay in Decision Making
- * Lack of Job Satisfaction
- * Waste of Time
- * Working Longer Hours



*** BURNOUT!**

Maybe our kids are right!




Tell Me About Your Scores



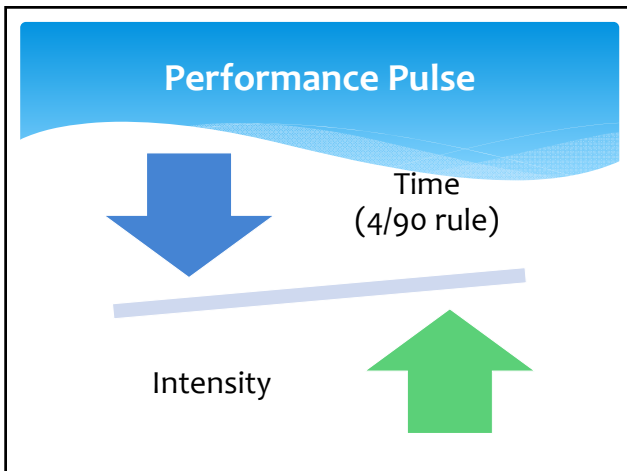
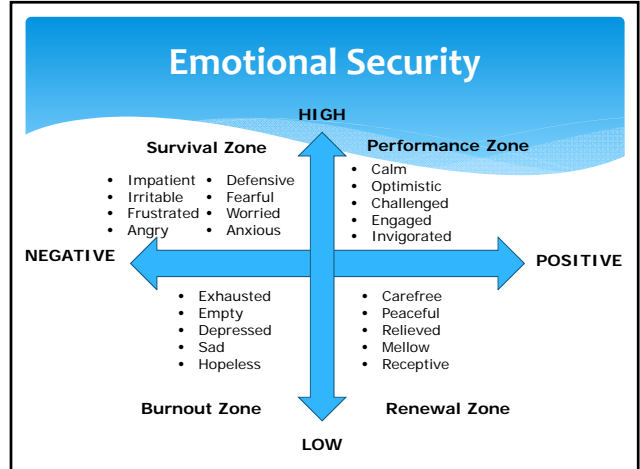
* 17-20	Full out energy crisis
* 13-16	Imminent energy crisis
* 9-12	Significant energy deficit
* 5-8	Moderate energy deficit
* Below 5	Fully energized

Emotional Assessment



- * I frequently find myself feeling irritable, impatient or anxious at work, especially when demand is high.
- * I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.
- * I take too little time for the activities that I most deeply enjoy.
- * I rarely stop to express my appreciation to others or to savor and celebrate my accomplishments and blessings.
- * I often feel that my life is just a relentless set of demands I'm expected to meet and tasks I have to complete.

Count the number of True statements and indicate below:
Emotional= _____




To Be Successful...

You must drive fear out of your mind and out of your organization!

- Do one thing each day that scares you!
- Remember that bad is stronger than good!
- Find your passion!
- Live life out loud!

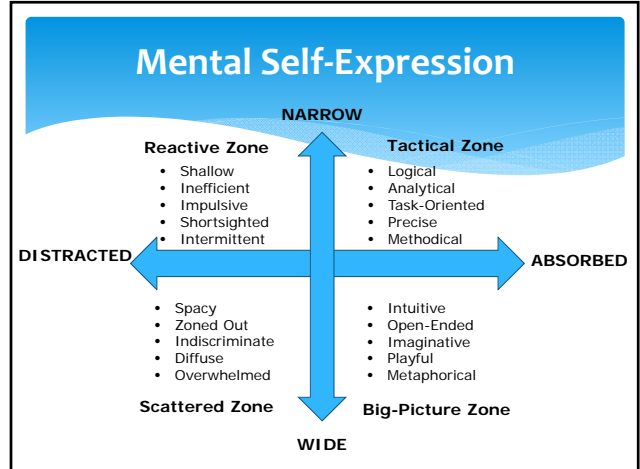


Mental Assessment

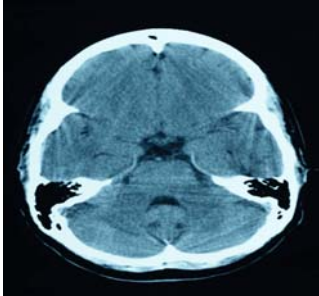


- * I have difficulty focusing on one thing at a time and I am easily distracted during the day, especially by email.
- * I spend much of my time reacting to immediate demands rather than focusing on activities with longer-term value and leverage.
- * I don't take enough time for reflection, strategizing and thinking creatively.
- * I rarely have any time when my mind is quiet and free of thoughts.
- * I often work on evenings and weekends and/or I rarely take an email-free vacation.

Count the number of True statements and indicate below:
Mental= _____




Hemispheric Alternation



Does this describe you?

- * Often has difficulty in sustaining attention in tasks
- * Often does not seem to listen when spoken to directly
- * Often has difficulty organizing tasks and activities
- * Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
- * Is often easily distracted by extraneous stimuli


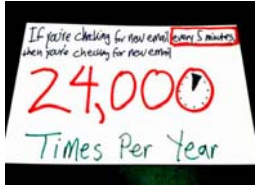
Congratulations!




You have now be diagnosed with ADHD!

Eliminate Distractions

- * Internal chatter needs silencing
- * External distractions (like email)

Spiritual Assessment



- * I don't feel passionately committed to what I do.
- * I spend too little time at work doing what I do best and enjoy most.
- * There are significant gaps between what I say is important in my life and how I actually live.
- * My decisions at work are often more influenced by external demands than by a strong, clear sense of my own purpose.
- * I don't invest enough time and energy in making a positive difference to others and/or in the world.

Count the number of True statements and indicate below:
 Spiritual= _____

Spiritual Significance

BEHAVIOR

Selflessness is equally as destructive as selfishness....

We suffer from "compassion fatigue"

WORST ← → **BEST**

How often do you think about what you stand for, what you want, how your choices affect others?

VALUES

Are you a CEO?



Questions for Leaders

- * Do you actively support people in taking care of themselves physically? Do you model these behaviors yourself?
- * Do you truly value, regularly recognize, and express appreciation to those who work for you?
- * Do you respect and trust your employees and treat them as adults capable of making their own decisions about how best to get their work done?
- * Do you believe passionately in what you are doing and do you give the people who work for you a compelling reason beyond a paycheck to come to work everyday?

How Do I Fix It?

- * Awareness is essential
- * Practice makes perfect (“The Unbearable Automaticity of Being”)
 - * Building rituals
 - * Precision and specificity
 - * Focus on what you do, not what you resist doing
 - * What are you doing to avoid getting what you want?

My Gift to You



The Ultimate Question

Is the life you are living
worth the price you are paying
to live it?

The Ultimate Lesson

**They like you at work,
they love you at home.**

**Make your time at work count,
so your time at home matters.**