Managing Time & Talent

Harmony in Life

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Prework

Make a list of at least three changes that have occurred in your workplace within the past 18 months that have impacted you and your time.

Be honest with yourself and rank them, as follows:

- *Handled well*
- *Could have done better*
- *Created uncertainty*
- *Embraced by all*
- *A win for all*

Tell me what you would have done differently!

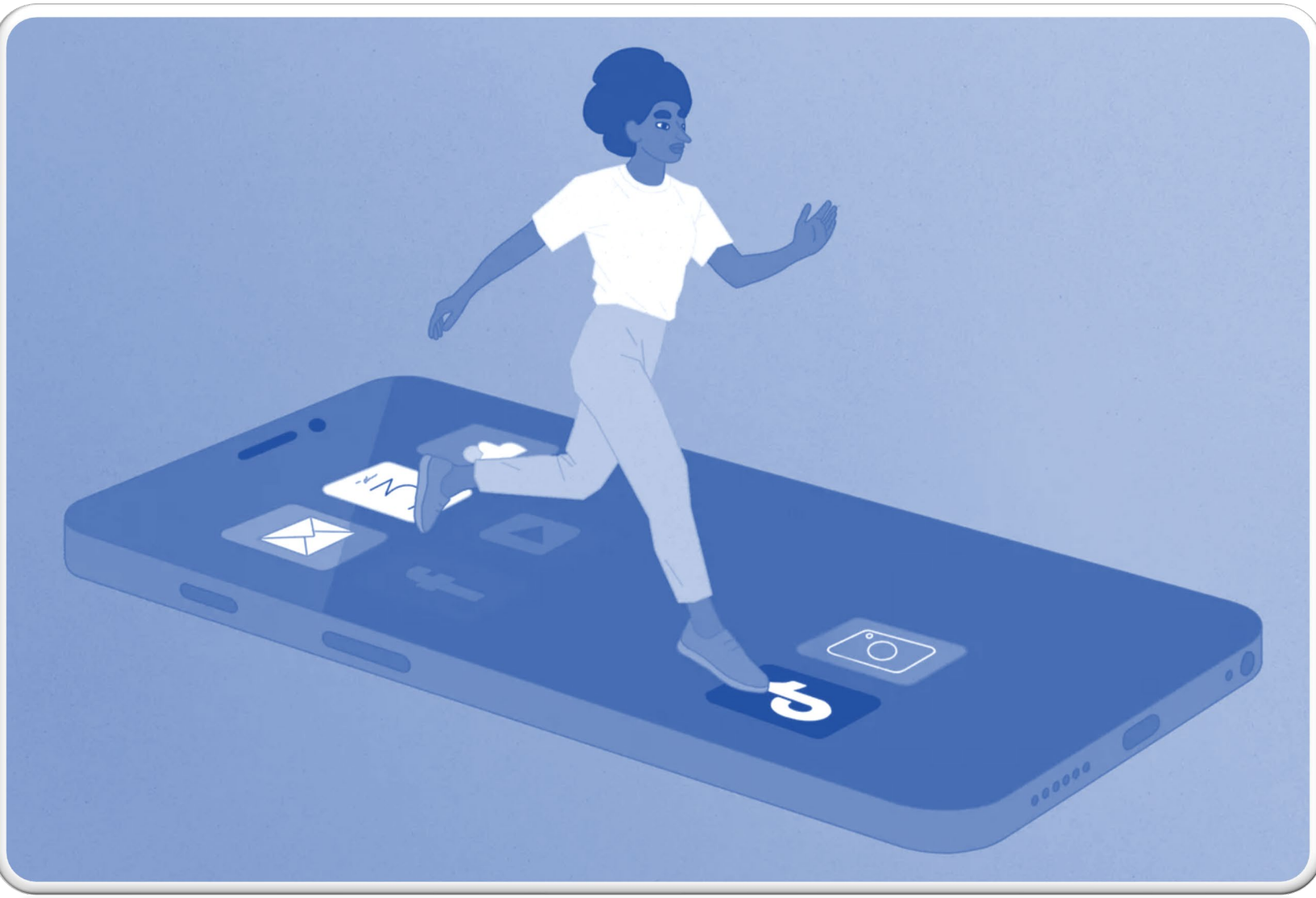
Strategies

What are 2 things that management can and should do to facilitate work / life boundaries?

1.

2.

If your favorite App disappeared, how would you spend that time?



Has a shift in remote behavior affected your well-being?

Infusing Health and Reducing Stress in the Workforce and Workplace

Welcome

Be a Part of the Solution, not the Problem. Looking ahead, please identify a potential change that will occur in your organization and/or personal life that will impact work / life integration..

Identify an accountability partner.

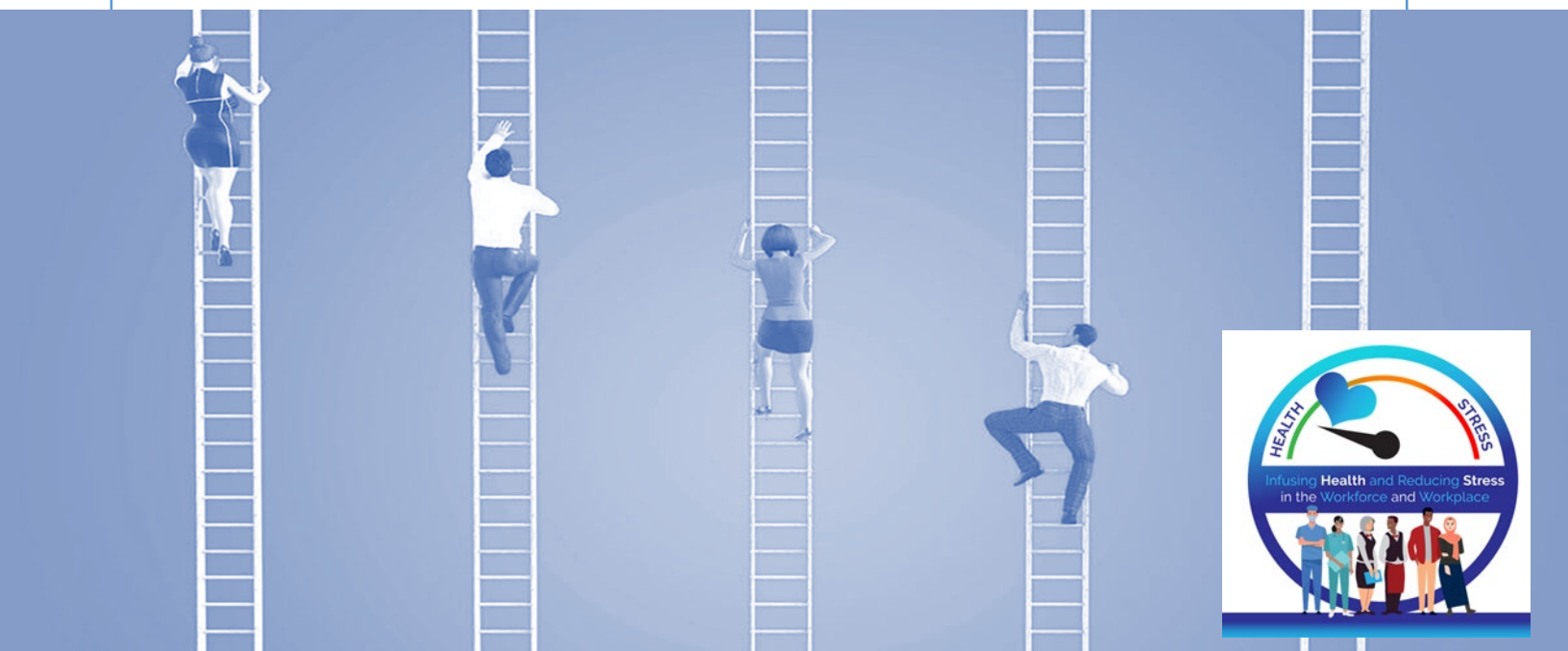
Describe the initiative.

What would be your 30-day deliverables?

What would be your 60-day deliverables?

How will you measure success?

1.
2.
3.



Sharon M. Weinstein
GROUP

Infusing **Health** and Reducing **Stress** in the Workforce and Workplace

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