Authentic Leadership
international

Email: cslaughter@boldermoves.com
Phone: +1 855 481 1069 or (cell) +1 919 455 3389
Website: www.boldermoves.com

As seen on...

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Setting Boundaries to Spring Forward

How much time do you spend doing the things that are meaningful to you? How comfortable are you saying "no" when something conflicts with your goals?

Many professionals consider balance in their work and in their lives a substitute for moving quickly up the ladder.

And, yet, living our lives in a way that honors what is important to us – exactly what real balance is all about – makes our efforts that much more impactful.

Balance has also often been equated with managing time. While these two might be related to a certain degree, what balance is really about is integrating what has meaning to us into our schedules on a regular basis. When we prioritize the things that are more important to us, more satisfying to us, then we find the other responsibilities in our life less stressful because we see the rewards. Saying "no" or, setting boundaries, becomes a natural outcome to honoring our priorities.

In this presentation, your will become clearer on:

- What's important to you
- What's blocking you from having more meaningful moments
- How you can better integrate your values into all parts of your life

The outcome of this presentation is greater enjoyment and improved results from all parts of your life – including those that may present challenges to you. Happy people are more effective!