

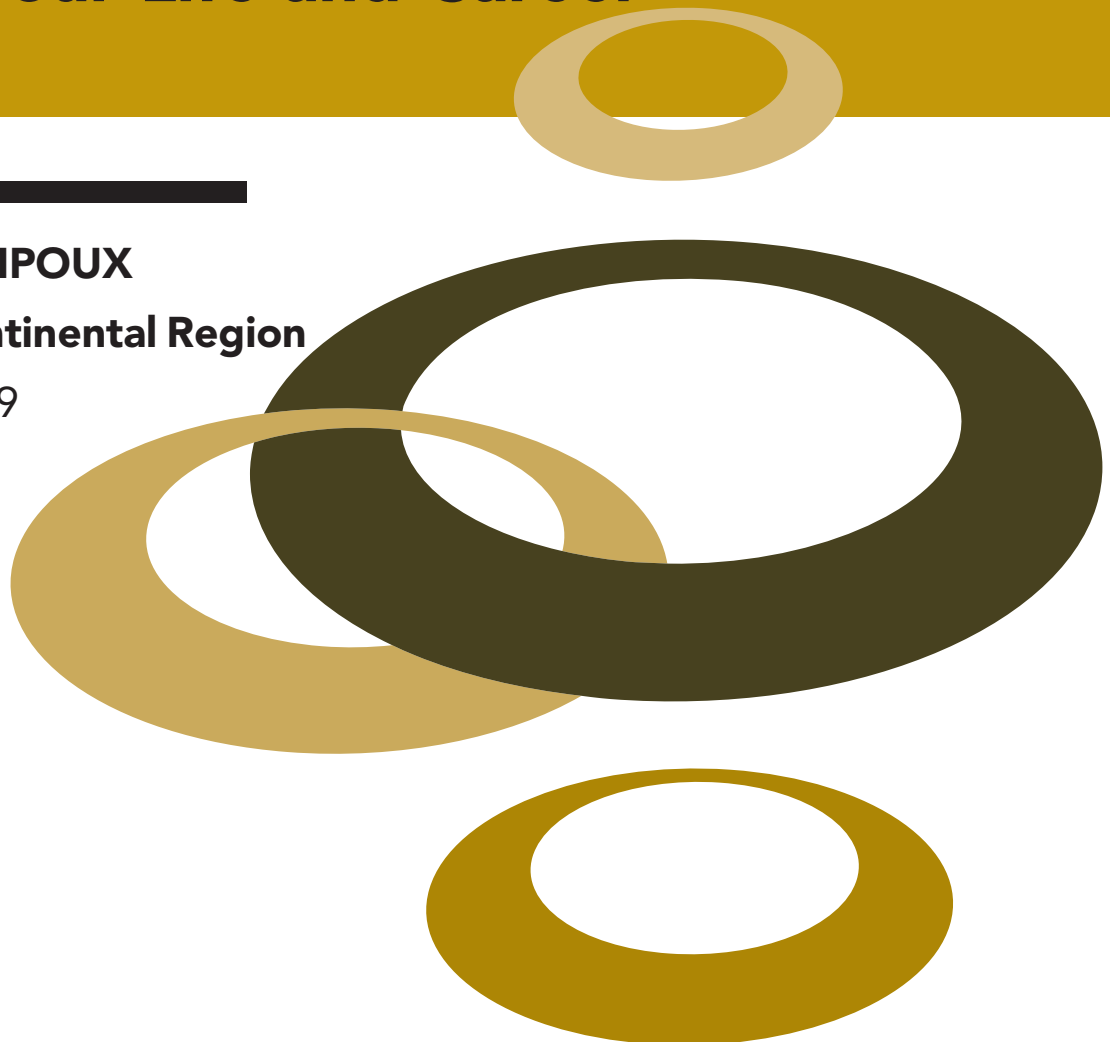


Creating breakthroughs in the way people, teams, and organizations perform

HEAD, HEART AND BACKBONE: Making Decisions to Balance Your Life and Career

with **TOM CHAMPOUX**
for **NACUFS Continental Region**

February 24, 2009



“There’s a world of difference between
truth and facts.
Facts can obscure truth.”

MAYA ANGELOU

“There are two ways to be fooled.
One is to believe what isn’t true;
the other is to refuse to
believe what is true.”

SOREN KIERKEGAARD

“Those who do not have power over the story
that dominates their lives, the power to retell it,
rethink it, deconstruct it... and change it
as times change, truly are powerless
because they cannot think new thoughts.”

SALMAN RUSHDIE

“The reasonable man adapts himself to the world;
the unreasonable one persists in trying to adapt
the world to himself.
Therefore, all progress depends
on the unreasonable man.”

GEORGE BERNARD SHAW

Motivators

- 1.
- 2.
- 3.
- 4.
- 5.

Willing to Follow

- 1.
- 2.
- 3.
- 4.

Self Assessment

My Beliefs About Work	What Do I Value	What Do I Do

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Balance

A TRUTH IN TENSION

We have two very demanding, critical path commitments to attend to, both require careful attention and will take all the courage, heart, skill and persistence we can muster to balance well.

The pull of the rope (tug) for me is...

My favorite way to find more time is...

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Being In Balance

- Slow down.
- One thing at a time... be present.
- Know your “Critical Inch.”
- Take time for relationships.
- Self care... take care of you!
- Develop new skills.
 - Learn how to develop teachers.
 - Learn how to coach.
 - Learn how to motivate from a distance.
 - Learn how to isolate your top 3 and spend 80% of your time on them.

The “Critical Inch”

My gaps:

Taking care of me:

Being...

-
-
-

Doing...

-
-
-

Questions

- How much is enough?
- When are you going to start saying “No”?
- What “work” do you have to do before you can say “No”?

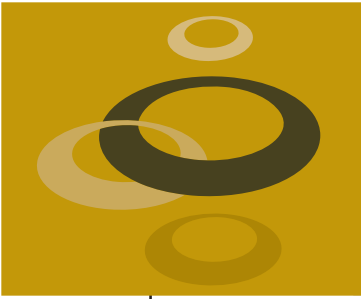
Suggestions

- Planned and spontaneous activities that relate back to your values.
- Isolate your top 3—do things on purpose.
- Do things you would not otherwise do.
 1. Be systematic to touch your life principles.
 2. Focus on the fruit you are missing.
 3. Build a community.
 4. Plan gathering times.

Managing Your Life and Your Career

START	STOP	KEEP ON

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PARTICIPANT EVALUATION

Trainer: Tom Champoux
Program: Head, Heart and Backbone
Group: NACUFS Continental Region
Date: February 24, 2009

Please rate the following:

	Excellent	Very Good	Good	Fair	Unacceptable
Overall quality of the program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Application to work environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Value of program concepts and materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trainer's ability to present content and respond to the needs of the group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please answer Yes or No to the following items:

	Yes	No
Would you like to receive e-mail notification of new workshops, application tips and products?	<input type="checkbox"/>	<input type="checkbox"/>
May we use your comments with attribution in sharing the value of this program with others?	<input type="checkbox"/>	<input type="checkbox"/>

What did you discover that you can immediately apply?: _____

What I would have liked to have spent more less time on: _____

Others I know who may benefit from a similar program: _____

How did you hear about this workshop?: _____

Your name (optional): _____ Email Address: _____

Your e-mail address is confidential and will never be sold or distributed to anyone.