



# Rethink Balance: Practices For Sustainable Well-Being

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A woman with blonde hair in a ponytail, wearing a dark jacket with a white fur collar, is shown in profile, looking towards the right. In the foreground, the back of another person's head with long blonde hair is visible. The background is a blurred crowd of people, suggesting an outdoor event or festival.

**Take a few moments  
to **CONNECT** with  
your neighbor**

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# CPD Process

## In order to receive CPD credit

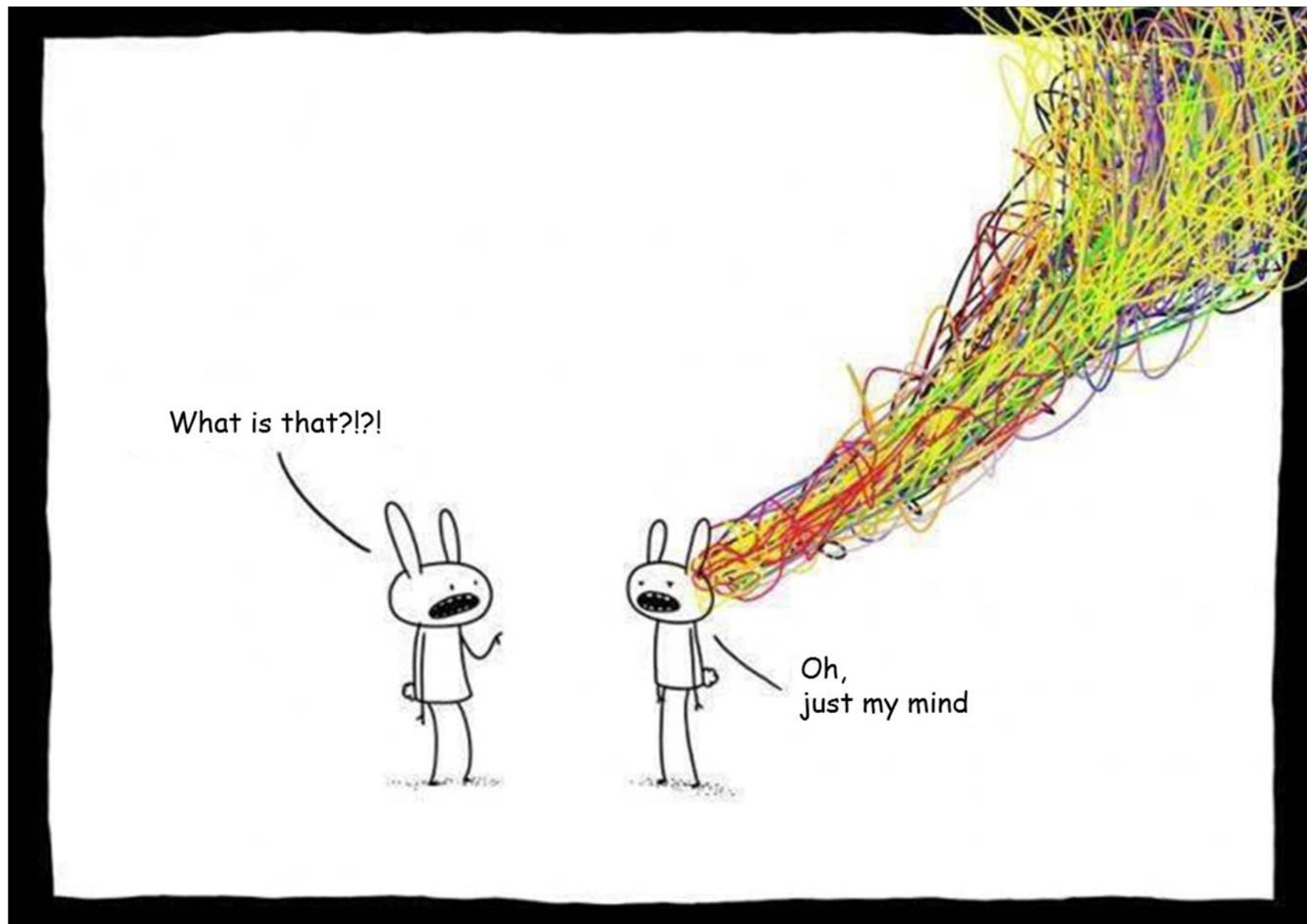
- Be sure to sign in or scan your badge for this session
- You must stay in the session for the duration of the training
- This session is eligible for **1 hours of CPD**
- CPD certificates are emailed directly to you within 4 weeks of the conference date to the same email address you used to register



# Today's speaker



**Ashleigh Frankel**  
Co-Founder + Curious Soul  
The WiseMind Co.  
[@wisemindco](#)



# Agenda

- **Beyond Balance**
- **Step 1: Alignment – Priorities, Values + Strengths**
- **Step 2: Boundaries**
- **Step 3: Power of Positive Thinking**
- **Step 4: Practice of Mindfulness**
- **Step 5: Pause + Play**

# Beyond Balance



# Reflection

What's *IMPORTANT* to me about work-life balance?



# Beyond Balance

Shift focus from outside-in, to inside-out. Our CORE is where the magic (and momentum) happens.

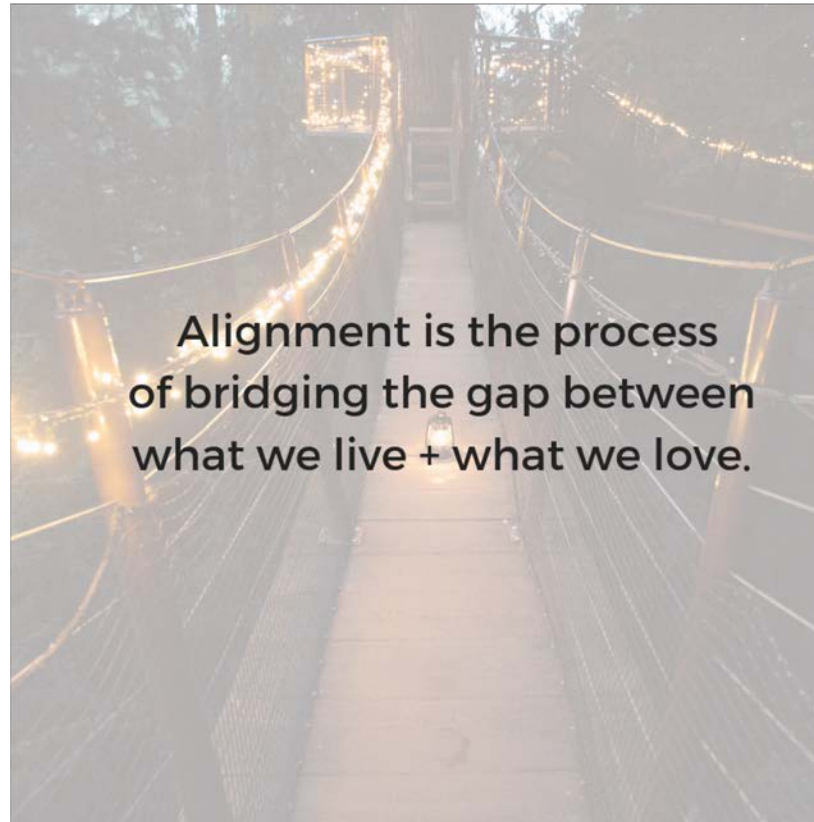


# Beyond Balance



# Step 1: Alignment

Create congruence between core self and daily actions.



Alignment is the process  
of bridging the gap between  
what we live + what we love.

# Alignment: Connect to Core Self

## STRENGTHS

- What am I good at?
- What energizes me?

## VALUES

- What drives my behaviour?

## PRIORITIES

- What matters most to me?
- What's important?

# Reflection

Identify 3 non-negotiables based on values, strengths, and/or priorities.



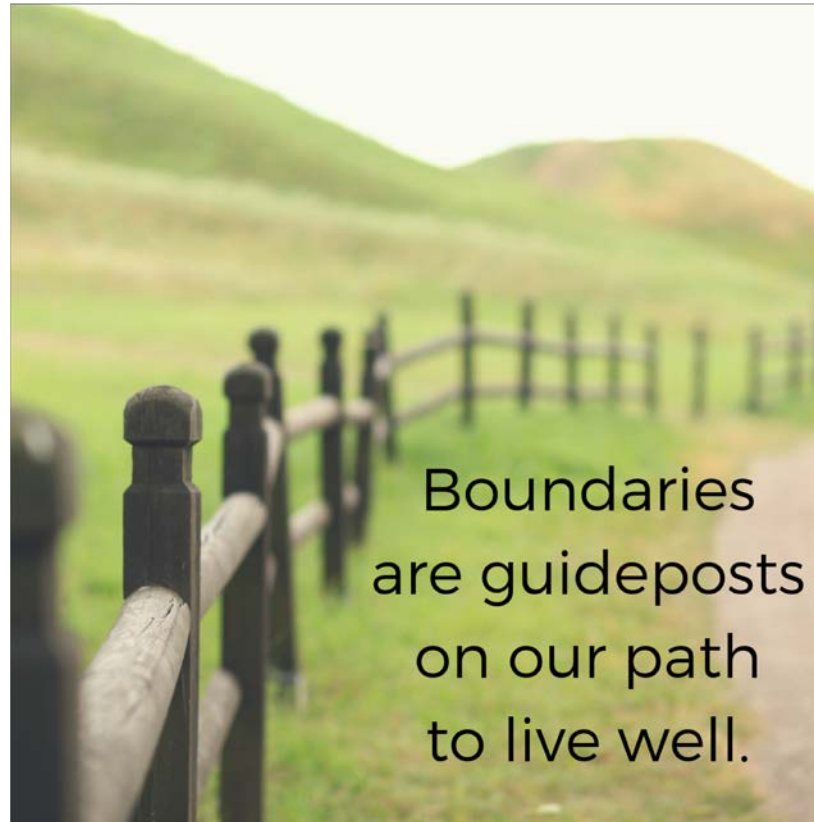


# Practical Tools for Alignment

1. Non-negotiables
2. Alignment Quadrant
3. Core Questions
4. Start and end your day like Benjamin Franklin

## STEP 2: Boundaries

Saying “No” creates the space, time, and energy to do the things we really want to say “Yes” to.



# Inspired Action

## Setting Boundaries

What is one boundary that you can put in place to support your non-negotiables?

## STEP 3: Power of Positive Thinking



## Step 3: Power of Positive Thinking



Thoughts



Feelings



Actions



# Tools For Cultivating A Positive Mindset

- Hunt the good stuff
- Gratitude
- I've Accomplished List

Source: Penn Resilience Program

# Reflection

## Moment of Appreciation

In dyads, take one minute each and share an accomplishment with your partner.

## STEP 4: Practice of Mindfulness



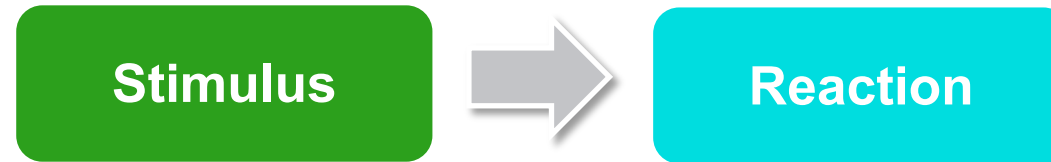
# What Is Mindfulness?



Source: Dan Harris

# How Mindfulness Helps

*Without  
Mindfulness*

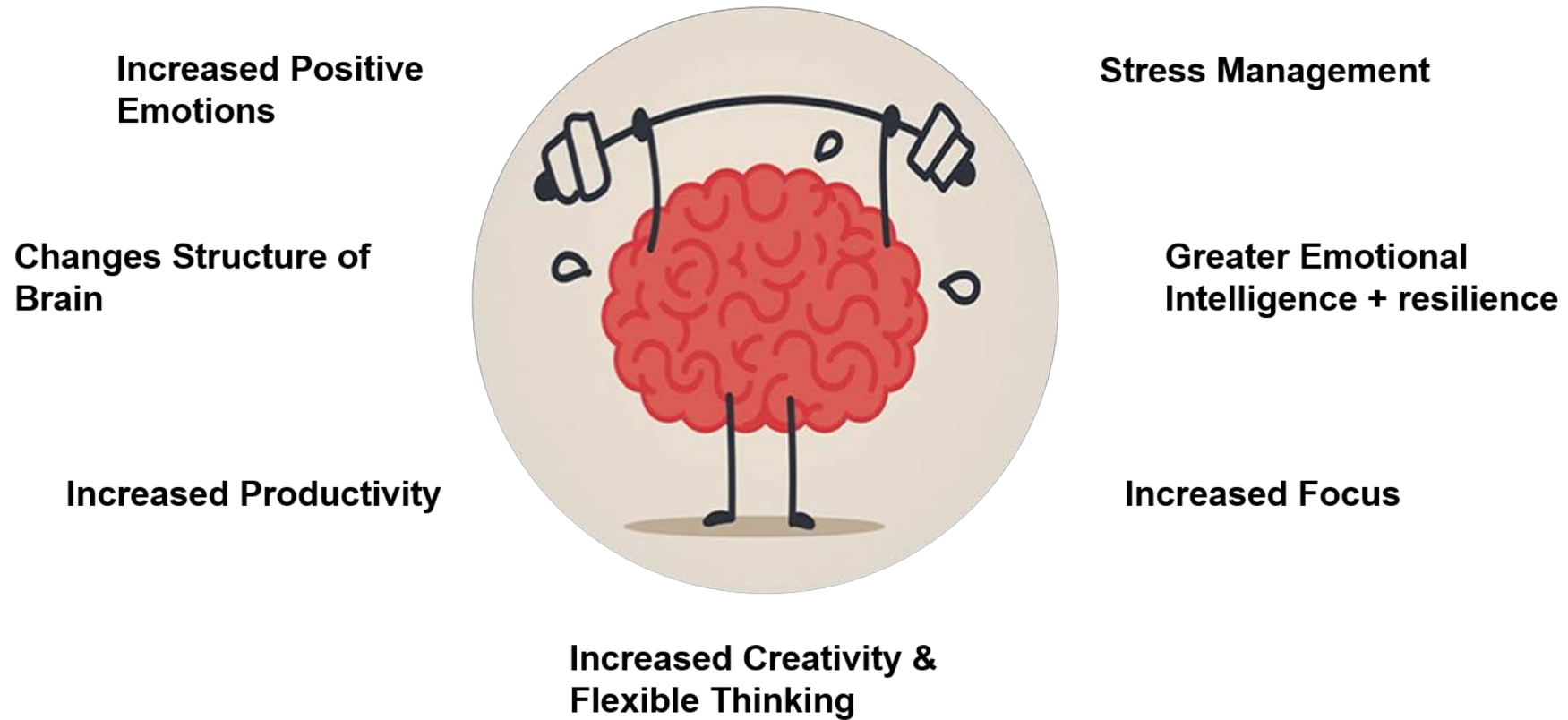


*With  
Mindfulness*





# Benefits of Mindfulness



# Mindfulness Practices:

- Body Scan
- Mindful Breath
- Everyday Mindfulness
- Single Task

## STEP 5: Pause + Play



# Pause + Play

“The opposite of play is not work, it’s depression.”

– Brian Sutton-Smith

# Change Your Day, Change Your Life

What is one inspired action you take away with you?



# Questions?



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