

Work Life Harmony (not Balance!)

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HELLO
MY NAME IS



Hello friend!

I am so happy you are here.

Thank you for joining me at the 2024 Washington State Government Lean Transformation Conference!

Today we are going to explore Work/Life Harmony (not Balance!). You will assess your current work/life harmony and learn evidence-based strategies and tools you can use right away.

As a leadership consultant, I spend most of my time helping organizations create happier, healthier workplaces. And if there's one thing I know for sure, it's that...

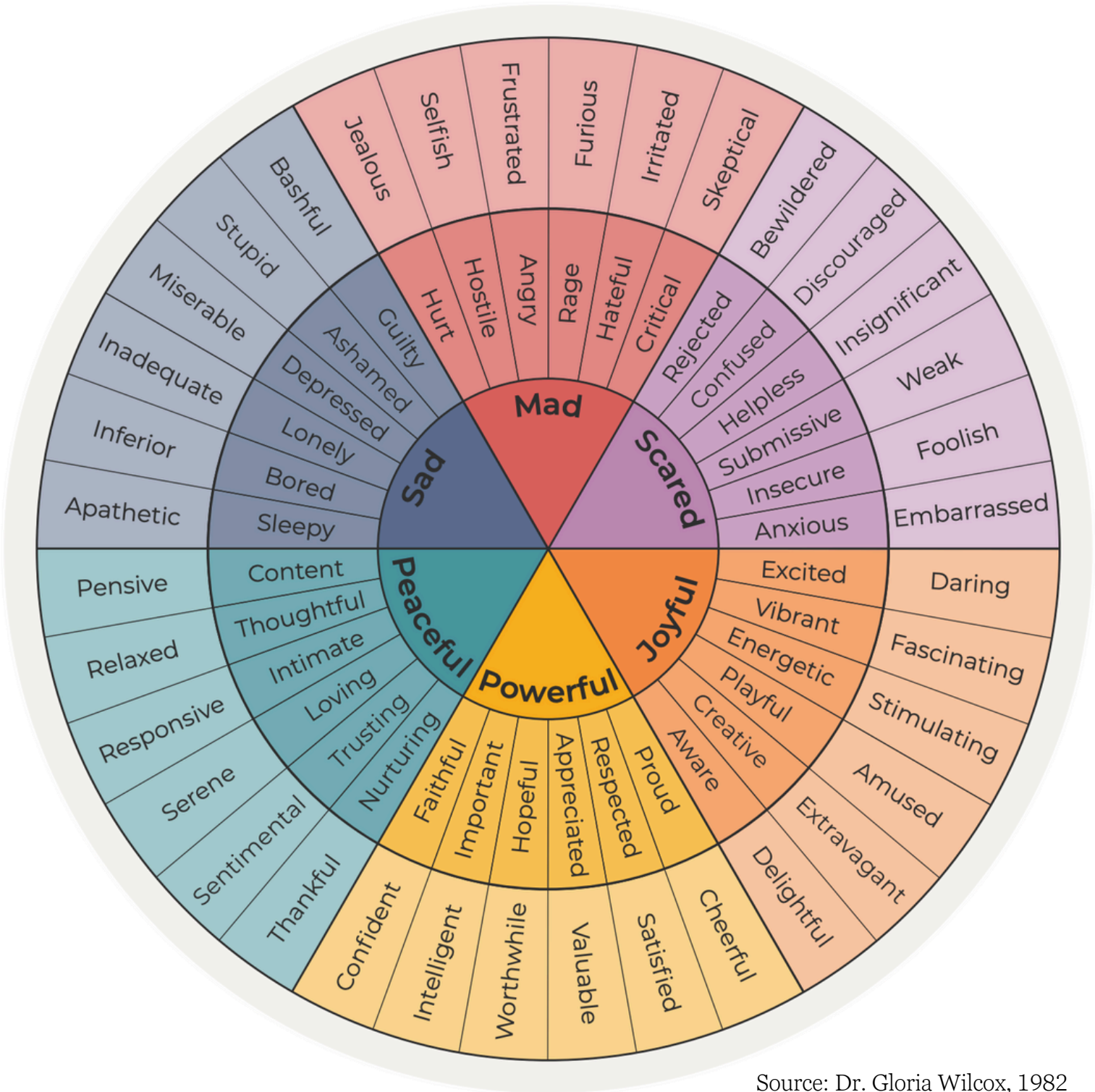
**Happier, healthier workplaces
start with happier, healthier leaders!**

There are a million ways you could be spending the next hour, and I am so grateful that you chose to spend it with me. Settle in, take a deep breath, and get ready for a great conversation about work life harmony!

 amy
LENEKER

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How are you feeling today in 2 words? Type them in chat.



Source: Dr. Gloria Wilcox, 1982

Stress Ruler

How bothersome has your stress been? Circle the number below.

<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
Not at all bothersome		A little bothersome		Somewhat bothersome		Very bothersome		Extremely bothersome		

Source: U.S. Department of Veteran's Affairs
<https://www.va.gov/wholehealth/professional-resources/clinician-tools/library-research-articles/Stress-Well-being.asp>

Burnout

Burnout is a syndrome resulting from chronic workplace stress that has not been successfully managed.

Source: World Health Organization, 2019
<https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>

Work Life Harmony

A state in which an individual is able to achieve both personal and professional goals in a combination that is uniquely satisfactory.

This differs across individuals as different people have different needs, responsibilities, values and priorities.

Source:<https://www.humanresourcesonline.net/>



Question 1

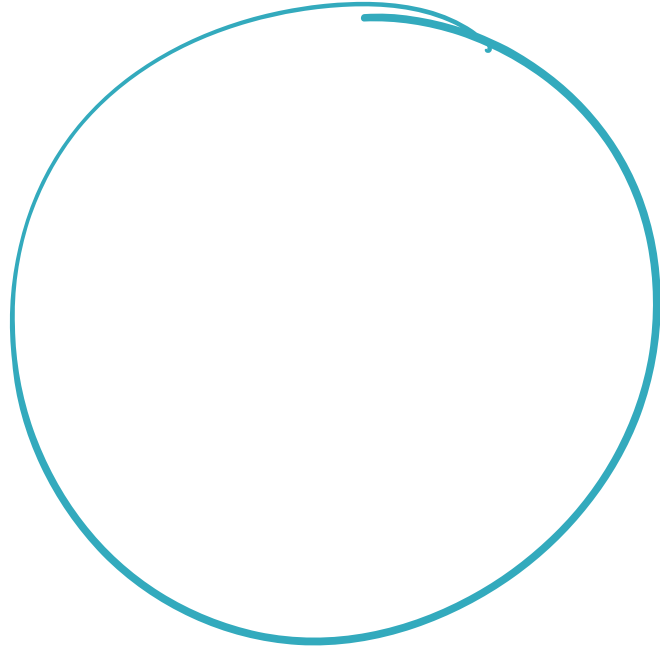
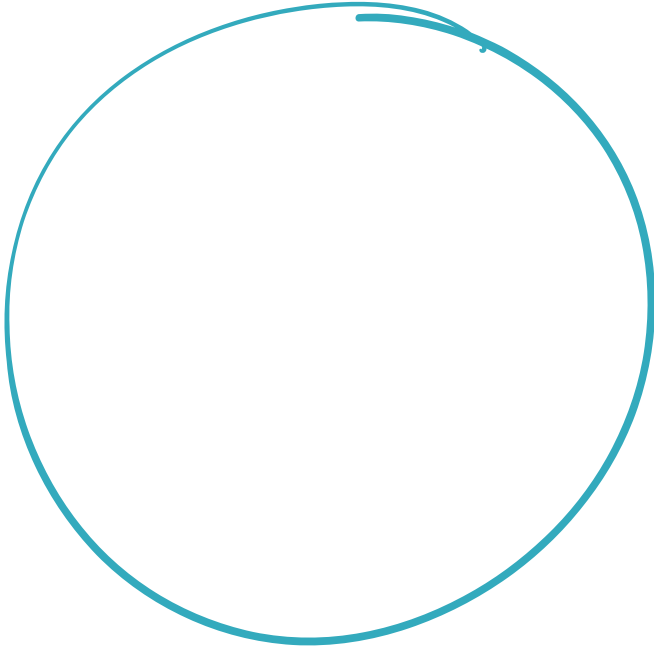
What does work life harmony look like for you in this season of life?

Reflection

What portion of your life is work?

Current State

Desired State



Question 2

What gets in the way of you reaching your desired state of work/life harmony?

Boundaries

Boundaries to consider to move closer to your desired state of work/life harmony.

- 1 Communication
- 2 Meetings
- 3 Availability
- 4 Deadlines
- 5 Priorities and workload
- 6 Other?

Reflection



Source: Friedman, Stuart. *Leading the Life you Want to Live: Skills for Integrating Work and Life*, 2014



Question 3

What is my intended impact?

3 Questions

Three questions to consider:

1 What does work life harmony mean to me in this season of life?

2 What gets in the way?

3 What is my intended impact in this season of my life?

***What is one thing you can do TODAY
to move closer to your desired state?***