SWE WEB SESSION: PRE-LEARNING REFLECTION QUESTIONS

Integrating Work and Life: Yes, you can have it all!

Please answer the below questions before the web session. While you will not be asked to formally submit your answers before the session, speakers may ask attendees about their answers during the web session. In addition, taking time to respond to the questions will help attendees to realize their own goals for the session.

QUESTIONS

1. In what areas of your life do you feel you need to “do it all?”
   Click or tap here to enter text.

2. What would you do if you had more time at work? At home?
   Click or tap here to enter text.

3. Rate yourself on a scale of 1-5, with 1 being “I feel overwhelmed every day,” and 5 being “I have a very well-balanced life.”
   Click or tap here to enter text.

ABOUT THIS SESSION

Forget balance: we need to integrate work and life. Finding the right work-life integration is crucial for a leader to achieve peak performance and deliver needed results. As your impact and influence grow, so do the demands on your time. As a result, it’s important to carve out space for family, friends and even yourself, in order to recharge and renew – otherwise happiness, health and performance may suffer. In this session, we will help you examine the underlying assumptions that make work-life a perceived “either/or” choice.

By the end of this session, you should be able to:

1. Reframe your mindset about work-life balance
2. Adapt your approach to work to enable flexibility while maintaining quality and desired outcomes
3. Apply an integration approach into daily work-life allocation decisions