Pretest:
What does work-life balance mean for you?

My biggest challenge to work-life balance is:

Why balance is difficult for minority faculty.

Balance

Define it so it is achievable.

Design a life management system that brings balance, motivation and energy.
Teaching

Create great course designs (Fink, 2003; O’Brien, 2008).

Pace yourself.

Pace your assignments (see Walvoord, also Berk).

Connect to your students with limits (Bain, 2004; Walvoord, 2007).

Use the semester breaks well.

Class prep in less than an hour.

Writing

Develop a long term vision for a body of work.

Break it into small steps (Boice, 2000; Gray, 2005).
Service

Decide on your “Yeses” and “No’s” based on your life management system.

Connect to mutually supportive colleagues.

Home life

Get a life management system for home (and with your partner if you have one).

Think: human sustainability.

Bonus: Pulling it all together

Use tracking sheets to keep track of all your projects and goals.

<table>
<thead>
<tr>
<th>Tracking Systems</th>
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<tbody>
<tr>
<td><strong>Project/Time</strong></td>
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<tr>
<td>Project 1</td>
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<td>Project 2</td>
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<td>Project 3</td>
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<td>Project 4</td>
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</tbody>
</table>
Use VAST to create great days.

V
A
S
T

Trade 10 for 5.

References


(see also) Goleman, Boratiz, and McGee. *Primal Leadership & Resonant Leadership*.


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******************************************************************
Contact info (please print legibly):
Name __________________________________________
Phone _________________________________________
Email _________________________________________

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Workshop follow-up to MFDW – Georgia Tech
I am interested in:
___ Receiving Susan’s *Professor Destressor* quarterly eNewsletter.
___ Attending Susan’s online seminar on Creating Powerful Dreams.
___ I have been thinking of working with a coach to work on increasing my own
productivity and effectiveness. I would like to take Susan up on her offer of a ½
hour complementary coaching session. My biggest challenge is

  ____________________________________________________________

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