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HARMONIZING YOUR LIFE

IN A RESULTS DRIVEN WORLD

Presented by Janelle R. Dawkins



WHAT WE WANT TO HAPPEN

- Discover what is out of place
- Gain strategies to create harmony in your life
- Empower you to make the necessary changes
- Have fun doing all of the above





BALANCE VS. HARMONY

Is it the same thing?



BALANCE

Does everything
balance out in your
life?

Are all things
created equal or
even?

HARMONY

Do you want all the
moving parts of
your life to
coexist?



A person in a blue shirt is seen from behind, working at a computer. The background is a teal color with a faint, white, hand-drawn diagram or flowchart overlaid on it. The diagram consists of various lines, arrows, and shapes, suggesting a process or system. The overall tone is professional and focused.

THE DEMAND FOR RESULTS IS EVERYWHERE

It's basically the consequence or outcome of something



How can we make it all work?



EACH STAGE OF OUR LIFE REQUIRES DIFFERENT RESULTS

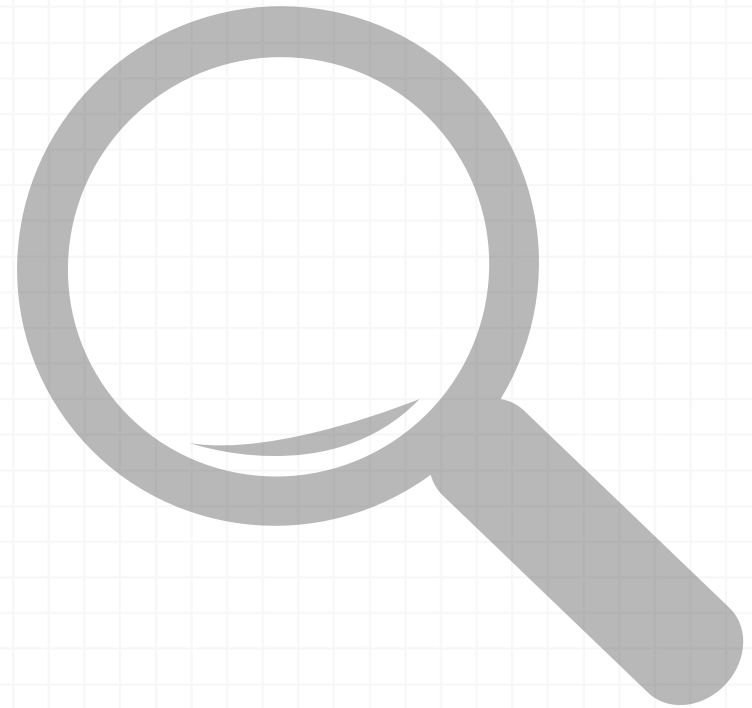


What is in the way of making it all work?





LET'S EXAMINE





REASONS WHY YOU DO NOT HAVE HARMONY IN YOUR LIFE

THINGS THAT INTERFERE WITH WORK-HOME HARMONY

Children

Activities

Spouse

**Taking
Work Home**

Pets

Harmony

**Cell Phone
Social Media**

WAYS TO CREATE HARMONY

- Limit Distractions
- Compartmentalize Your Task
- Plan Then Plan Some More
- Communication
- Avoid People Pleasing
- Maximize Your Time
- Change How You View Things



IT ALL BEGINS WITH





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THANK YOU!!

Please fill out the evaluation form
for this session.

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