



**Connecting with
Business Resources**

- MENTOR GROUPS
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**Connecting with
Our True Selves**

- BALANCE
- FITNESS & WELLNESS
- SELF IMPROVEMENT



CAREER DEVELOPMENT

Ten Ways to Create Work-Life Balance

Life in the fast lane is what it's all about, right? Moms who are also a part of corporate America are constantly juggling work, kids' activities and the slew of other items on the "to-do" list. Sometimes, the best gift that you can give yourself, and your family, is to reconnect with who you are, and create much-needed balance in your life.

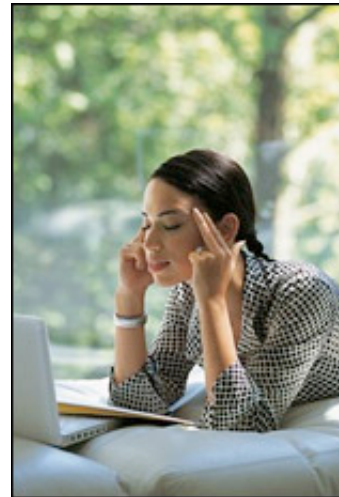
"The stereotype and the reality of motherhood are worlds apart," says Lisa Whaley, life coach and author of "Reclaiming My Soul from the Lost and Found" (www.lifeworksynergy.com), "I made the mistake of trying to have it all—at the same time. I lost almost everything in the process."

As a wife, mother and successful IBM executive, Whaley spent years trying to achieve the success others expected from her and that she demanded from herself. Ultimately, the pressure became too much, and she found herself, and her family, struggling to stay afloat.

"This is not about the mommy track, nor is it about whether or not women should work or stay home," says Whaley. "This is about women making choices."

From "Reclaiming My Soul from the Lost and Found," here are ten ways to find synergy and harmony in your work and family life and create the balance you crave:

1. Be yourself—don't try to be someone that you're not.
2. Set realistic goals for yourself that aren't in conflict with your personal values.
3. Be confident on the outside even though you may not be on the inside.
4. Be passionate about what you do in your work life and your personal life.
5. Take charge of and responsibility for your own career and your own life.
6. Develop marketable skills that are valued inside and outside of your workplace.
7. Have a support network and use it.
8. Make time for yourself.



This is about women making choices

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9. Celebrate successes and learn from failures.
10. Enjoy life. Have fun. Tomorrow isn't promised to you.

Use these tips and you'll feel great as you reclaim your work-life balance from the chaos that life can put on a parent's shoulders. And as an added bonus, your kids will benefit from the balance you've brought into their lives.

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