

# **Women in Engineering Conference 2025**

**Reimagining  
Work-Life  
Balance**



# Coaching Circle Leaders



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# How to Find Your Balance



**Life balance matters** *because it significantly contributes to both physical and mental health by allowing management of stress effectively, prevent burnout, and maintain a healthy lifestyle by dedicating time to both professional responsibilities and personal pursuits, ultimately leading to increased happiness and productivity in all aspects of life*



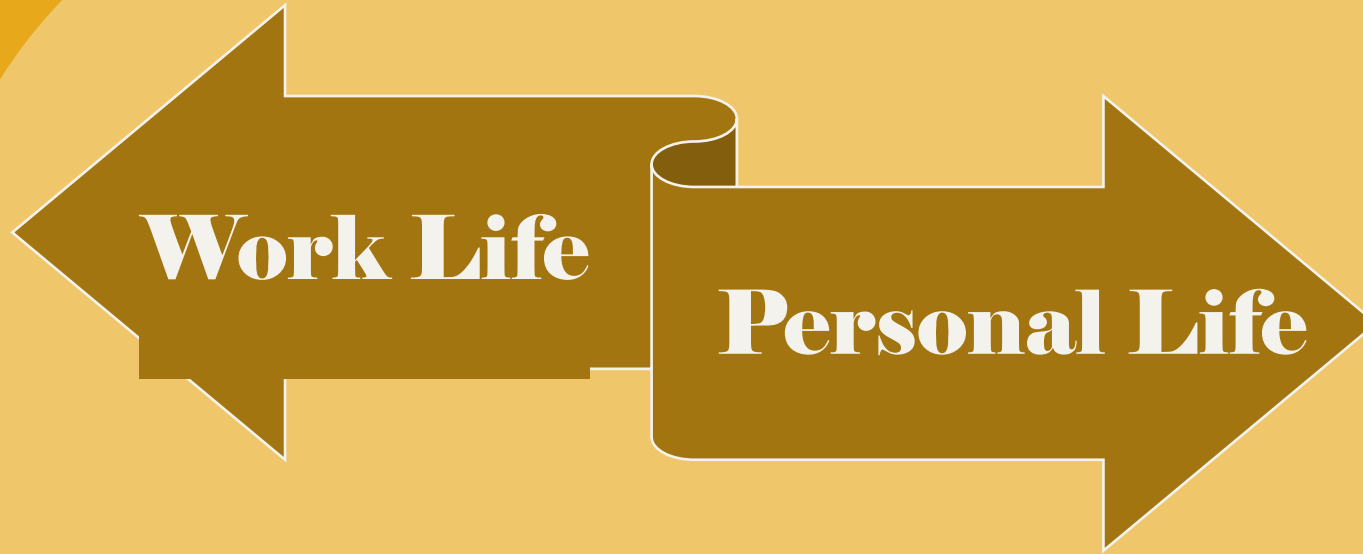
# Balancing it All

There are only 24 hours in 1 day

There are only 60 minutes in 1 hour

There is only 1 you





Opposing forces that need to be carefully divided

- ☐ It creates unnecessary pressures
- ☐ It assumes equal distribution
- ☐ It ignores personal values





# Introduction to Work-Life Harmony



*The recognition that our lives are a complex dance where work and personal life intertwine and influence one another.*

# What is the Difference?

## WORK-LIFE BALANCE

Boundaries



Integration

Limits



Flexibility

Equality



Fluidity

Non-flexibility



Adaptation

Division



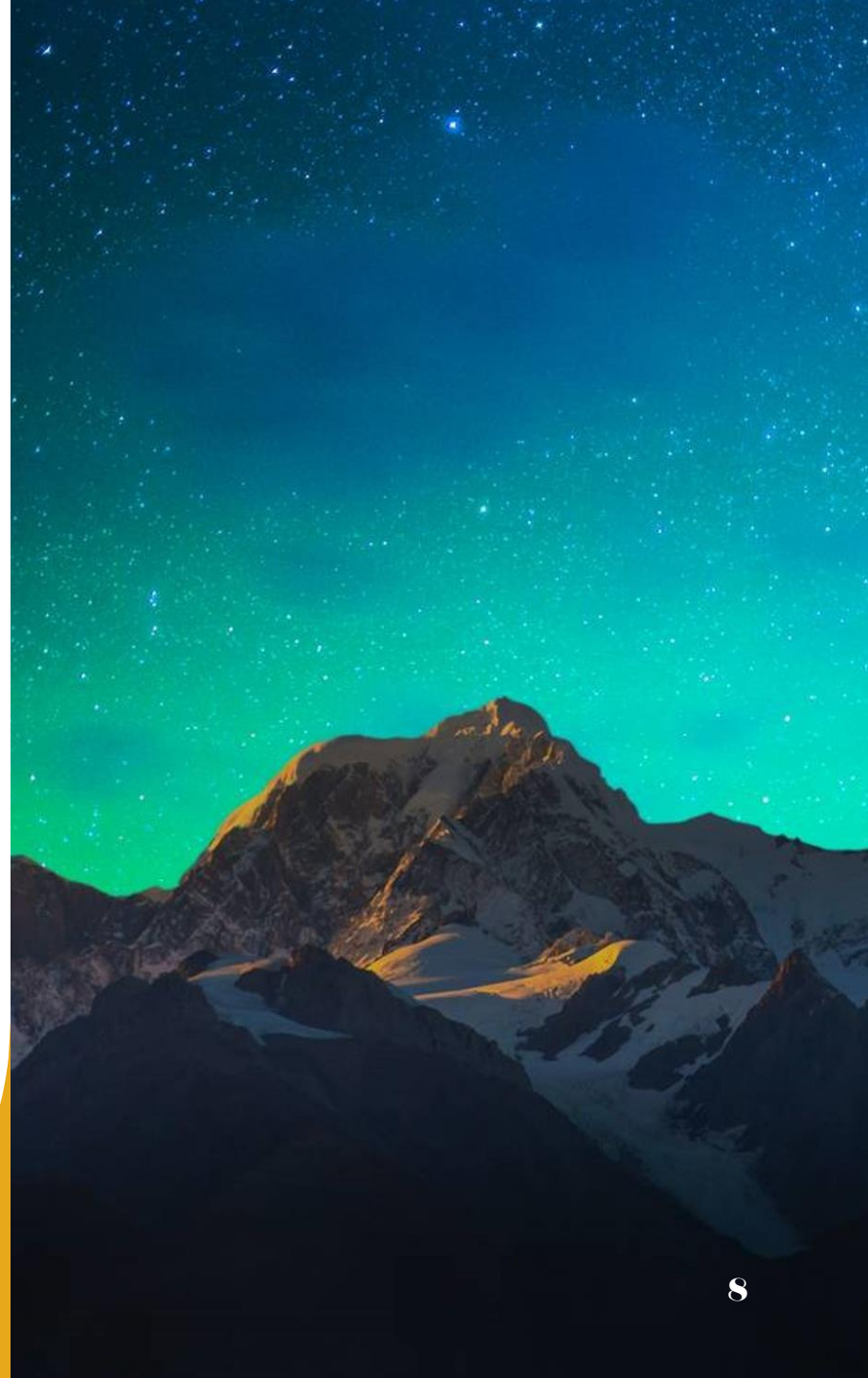
Wholeness

## WORK-LIFE HARMONY



# Achieve Work-Life Harmony

- **Define your priorities** – identify what truly matters in both your career and personal life
- **Set boundaries with flexibility** – create adaptable guidelines instead of rigid boundaries
- **Align your work with your core values** – work is less a chore and more meaningful part of your life
- **Leverage energy, not time** – stop focusing on splitting hours evenly, align your peak and energy levels
- **Embrace Perfection** – create a sustainable and fulfilling lifestyle where work and life coexist





# Strategies for Cultivating Work-Life Harmony

MINDFULNESS

PURPOSE

FLEXIBILITY

EFFECTIVE COMMUNICATION

GROWTH MINDSET

EFFECTIVE COMMUNICATION

INTEGRATION

# Strategies for Cultivating Work-Life Harmony

FLEXIBLE BOUNDARIES

SELF-CARE

HEALTHY ROUTINES

TIME AUDITS

TECHNOLOGY TOOLS

OUTSOURCING AND DELEGATION

SELF COMPASSION

# Work-Life Harmony

*The journey maybe challenging but the rewards provide a richer, deeply satisfying life in both personal and professional life.*





*100+ Women Strong want to thank you for attending!*

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*The journey of a thousand miles begins with one step.* Lao Tzu



# Thank you

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