

RIDE YOUR WAVE

REIMAGINING WORK-LIFE
BALANCE

PRESENTED BY
100+ WOMEN STRONG



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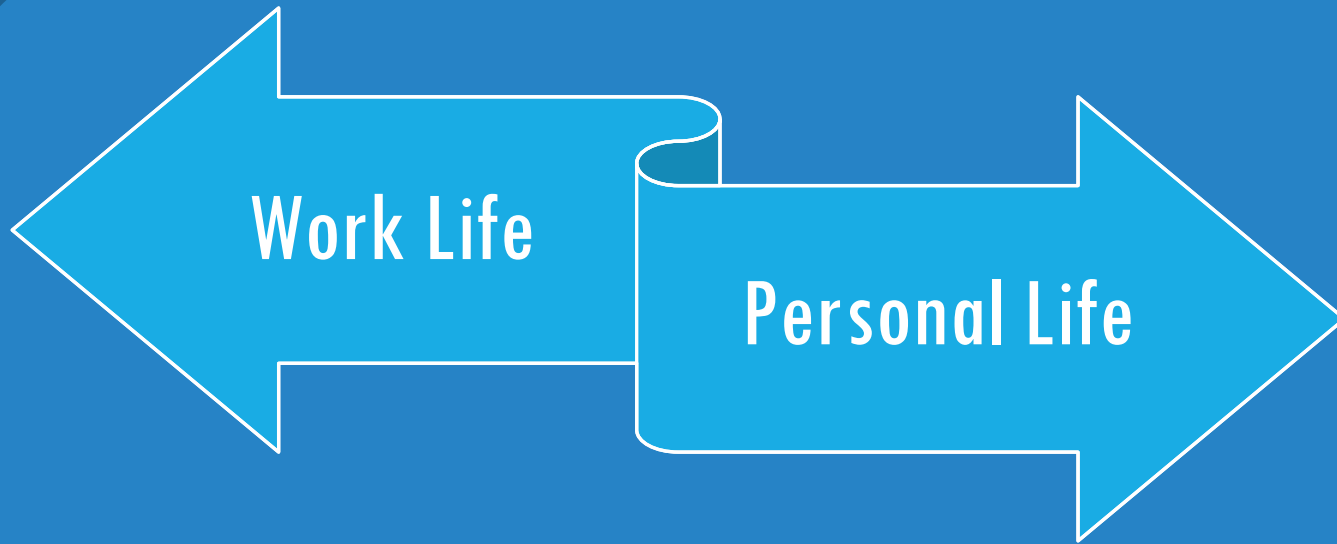


BALANCING IT ALL

There are only 24 hours in 1 day.

There are only 60 minutes in an 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



Work-life Balance: Real Talk

The Mental & Emotional Load

- Navigating mom-guilt and parent guilt
- Boundaries without the shame spiral
- Reframing balance as flexibility, not perfection

Recognizing & Recovering From Burnout

- What burnout actually looks like
- Early warning signs to watch for
- Strategies to reset and recover

Protecting Your Health & Joy

- Hobbies aren't a luxury — they're a necessity
- Prioritizing physical and mental health
- Building a life outside of work or school

The Big Picture

- Balance is personal — there's no one-size-fits-all
- Start protecting your time and energy now, not later

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

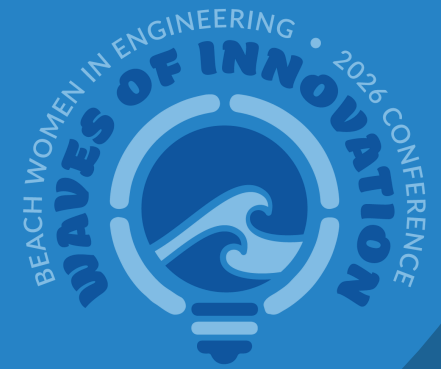
Purpose

Flexibility

Effective Communication

Growth Mindset

Integration



STRATEGIES FOR CULTIVATING WORK-LIFE HARMONY

Flexible Boundaries

Self Care

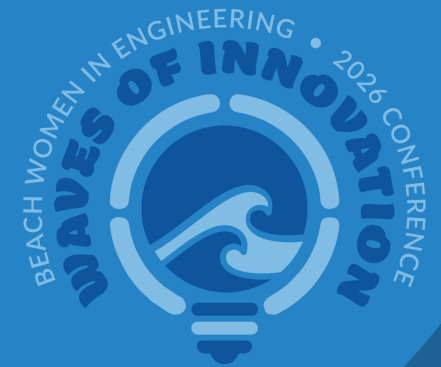
Healthy Routines

Time Audits

Technology Tools

Outsourcing & Delegation

Self Compassion





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

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Review ALL

Coaching Circle Slide Decks

<https://www.csulb.edu/hung-family-college-of-engineering/coaching-circles-2026>

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Introduce yourself, exchange information & ask questions.

Connect with us on Linked In

<https://www.linkedin.com/groups/14238580/>

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