Finding ***Hauora*** as a Principal

SteveFrancis

How is YOUR Work - Life Balance?

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Satisfaction

Work - Life ~~Balance~~

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We can’t always see what we have achieved!
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What would I need to accomplish today
to feel good about the day?
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7 Engagement Drivers

Ian Hutchinson, *"People Glue"*

What drives YOU?

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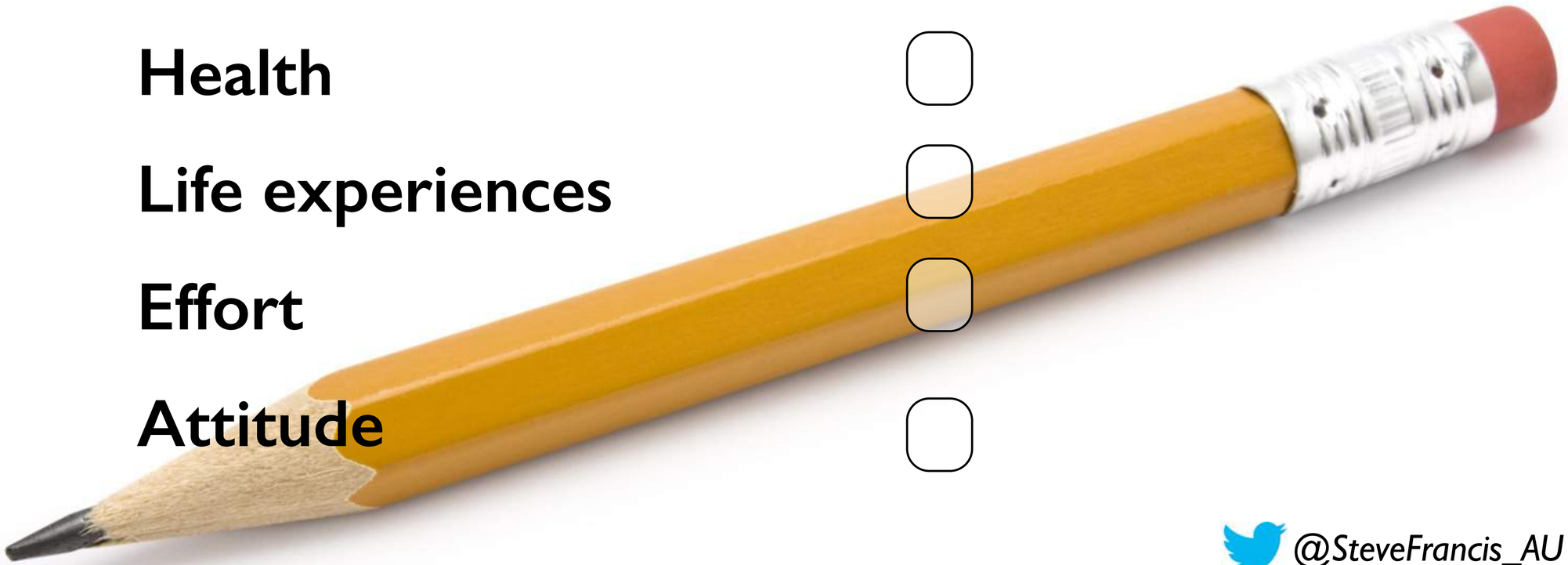
Life Report Card

- Work ☐
- Relationships ☐
- Health ☐
- Life experiences ☐
- Effort ☐
- Attitude ☐



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You CHOOSE your attitude

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ATTITUDES are contagious
…*is your ATTITUDE worth catching?*
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What 3 words would YOUR staff use to describe you?
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What 3 words would you LIKE your reputation to be?
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Live the reputation you want to have

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The best time to plant a tree
was 20 years ago,

the second best time,
is today!

Chinese Proverb

7 Tips to increase

Work - Life ~~Balance~~ *Satisfaction*

- ☆ Monitor your self-talk
- ☆ Stop feeling guilty about what you haven't done

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At the end of the day,

recognise what you **HAVE** done,

NOT what still needs to be done!

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7 Tips to increase

Work - Life ~~Balance~~ *Satisfaction*

- ☆ Monitor your self-talk
- ☆ Stop feeling guilty about what you haven't done
- ☆ Stick to your GOLDEN RULES

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Personal

GOLDEN RULES

protect what is important to us

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7 Tips to increase

Work - Life ~~Balance~~ *Satisfaction*

- ☆ Monitor your self-talk
- ☆ Stop feeling guilty about what you haven't done
- ☆ Stick to your GOLDEN RULES
- ☆ Prioritise Ruthlessly and Use Your Time Well

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Busyness DOES NOT EQUAL "SUCCESS"

Actions DO NOT EQUAL "RESULTS"

Working long hours DOES NOT EQUAL "GOOD AT JOB"

Apply the **Pareto Principle**

80 / 20 Rule

Critical few….trivial many

7 Tips to increase

Work - Life ~~Balance~~ *Satisfaction*

- ☆ Monitor your self-talk
- ☆ Stop feeling guilty about what you haven't done
- ☆ Stick to your GOLDEN RULES
- ☆ Prioritise Ruthlessly and Use Your Time Well
- ☆ Keep Perspective
- ☆ Look After yourself
- ☆ Avoid D.H.S.

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Avoid D.H.S.

Deferred Happiness Syndrome

Life is NOT a Dress Rehearsal!

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4 goals on TO DO list

- *Place to go*
- *Thing to do*
- *Learn something*
- *Better person*

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7 Tips to increase Work - Life ~~Balance~~ Satisfaction

- ☆ Monitor your self-talk
- ☆ Stop feeling guilty about what you haven't done
- ☆ Stick to your GOLDEN RULES
- ☆ Prioritise Ruthlessly and Use Your Time Well
- ☆ Keep Perspective
- ☆ Look after yourself
- ☆ Avoid D.H.S.

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Appreciate the little things….

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