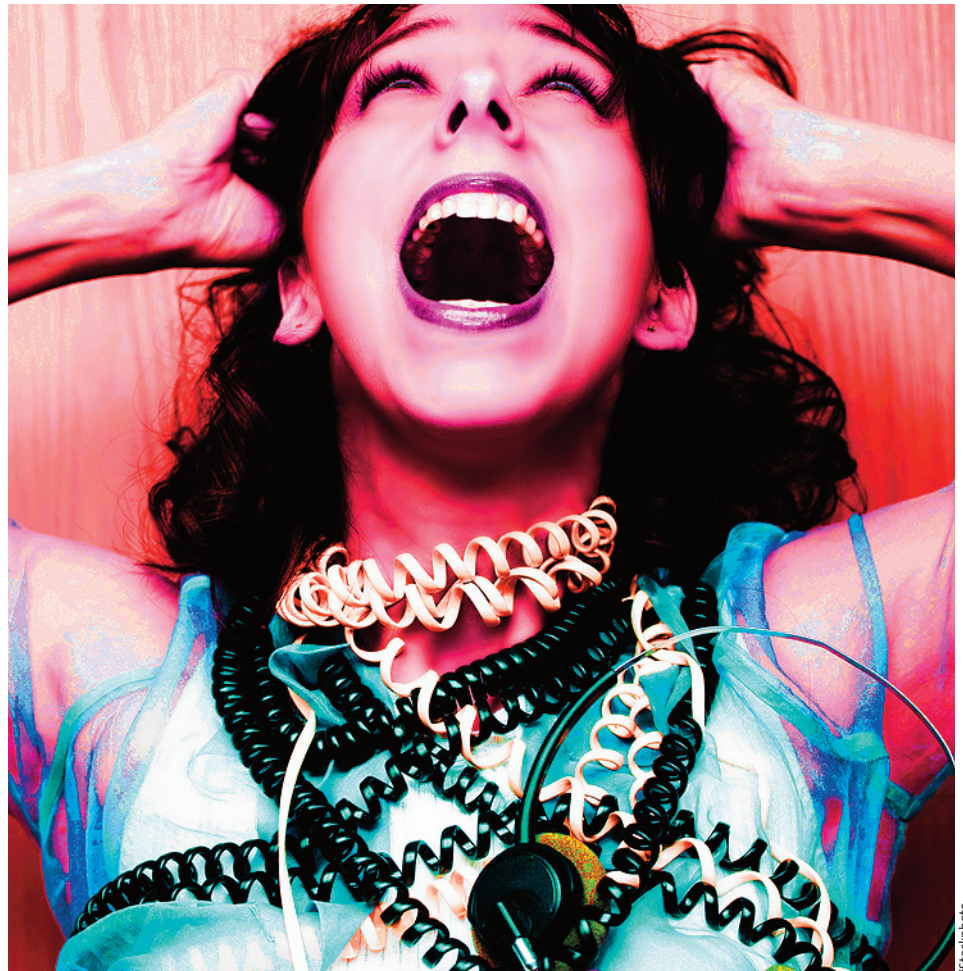


# Staying Balanced in Our Noise-Filled World

by Richard Lannon — “Be SET – Structured, Engaged, Trained”

Over the last few months I have had the opportunity to deliver a number of Leadership for the Technology Professional and Facilitating Business Requirements programs for leaders and professionals in government, health care, education, financial services, transportation and oil and gas industries across Canada. One common theme has been how busy and overwhelmed people are with all the enterprise initiatives that seek to bridge the gap between the organization, technology and their customers. Rarely have I heard anything negative about the economy or resource slow downs. This does not mean there is not a slowdown lurking around the corner. However, the people I work with are directly involved in leading change and making improvements in the business environment that are meant to have a positive return on investment through streamlining the existing organization. Given all the organizational requirements to understand the business and its needs I am not surprised that people are feeling fatigued and out of balance in their lives.

As we transition into a new season and year, I ponder what our leaders and professionals need to sustain their future commitments. The common response I receive from clients and audiences is a sense of work life balance. There are common reasons we feel that we are out-of-balance.



These include lack of short and long term planning, the inability to say no and trying to please everyone, a lack of respect for ourselves and others, poor organizational skills and a lack of understanding what is important to you, and no sense of personal mission or purpose. That is a lot to consider.

There is an irony in our need for work-life balance in western society; we tend to strive for it. Most of the programs that we talk about are focused on making plans to create work-life balance. Here lies an irony, as striving for balance interferes with becoming balanced. That's why it is important to examine what balance means to you.

Striving can affect balance because balance is more internal where as striving is external and based on achieving. To strive is to be in some way dissatisfied. Are you striving for balance?

Once you understand the concept of work-life balance, what it means to you and what is important to you, it is easier to consider what you can do to put your life in balance the way that you want it. Sometimes creating work-life balance can be easy with just a few minor adjustments and other times it can be difficult and requires help from other people. If you are overwhelmed do not be afraid to seek assistance.

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A lot of organizations have employee assistance programs and there are many community organizations that are there to help. Just ask.

For those people I have been privileged to work with this last year (you know who you are) here are some things you could consider to align yourself and your needs for balance from my Staying Balanced in a Noise-Filled program;

1. Take a break from it all and think about what is important to you ('tis the season)
2. Find your healthy pace and tell people (creates accountability)
3. Build fun into your life in the things that you do
4. Resolve conflicts as they will eat away at you until resolved
5. Take care of yourself not just others (find the self space)
6. Choose your friends wisely as they can make you or break you
7. Keep your goals but drop the plan
8. Learn to better manage your time through time boxing and set boundaries
9. Delegate and share your load (we are not super powered but we are all heroes)
10. Deal with unfairness and resist peer pressure
11. Appreciate beauty (in a good way) and simplify your life
12. Treat yourself, do not obsess and let things go

As you go through the season and think about your new year commitments to the organization, team, your relationships and yourself, consider your work-life balance and what it means to you. Consider making the work-life adjustments required to fit your needs and the people around you. It is important that we find that place where we effectively stay balanced in our noise-filled world. — *I wish you the best.*

*Richard Lannon aligns the enterprise and technical skills to common business objectives. Working with professionals, he identifies what is important, establishes direction and builds skills that positively impact the bottom-line. He provides the blueprint for clients to be **structured, engaged and trained**. That is why his clients call him the **setability expert**.*

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