



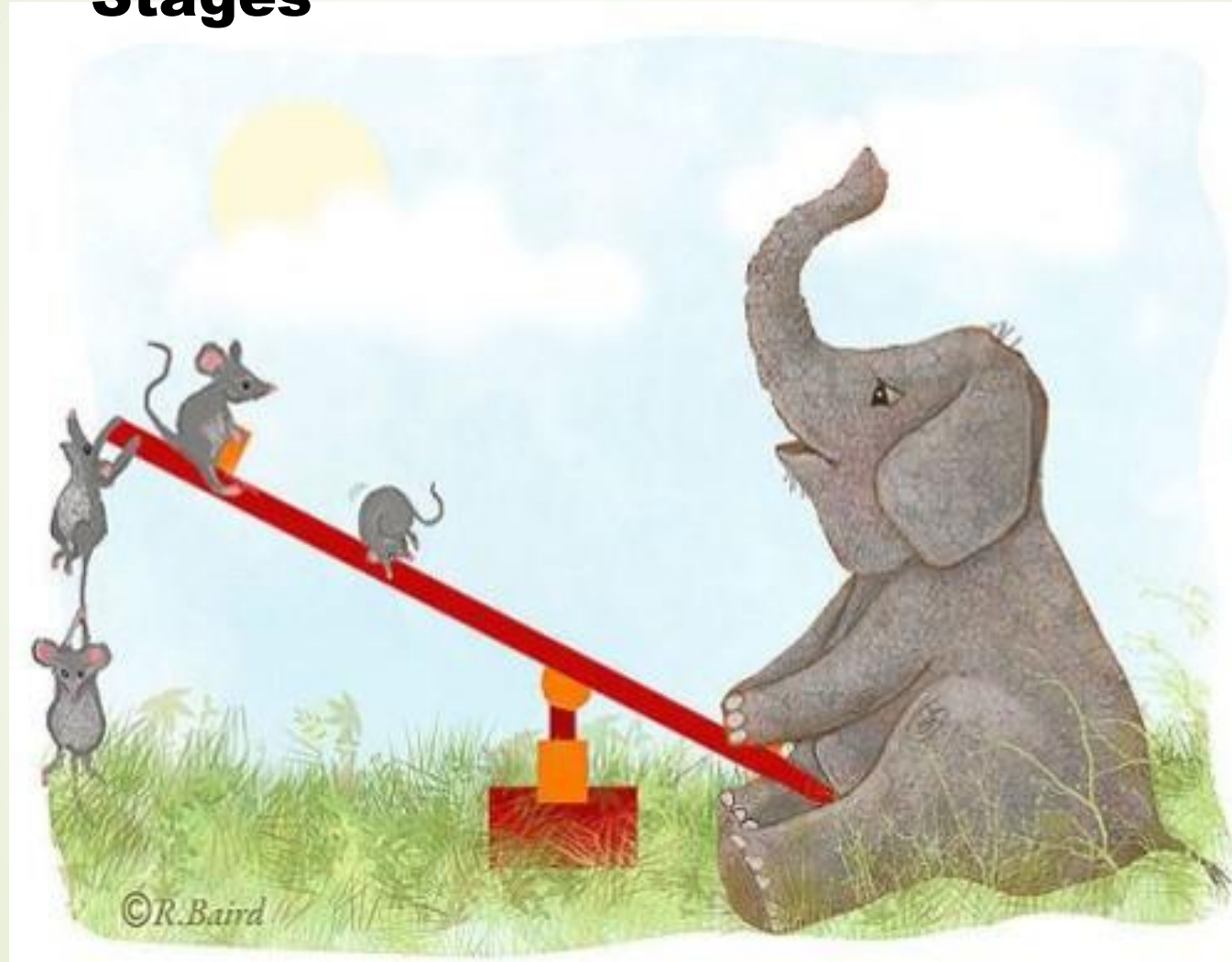
Work Life Balance: Reality or Rationalization

Linda Darrell, LCSW-C, PhD

How Many Things Are We Attempting to Juggle??




Balance Looks Different at Different Stages





How Much Have You Enjoyed What You Have Achieved?



Happiness lies not in the mere
possession of money; it lies in
the enjoyment of achievement, in
the thrill of creative effort

Franklin D Roosevelt

What Do We Aspire To Achieve?





Work Life Balance: Reality or Rationalization

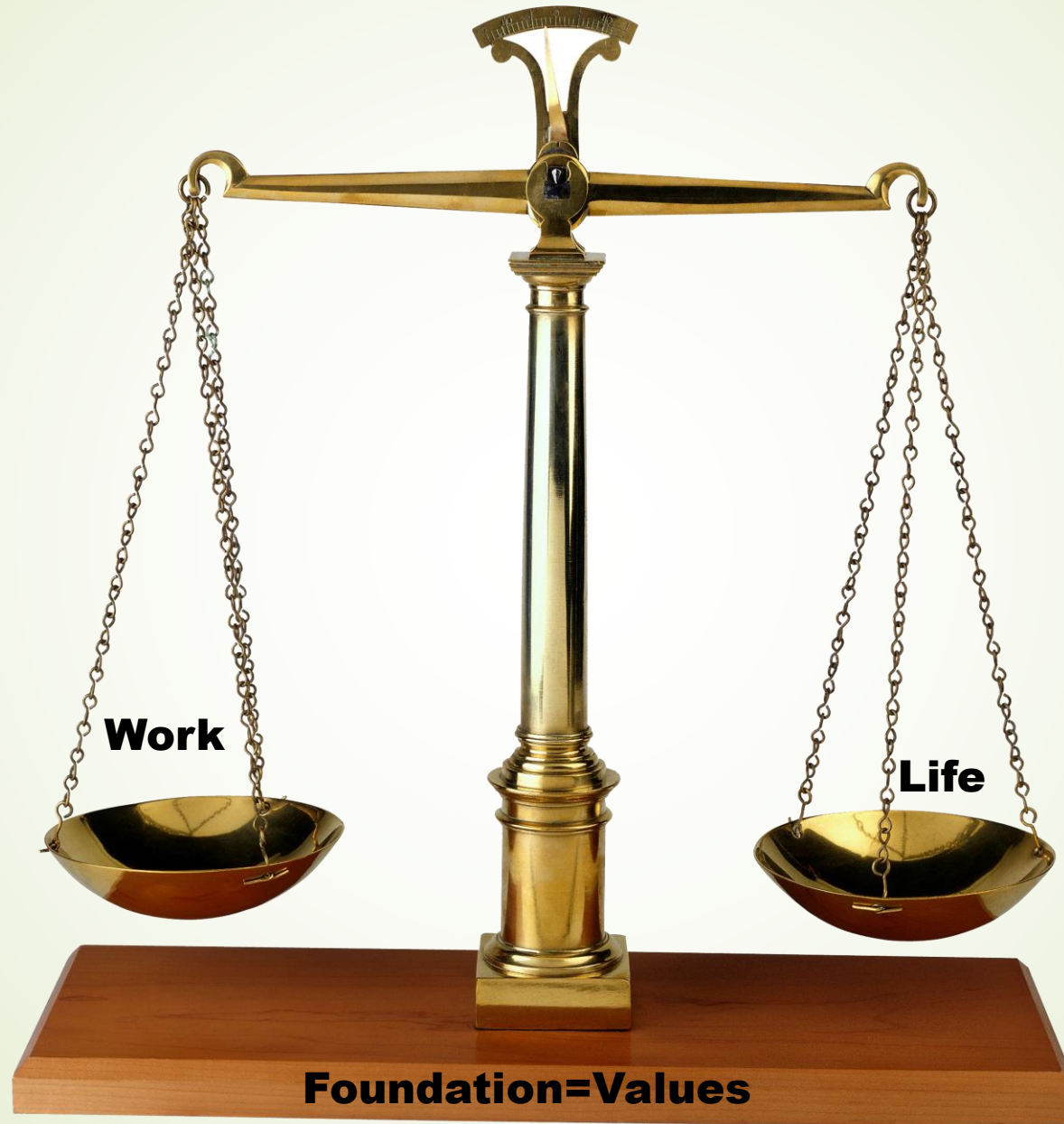
➤ **Foundation=Values**

➤ **Life**

➤ **Work**

➤ **Achievement & Enjoyment =Balance**

Balance



Work

Life

Foundation=Values