

THE IMPORTANCE OF WORK & FAMILY LIFE BALANCE

Women in Manufacturing

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Hi there! I'm Dollnita

- CEO of Family Life Enhancement
- Entrepreneur
- Certified Parent & Marriage Coach
- Virginia Supreme Court
Certified Parent Educator
- Conference Speaker

Today We Will Discuss:



The importance of professional women maintaining an overall, healthy work-life balance. You will learn the steps to build resilience, establish self-care routines, and manage work-family related stress.



Let's define Work-Family Life Balance

Work–Family Balance refers specifically to how work and families intersect and influence each other.

Encyclopedia of Stress, 2nd Ed.

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Work/Family Balance can also be defined as, "The amount of time you spend doing your job compared with the amount of time you spend with your family and doing things you enjoy".

Cambridge Dictionary



FACT. . .

We

as

women

wear

so

many

HATS



THE BALANCING ACT

*67 percent of female parents experience moderate to severe burnout.

*Since the Pandemic, women are experiencing alarmingly high levels of stress

*Women are "Shattering Glass Ceilings" and the "do it all" concept.



Work

Marriage

Children

Family Time

Extended Family

Me Time

Responsibilities

Self-Development



Research shows that when parents prioritize Work-Life Balance it:

*Lowers levels of family conflict

*Increases job and life satisfaction

*Lowers stress levels

*Improves overall work performance

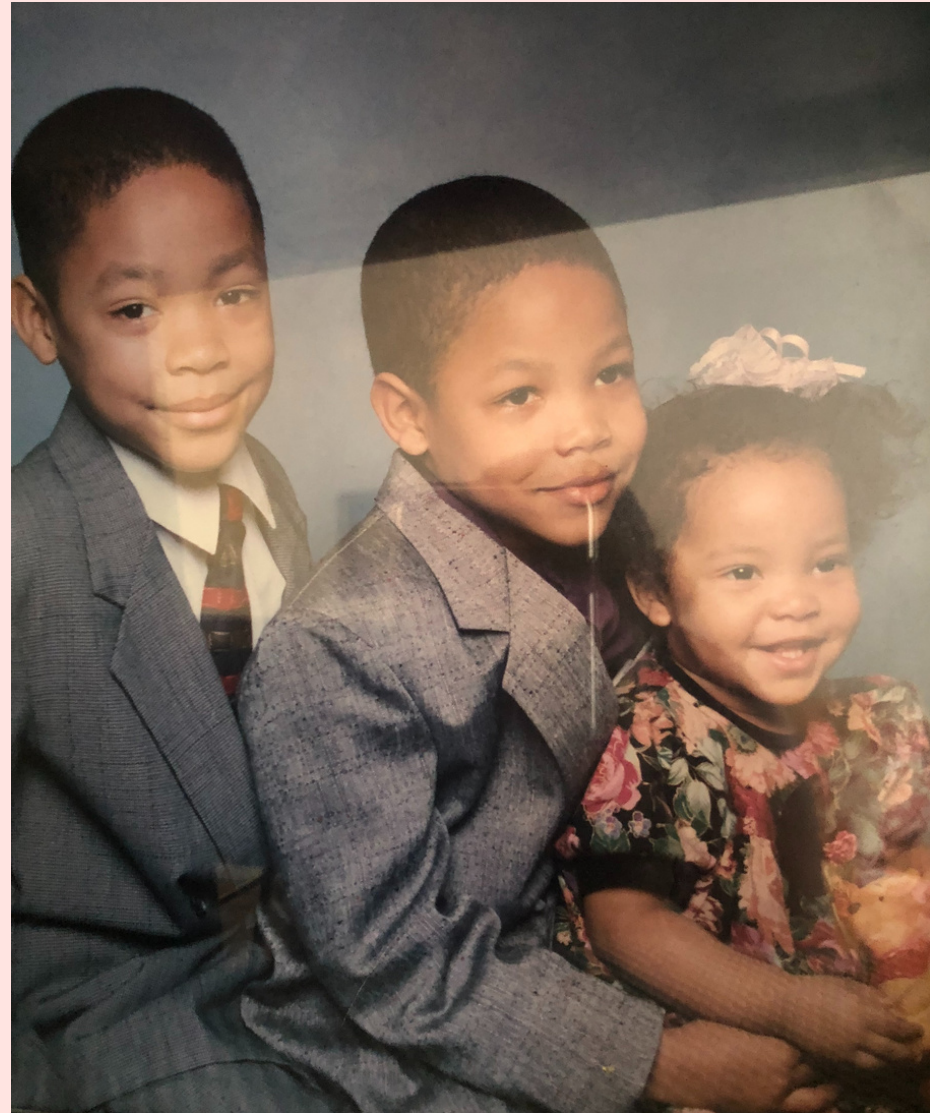


IT'S TEA TIME

T TIME

E EFFORT

A ATTENTION



MY STORY

Mistakes

Experiences

The Learning Curve



THE WHEEL OF LIFE

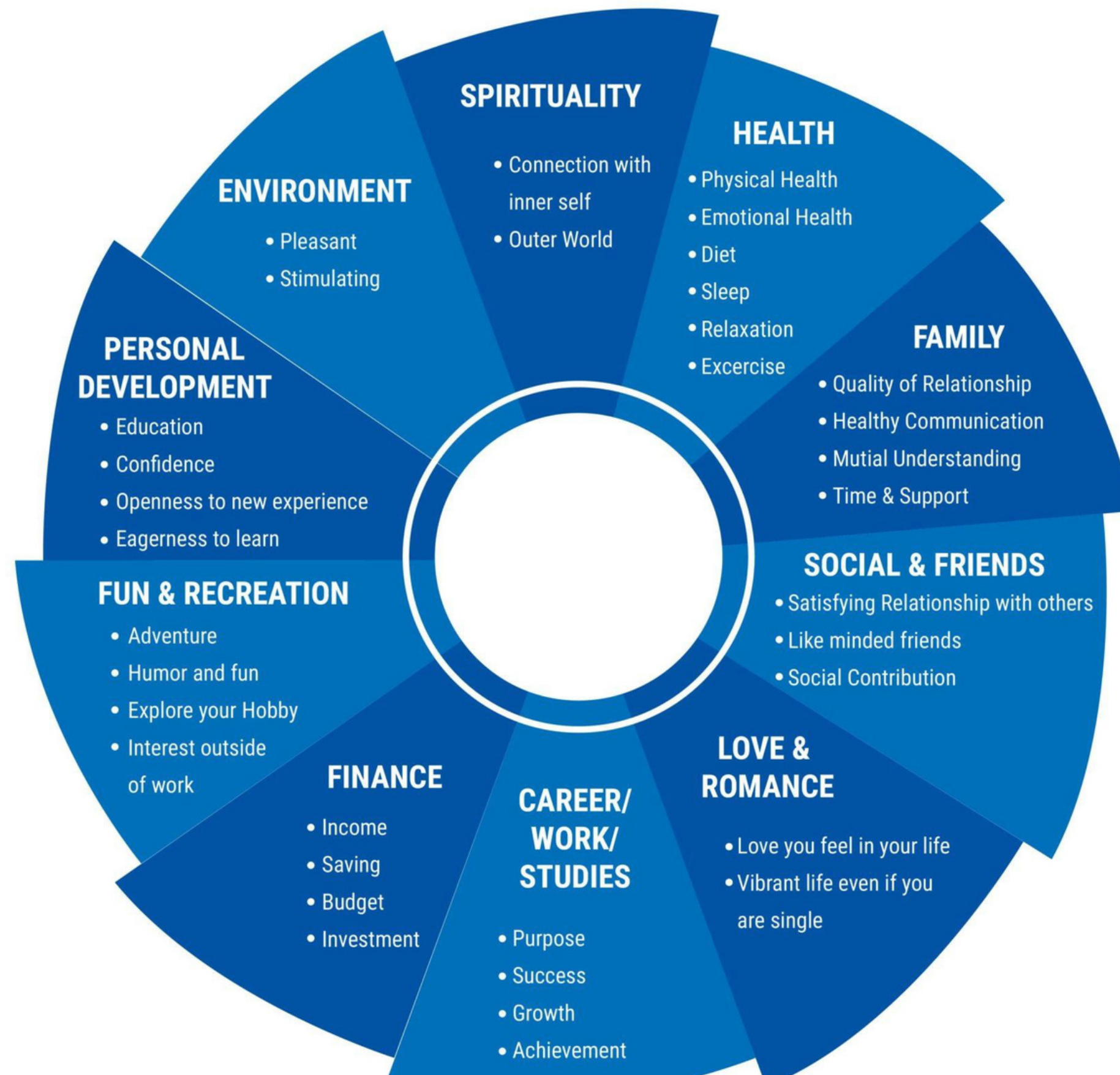
"The Wheel of Life", is a highly effective tool to help individuals improve their overall life balance. Rank your level of satisfaction with each life area by drawing a connecting line. It quickly identifies the areas in life to which you may want to devote more time and energy to, or the wheel can bring attention to areas for you to consider adjusting.

What is really
important to you?

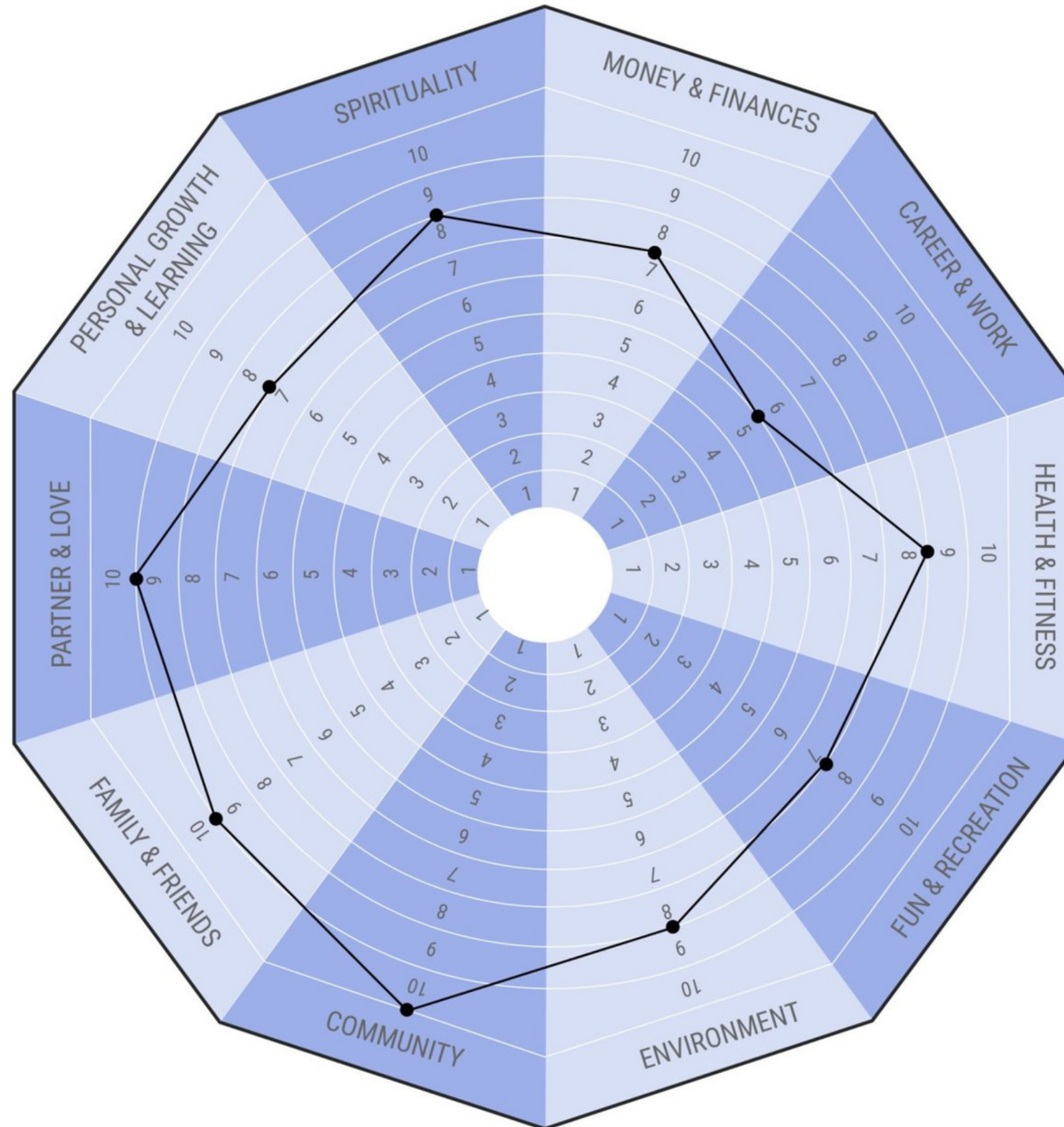
Interactive
Activity

THE WHEEL OF LIFE

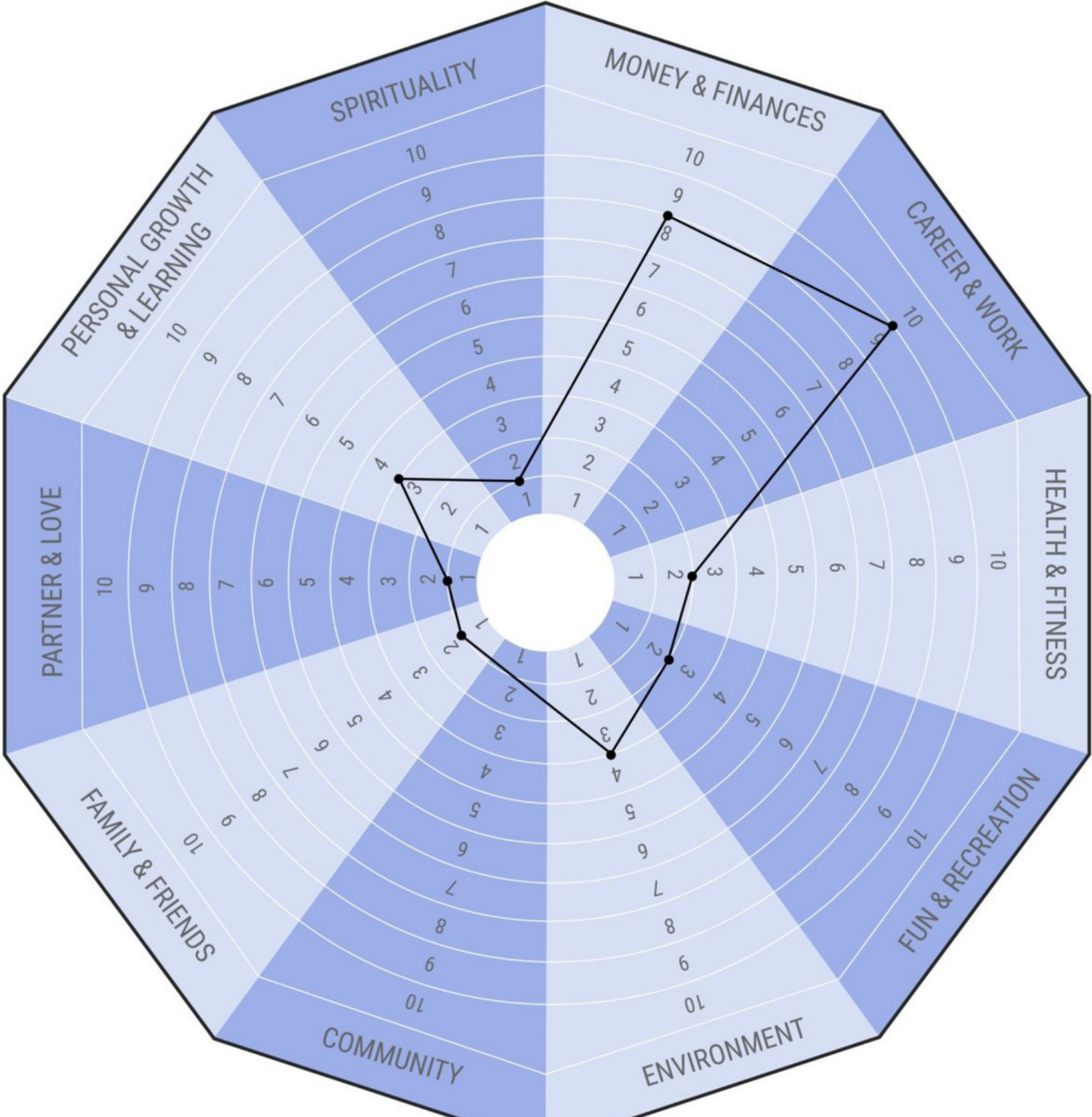
COMMON CATEGORIES



Example A BROAD WEB



Example A LOPSIDED WEB



My Wheel Of Life

Instructions / Pre-Work for Workshop

The Wheel of Life is a highly effective tool to help individuals improve your overall life balance.

1

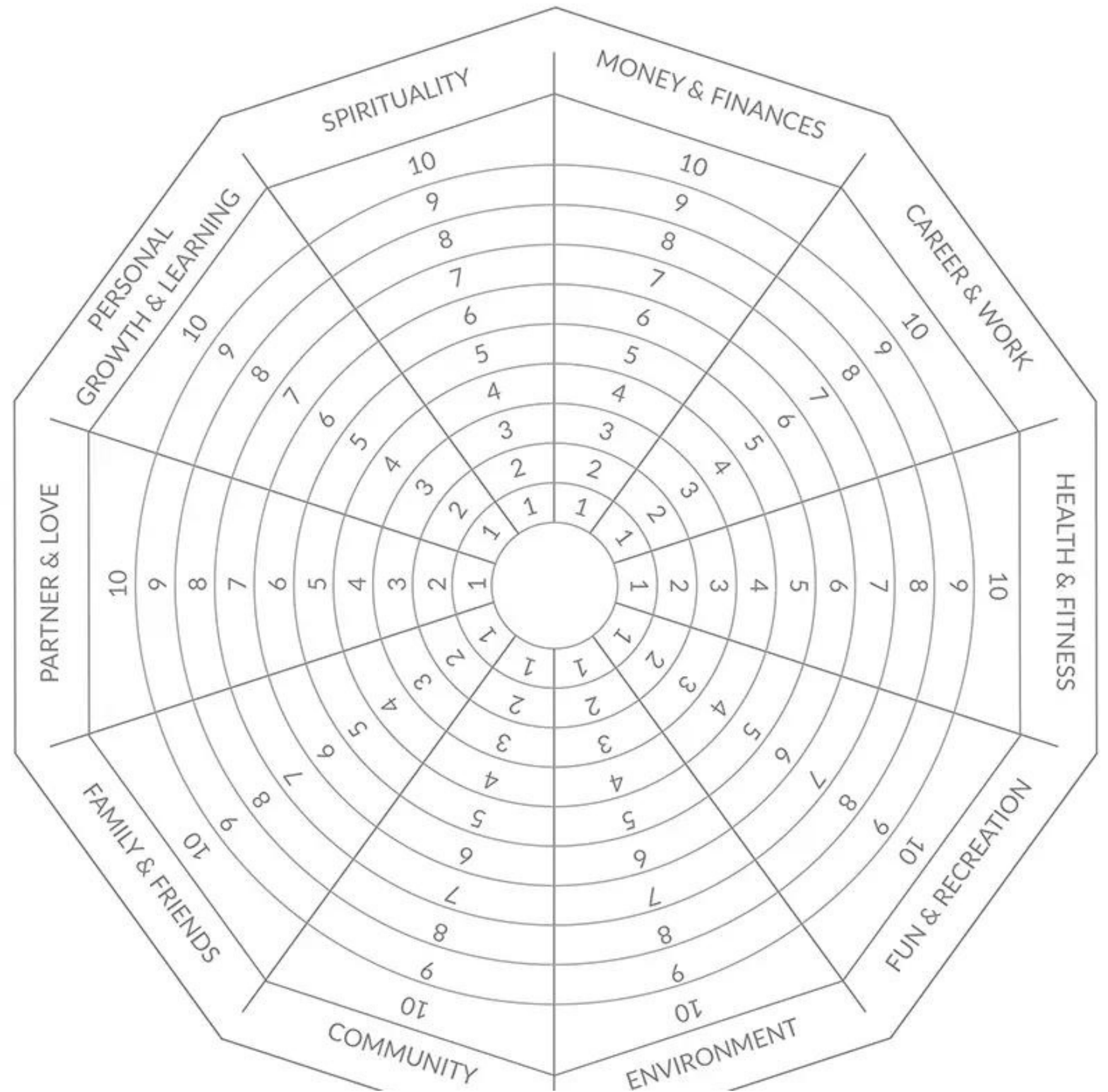
Place a dot on the number in each category that shows your Level of Satisfaction

2

A score of 1 indicates that you are not satisfied at all and a score of 10 means you are highly satisfied.

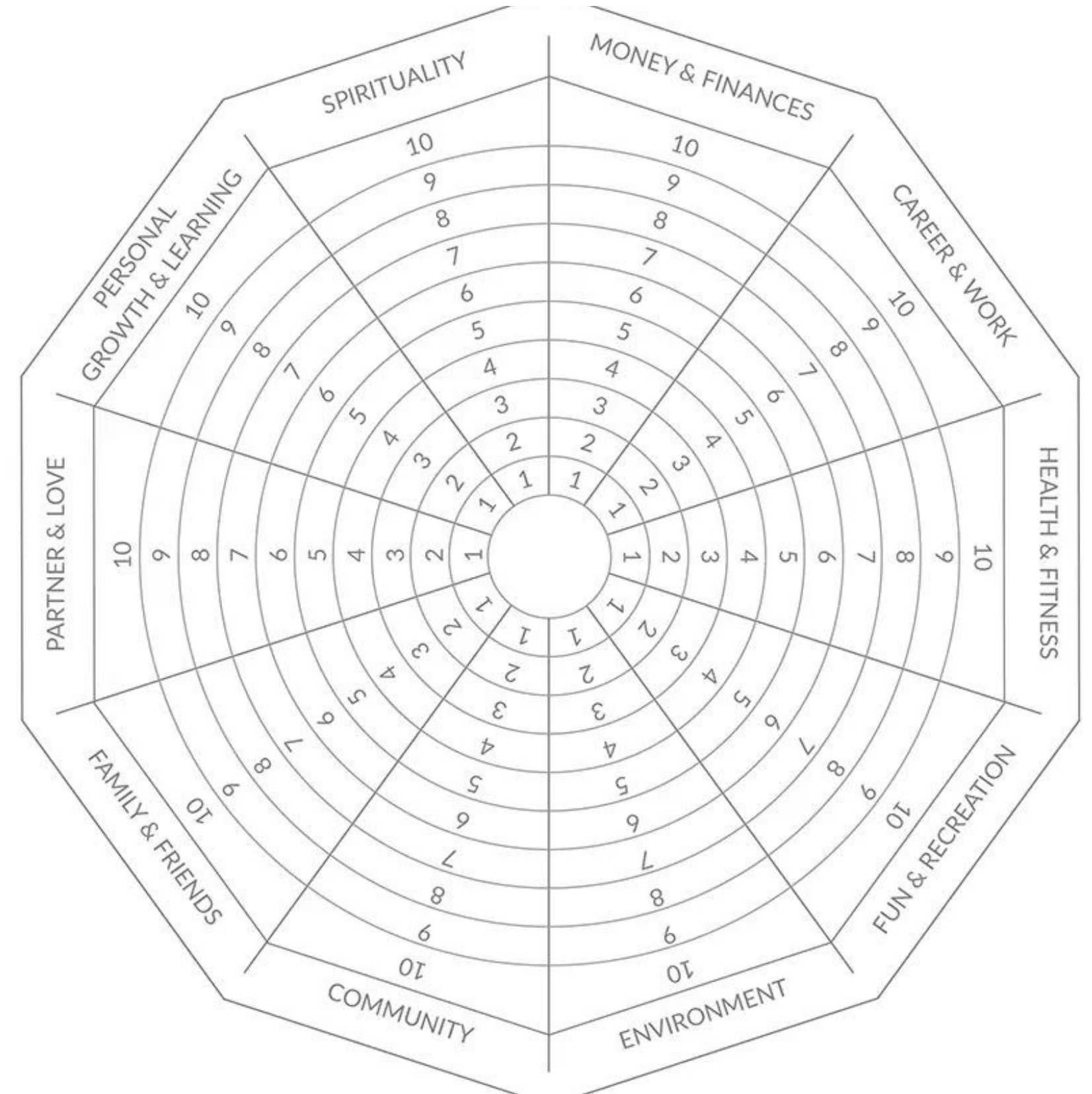
3

Connect the dots to score



Learning Points

- This exercise provides insight into whether or not your life is in balance.
- It captures whether individual areas of your life are either meeting your needs and making you happy or leaving you dissatisfied and discontented.
- By scoring each category, you identify areas that need support and improvement to reach individual and overall life goals.



Self-Discoveries



DUH



AHA



MINDBLOWN





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Strengthening Families & Building Stronger Connections



Certified Parent Coach

Feel free to schedule a Strategy Call to discuss the results of your Wheel of Life, or receive information on The Work & Family Life Balance Program, as well as any of the Coaching Services, (Parenting, Marriage or Women's Self-Discovery Coaching). Please contact me at (804) 687-9418.