Work Life Balance
The search for the holy grail!
WHO AM I?

Illustration by Steve Cutts
WHAT DO YOU WANT?

WHAT IS YOUR DEFINITION OF SUCCESS?

Illustration by Steve Cutts
OUR ENVIRONMENT...

What is holding you back?

Illustration by Steve Cutts
So what do we do?

1. Self Analysis
2. Manage your thoughts

3. Embrace the contrast
4. Cut yourself some slack!

5. Take action
6. EVERYTHING HAPPENS FOR A REASON...

6.1. EVERYTHING HAPPENS FOR A GOOD REASON...
THE BOTTOM LINE:

TAKE OWNERSHIP OF YOUR LIFE
LIVE
DELIBERATELY

IF WE AREN’T HAVING FUN, THEN WHY ARE WE DOING IT!
How can I help you or your organization?

COACH CONNOR

Life Coach ➔ Career Coach ➔ Strategy Coach
Speaker ➔ Writer

matt@coach-connor.com
www.coach-connor.com