



Keeping the Balance

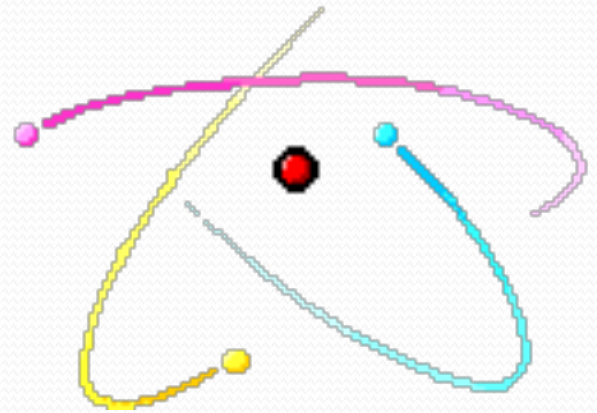
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Balance?

- ✦ *A balanced life is one where we spread our energy and effort – emotionally, intellectually, imaginatively, spiritually and physically – between the areas of importance.*
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Why We Need Balance

- *To live up to our potential*
- *To increase motivation*
- *To improve self-awareness*
- *For better self-regulation*
- *To improve relationships*
- *Balance Creates Energy*



Top Factors of a Balanced Life

- ✦ *Have a Vision – Life balance is personal. Without a clear vision or goal, balance cannot be achieved. If you don't know where you're going, any road will take you there.*
- ✦ *Be clear on life purpose – Purpose is the foundation of a balanced life.*
- ✦ *Engage in passionate activities – What do you love?*

“Every man teaches as he acts.”

Ptah Hotep

Top Factors

- ✦ *Focus on positive thinking – Attitude is everything.*
- ✦ *Self Awareness – Socrates called it “Know thyself.” The keystone of Emotional Intelligence is an awareness of one’s own feelings as they occur. Self-awareness is being conscious of our mood and our thoughts about that mood.*

Top Factors

- ✦ *Set and enforce boundaries – Too many demands on time. “The worst part of imprisonment is being locked up by yourself. You came face to face with time and there is nothing more terrifying than to be alone with sheer time. Then the ghosts come crowding in.”*

Nelson Mandela

Emotional Intelligence

- ▶ *Self Awareness - knowing one's strengths and weaknesses*
- ▶ *Self Regulation – controlling one's emotions*
- ▶ *Motivation – having a passion for achievement*
- ▶ *Empathy – Sensing and acknowledging other feelings*
- ▶ *Social Skills – building rapport with others*



Emotional Intelligence

- ✦ *“Once we know our values, make choices and act to move ahead in areas where we’re stuck, we can see more clearly both our strengths and our limitations.”*

*Sharon Wegscheider-Cruse – Learning
to Balance Your Life*

Benefits of Balance

- ✦ *Studies illustrate the direct and profound impact that emotions have on overall health. Emotional management and intentional shifts to sincere positive feelings cause substantial favorable changes in a number of the key indicators of physiological and psychological well-being.*

Paul Rosch, MD- Science of The Heart

Benefits of Balance

- ✦ *Balance helps you stay well*
- ✦ *Balance improves performance*
- ✦ *Balance helps you live your passion*
- ✦ *Balance creates better relationships*
- ✦ *Balance creates synergy*

The Sum of the Whole

- ✦ *Synergy occurs when two people are brought together or combined in such a way that the end result is enhanced. The combination of the two produces a quality or effect that is more intense than what either of the two contributing parts could attain independently. In synergy, one and one make three.*

Balance Makes Better Leaders

- ✦ *“What distinguishes GREAT Leaders from good Leaders – Emotional Intelligence.”*

Daniel Goleman –What Makes a Leader

How to Get Balanced

- *Define the most important things in life*
- *Develop personal goals*
- *Create a plan to accomplish goals*
- *Write a definition of success*
- *Create milestones*



Conclusion

- ✦ *If you want to be a GREAT Leader, you need a balanced life. Exceptional leaders have toughness, vision, determination and intelligence; but the most important qualities they have are a powerful rapport with others, emotional intelligence and a combination of self-management and relationship skills. They are balanced!*

SUCCESS

- ✦ *To laugh often and much;*
- ✦ *To win the respect of intelligent people and the affection of children;*
- ✦ *To earn the appreciation of honest critics and endure the betrayal of false friends;*
- ✦ *To appreciate beauty and find the best in others;*
- ✦ *To leave the world a bit better.*

Ralph Waldo Emerson



Thank You

✦ *Questions?*

References

- ✦ *Emotional Intelligence – Daniel Goldman*
- ✦ *Five Steps to a Balanced Life – Jerry Lopper*
- ✦ *Emotional Balance & Health – Paul Rosch, M.D.*
- ✦ *Creating your Personal Vision Statement – Kathleen Barton*