



**Staying Connected with Family:
Loving Who You Are and Who You Are With**

Presented by Eric Kaufman
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What You Will Learn

- Merits of a marginal life
- Alternatives to dividing the pie
- Strategies for prioritizing our lives




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Caveat: There's no magic formula; find what works best for you and your family.




ERIC KAUFMAN
VIRGINIA TECH FRESHMAN

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What Is Your Priority This Week?



Knowing how important OMEGA is to your professional success, what would have caused you to cancel your trip this week?

- Write your answers on one side of a note card

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Preparing for the Unexpected



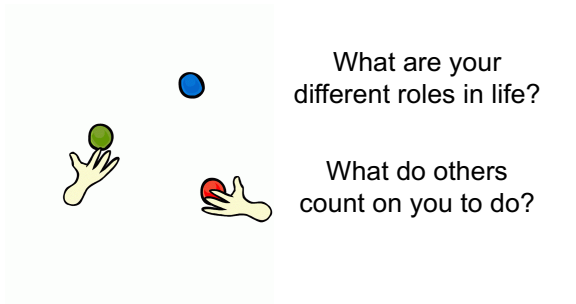
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"Learning to Dance Again" (2002) WESH 2 News Story



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Juggling Life – Identifying Roles



Juggling Life



Margin: Avoiding the Overload Syndrome

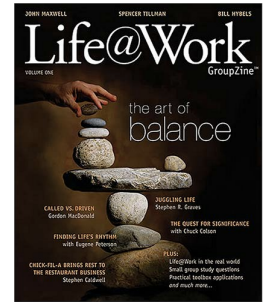
“Margin is the space between our load and our limits.”

- Richard A. Swenson, M.D.



Dialogue with Colleagues

- Engage in conversation
- Discuss priorities
- Develop relationships
- Establish mutual respect



Stephen Covey's Johari Window

		Time Management Matrix	
		Urgent <i>(time pressure)</i>	Not Urgent <i>(no time pressure)</i>
Important <i>(significant impact on your plan)</i>	1.	These activities usually get done	2. These activities are high impact. Make them a priority.
	Not Important <i>(no significant impact on your plan)</i>		

Lessons from POTUS

“The president has three moments in his schedule that are unquestionably his: the morning workout, his dinner with his daughters, and the nighttime after his family falls asleep.



Each block of time serves a different role for Obama: the gym keeps his body in good health, the late night helps him catch up on work, and the dinner is especially sacred time, with the added benefit of giving the president a bit of perspective outside his hectic workday.” - Sean Blanda, 99u

Perspectives on Time

“The rest of my time will be more productive if you give me my workout time.”

– Barack Obama, POTUS



“I have so much to do today that I need to spend the first three hours with the Lord.”

– Martin Luther, theologian

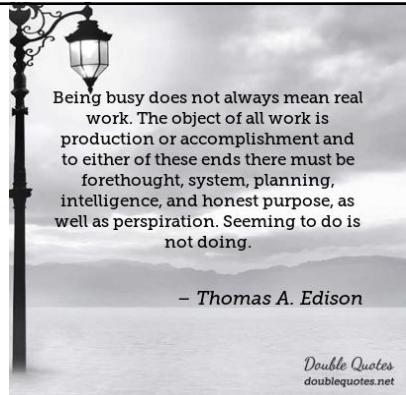
Make Rest a Routine...

Why Chick-fil-A Closes On Sunday

“Chick-fil-a’s founder, Truett Cathy, made the decision to close on Sundays in 1946 when he opened his first restaurant in Hapeville, Georgia. He has often shared that his decision was as much practical as spiritual.

He believes that all franchised Chick-fil-A Operators and Restaurant employees should have an opportunity to rest, spend time with family and friends, and worship if they choose to do so.

That’s why all Chick-fil-A Restaurants are closed on Sundays. It’s part of their recipe for success.”



Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing.

– Thomas A. Edison

Double Quotes doublequotes.net

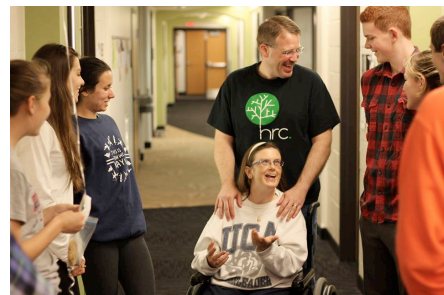
Integrating Work and Family



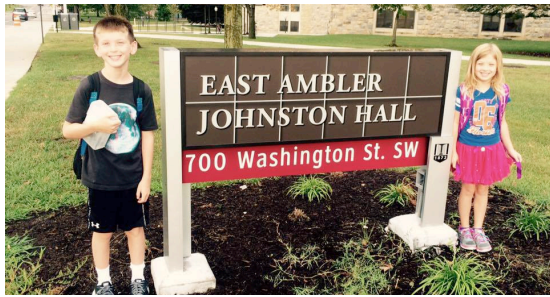
Integrating Work and Family



Avoid Living a Double Life



Involve Family When You Can



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Guard Against Risk of Burning Out

New research from the American Psychological Association and the National Opinion Research Center at the University of Chicago reported the following:

- 48% of Americans experienced increased stress over the past 5 years
 - 31% of employed adults have difficulty managing their work and family responsibilities
 - 53% say work leaves them "overtired and overwhelmed."
- A Society for Human Resource Management (SHRM) poll found that "burnout from my current job" was one of the top reasons that people quit.

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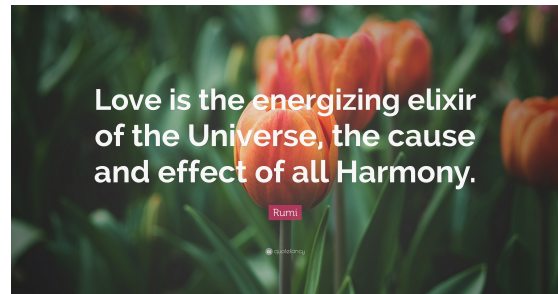
Symptoms & Consequences of Burning Out (Bradberry, 2016)

- Health problems.
- Cognitive difficulties.
- Difficulty with work and personal relationships.
- Taking your work home with you.
- Fatigue.
- Negativity.
- Decreased satisfaction.
- Losing your motivation.
- Performance issues.
- Poor self-care.



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Prioritizing Love



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"Many Faces of Love" (2007) WCJB News Story



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Prioritizing Love



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Don't Just Find Time, Make Time



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Why Cruises Work for Me

- Disconnecting and leaving work behind
- Facilitating together time
- Minimizing the work of a vacation



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Making Time for Life's Moments



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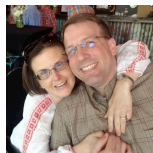
Be Clear About the Value of Your Time



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Recap

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Let me know how I can help

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