

A woman with long blonde hair, wearing a green top, stands in a field of tall, golden grass. Her arms are raised in the air, and she is looking towards the sun, which is low on the horizon, creating a warm, golden glow. The sky is a clear blue gradient.

Advancing Women

{ Life Skills for Leadership ~ Women in Ag Conference }

Welcome!

Advancing Women

{ Life Skills for Leadership ~ Women in Ag Conference }

Forget Balance – Think Choice

Cheryl Fullerton – Maple Leaf Foods



The Pitch...

“balancing life, and staying healthy while reaching great heights in one’s career and life”



"Lord Ronald said nothing; he flung himself from the room, flung himself upon his horse and rode madly off in all directions."

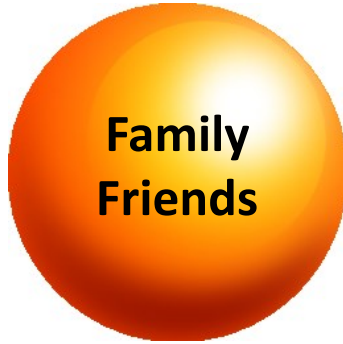
Stephen Leacock

It's not a matter of this

Advancing Women
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It's this...



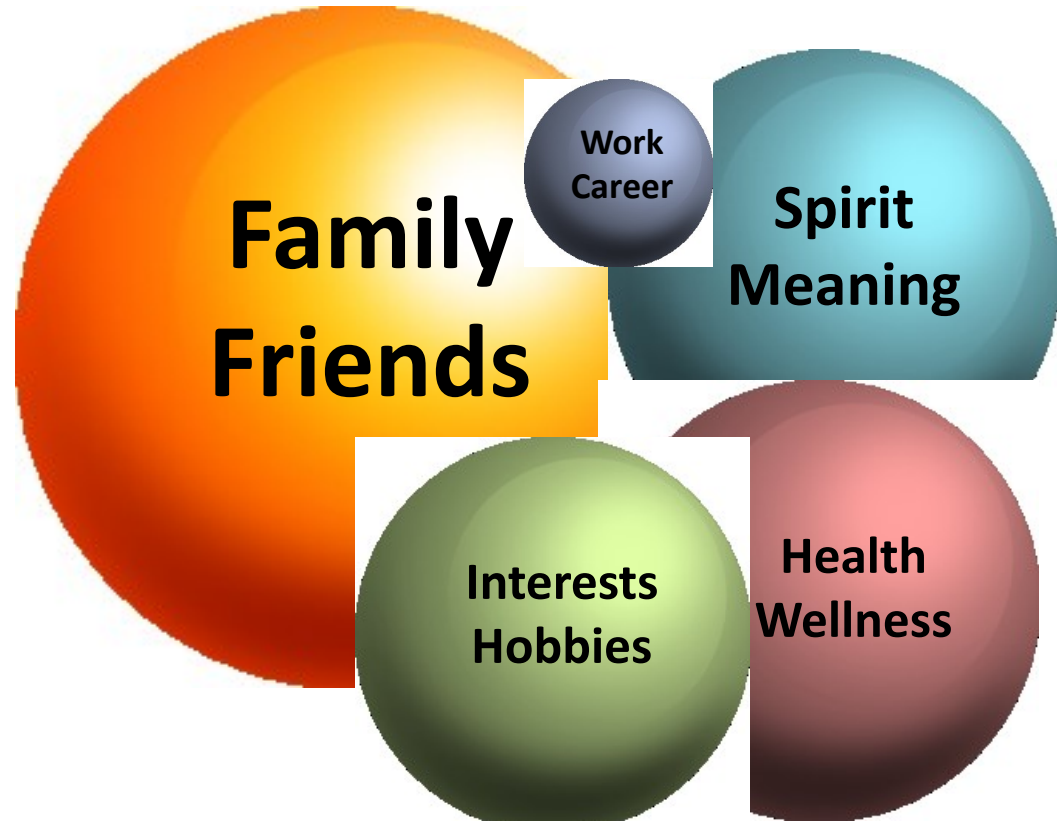
...which together make up life



And the mix will look different
for different people....



...and for different stages in life



There is no 'right' answer – so
don't compare to some ideal



So watch out for 'good' and 'bad' judgments





EMPOWER YOURSELF
TO
CHOOSE

Then make it happen



Desire



Perseverance



Support



#1 – Figure out what you Desire



Desire



- Know yourself
- Think big picture, long term
- Define your objectives
- Know your stage

Before 'how' – figure out...

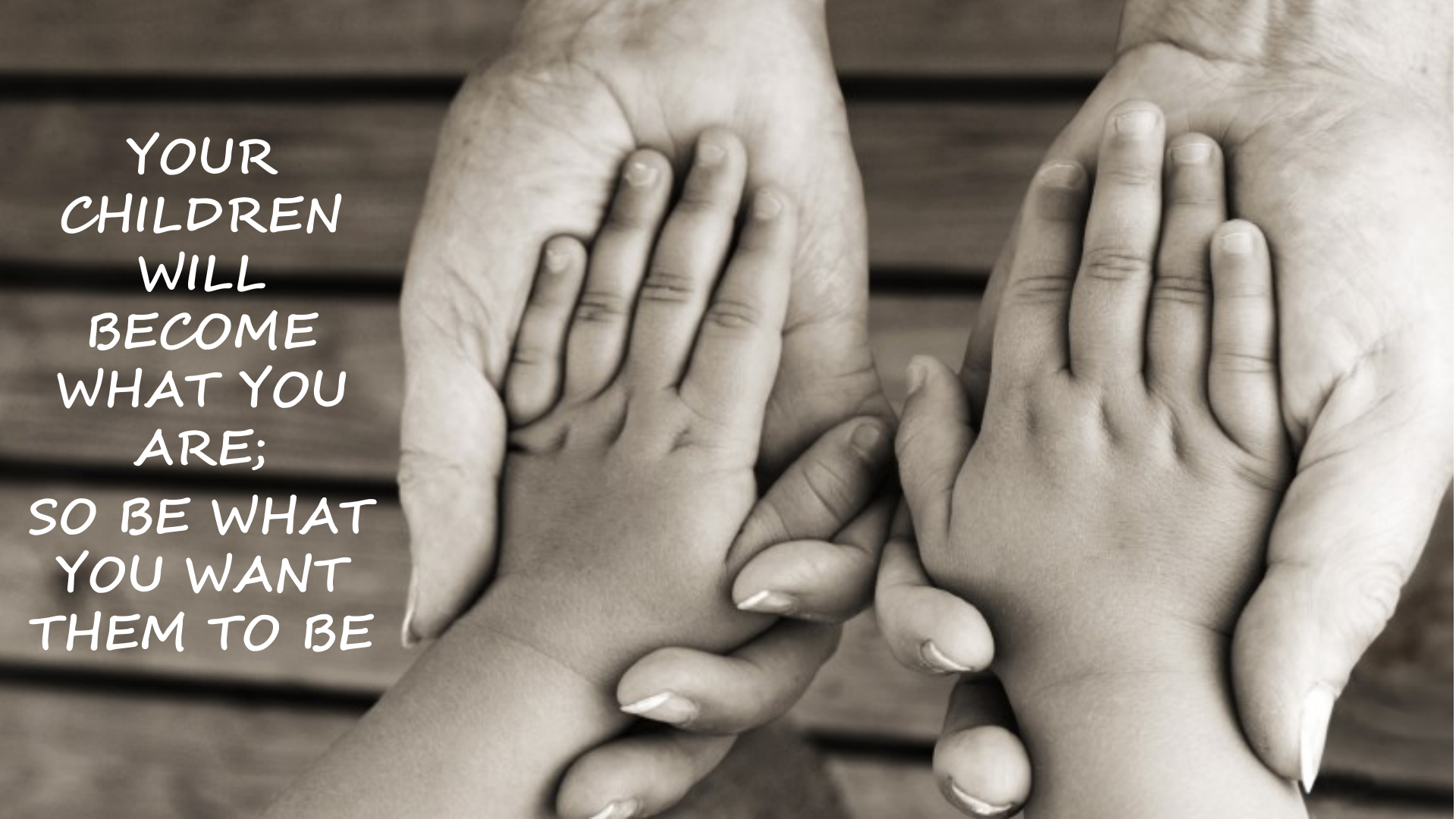
WHO YOU ARE

- Like / dislikes
- What give you energy / makes you light up
- Strengths / weaknesses
- Personal values
- Desired reputation, image, legacy

WHAT YOU NEED

- Money, security
- Status, prestige
- Location, hours, flexibility
- Creativity, innovation
- Ownership, accountability
- Pace of learning, pace of change

Never underestimate the power of PURPOSE



YOUR
CHILDREN
WILL
BECOME
WHAT YOU
ARE;
SO BE WHAT
YOU WANT
THEM TO BE

#2 – Persevere, it isn't easy



Perseverance



- Take the time to think
- Try, learn, adjust

- Create integration
- Create boundaries

Most tips look like this...

- Track your time
- Manage your time
- Make a list
- Prioritize
- Learn how to say no
- No email on weekends
- Maximize productivity
- Eat healthy, get enough sleep, make time for fun
- Etc...



PUNCH LINE: Be purposeful in how you use your TIME

I'd rather talk about guilt....



The human capacity for guilt is such that people can always find ways to blame themselves

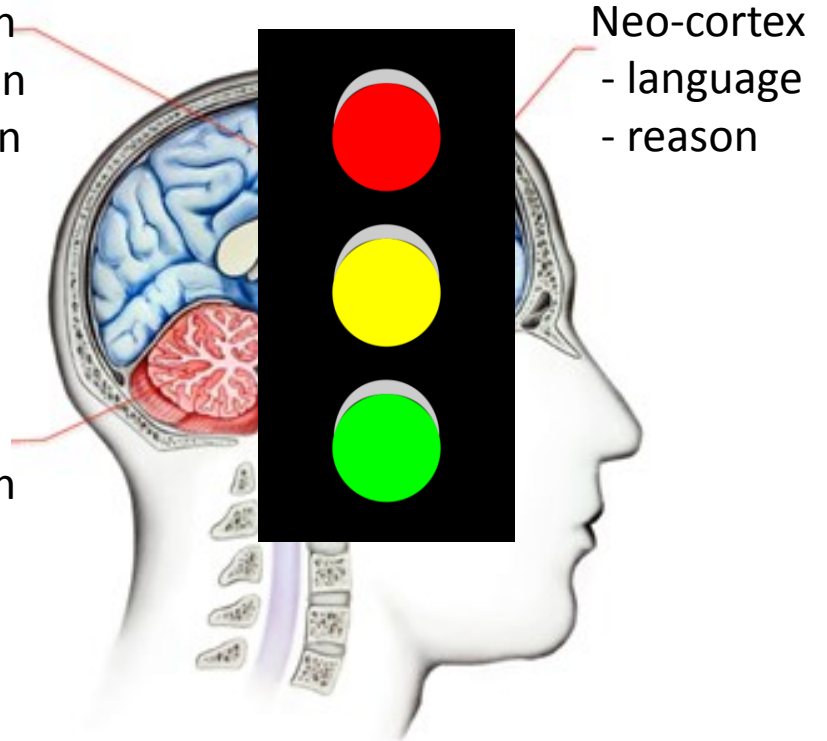
Stephen Hawking

Understand and manage it...



Mid-brain
- emotion
- decision

Reptilian brain
- survival
- reaction



Neo-cortex
- language
- reason

#3 – Actively Seek Support



Support



- Create true partnerships
 - At home
 - At work
 - In community
- Find role models
- Give yourself a break

Replace Guilt with Positive Emotions

BE POSITIVE, PASSIONATE AND ENTHUSIASTIC

LOVE YOUR JOB

COUNT YOUR BLESSINGS

NAME YOUR FEELINGS

REWARD YOURSELF

LOVE YOUR LIFE

Perfection is not required...

Do the best you can until you know better. Then when you know better, do better.”

- Maya Angelou

It's not easy – but it's important

I am worth it

You are worth it

Our children are worth it

The women who follow us are worth it



Comments and Questions?

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