


Slide 1

Balance the wave to sustainability in life and work




From Iain Duguid – LifeGrowth Specialist

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Slide 2

Balance



...in wine...in life?


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Slide 3

Balance in wine

Harmony amongst

- alcohol
- Acid
- Tannin
- Sugar
- wood



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Balance in life

Harmony amongst

- Self
- Work
- Family
- Leisure
- Spirit



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Coming to terms with yourself

- "who" you are
- your life purpose
- what drives you?
- will you achieve it?



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All that we are is the result
of all that we have thought.
It is founded on thought.
It is based on thought.

The Buddha


What are you thinking, right now?

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The way your life is:

Linear		Cyclic	
0 - 5	home	0 - 5	home
6 - 22	education	6 - 18	education
23- 65	work and family	19- 20	explore
66+	retire	21- 24	education
		25- 45	work and family
		46- 50	sabbatical
		51- 55	education and work
		56- 75	p/t work & education & explore
		76+	repeat



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“Whatever the mind can conceive and believe, it can achieve”
Napoleon Hill

What are you thinking, right now?

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Why is your health important?

- men & health
- diet
- exercise
 - * body
 - * mind




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Balance in work:

- Water
- Traffic
- Coastal
- Environment
- Management
- Dams
- Bridges
- Urban design



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What's your work fulfillment?

- ☞ Talents
- ☞ Enthusiasm
- ☞ Fulfillment
- ☞ People
- ☞ Helps you grow
- ☞ Benefit to others
- ☞ Energised



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Whole **people** create whole companies.

When **people** grow, the business grows.

People become committed to producing extraordinary results for your business.

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Company fitness test

- Vitality
- Integrity
- Tolerance
- Appreciation
- Latitude
- VITAL



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Family balance

- real holidays
- time control
- reward
- FOCUS



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Leisure balance

- ☞ are we sociable creatures?
- ☞ need for support
- ☞ FOCUS



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Spiritual balance

- ☞ are we all connected?
- ☞ meditation
- ☞ FOCUS



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Things to do to sustain **balance** in your life

<u>You</u>	<u>Work</u>
☞ what's your life purpose?	☞ is it your passion?
☞ what drives you?	☞ are you happy?
☞ will you achieve it?	☞ are you in control?
	☞ <u>Family</u>
	☞ <u>Social</u>
	☞ <u>Spirit</u>
	☞ FOCUS

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To read:

"Think and grow rich"
"How to win friends..."
"Why men don't listen & women can't read maps"

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“Five years from now you will be the same person you are today except for the **people** you meet, the **books** you read, the **tapes** you hear”

Charlie “Tremendous” Jones

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MY PERSONAL CHECK LIST FOR WORK/LIFE BALANCE

- I eat a balanced diet
- I add supplemental vitamins and minerals
- I exercise (boost heart rate) 4+ times a week
- I DON'T smoke
- My sex life is great
- I DON'T allow stress to get at me
- Depression DOESN'T exist in my life
- My self-image is great
- My attitude (to others) is fine
- I DON'T drink alcohol too much
- I value and nurture my friends
- My career is growing the way I want it to
- I've learnt how to forgive
- I sleep well and wake refreshed

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Slide 21

Balance



...in wine and life, so that you can ride the wave to sustainability in life & work
But – only if you take action!

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Slide 22

www.iainduguid.com/worklifebalancelinks.htm



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"I'm going to work to get more balance in my life so I can work to live, not live to work"

Web links (and books) to help your "Growth in life - with balance"

Here are some interesting ~~links to the internet~~ relating to how you can achieve balance in your work and your life:

- > Sleep better!
<http://www.healthtop.com.au/sleep.htm>
- > Spirituality in the workplace
<http://www.holms.com/ainduguid.htm>
- > Managing your lifestyle for better health
<http://www.americanheart.org/CAP/patient/abk/levels.html>
- > Sex rated best for retirement
<http://www.stanley.com.au/STL2.htm>
- > Give yourself a break
<http://www.realfitcoach.com/giveyourselfabreak.htm>
- > A "not to do" list
<http://www.realfitcoach.com/NoDoList.htm>
- >>> And a **FREE** e-book entitled "Personal Eco-System(s): Creating Systems for Your Automatic Success"
<http://www.philipkhan.com/downloads/PersonalEco-System.pdf>

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**Thank you for listening –
now do it!**

Presented by Iain Duguid
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