WORK-LIFE HARMONY

PRESENTED BY KRISTY RENE COIE-DAY

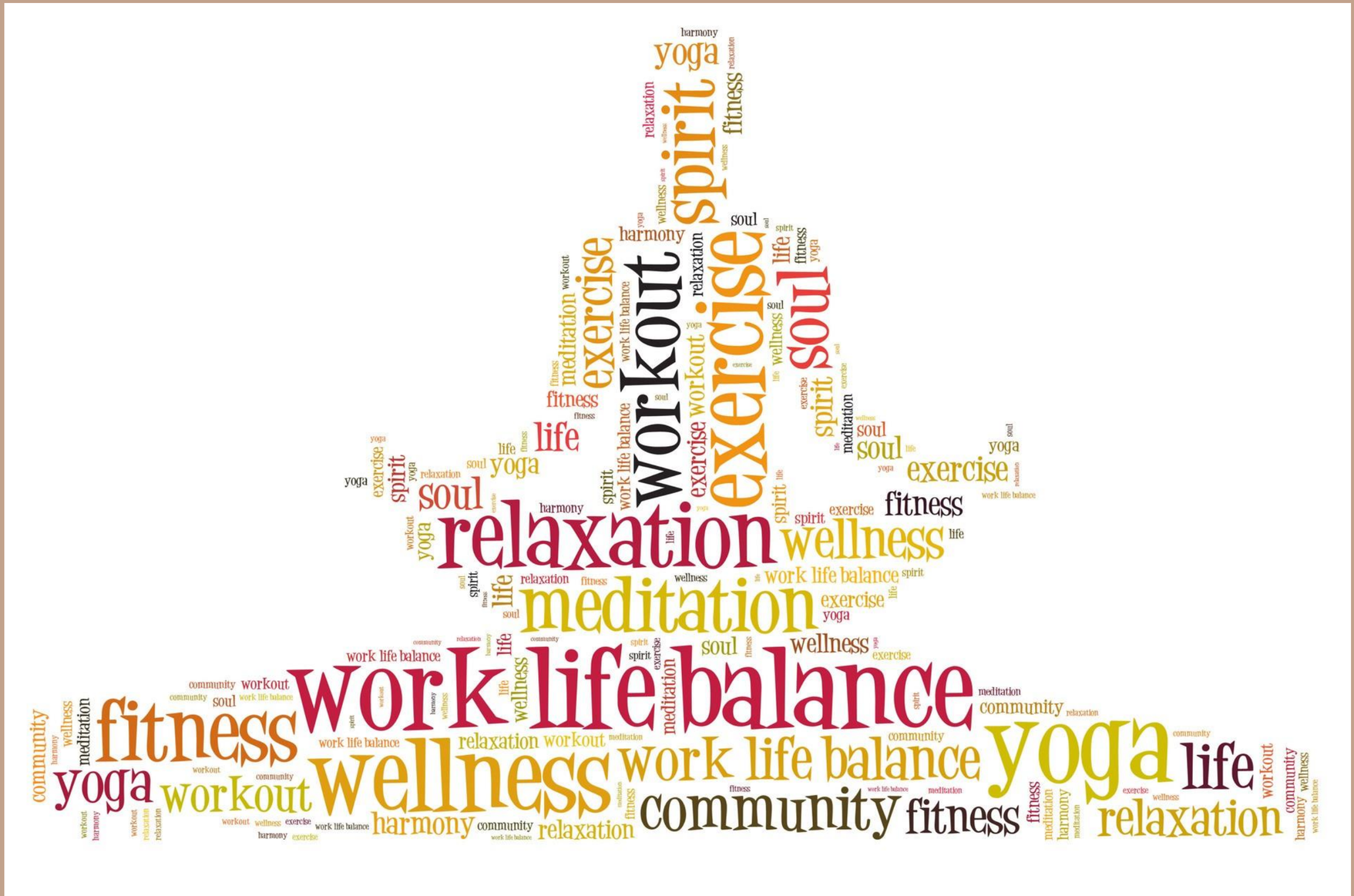
MEET

KRISTY RENE

CHIEF, CENTER FOR DEVELOPMENT AND CIVIC ENGAGEMENT FOR CENTRAL VIRGINIA VA HEALTHCARE SYSTEM. KRISTY ALSO SERVES AS THE VISN 6 LIAISON AND IS A TEDX CURATOR.

AT HOME SHE IS A MOTHER TO SIX GROWN CHILDREN, FOSTER MOTHER TO ONE ENERGETIC 13 YEAR OLD, GRANMOTHER TO SEVEN.

IN HER SPARE TIME SHE IS THE VICE PRESIDENT OF THE LOCAL VOLUNTEER FIRE DEPARTMENT, RETREAT ORGANIZER FOR HER CHURCH, SHE LOVES TO BAKE AND HIS WORKING ON HER FIRST MEMOIR.


work life balance
wellness
yoga
fitness
relaxation
meditation
community
workout
exercise
spirit
soul
life
harmony

WORK
LIFE

- What does work life harmony mean to you?
- Can work and life live together in harmony?
- Is it all or nothing?

SELF
CARE
ISN'T
SELFISH

Five Domains of Self Care:

Intellectual
Spiritual
Physical
Emotional
Social

How can you prevent burnout?

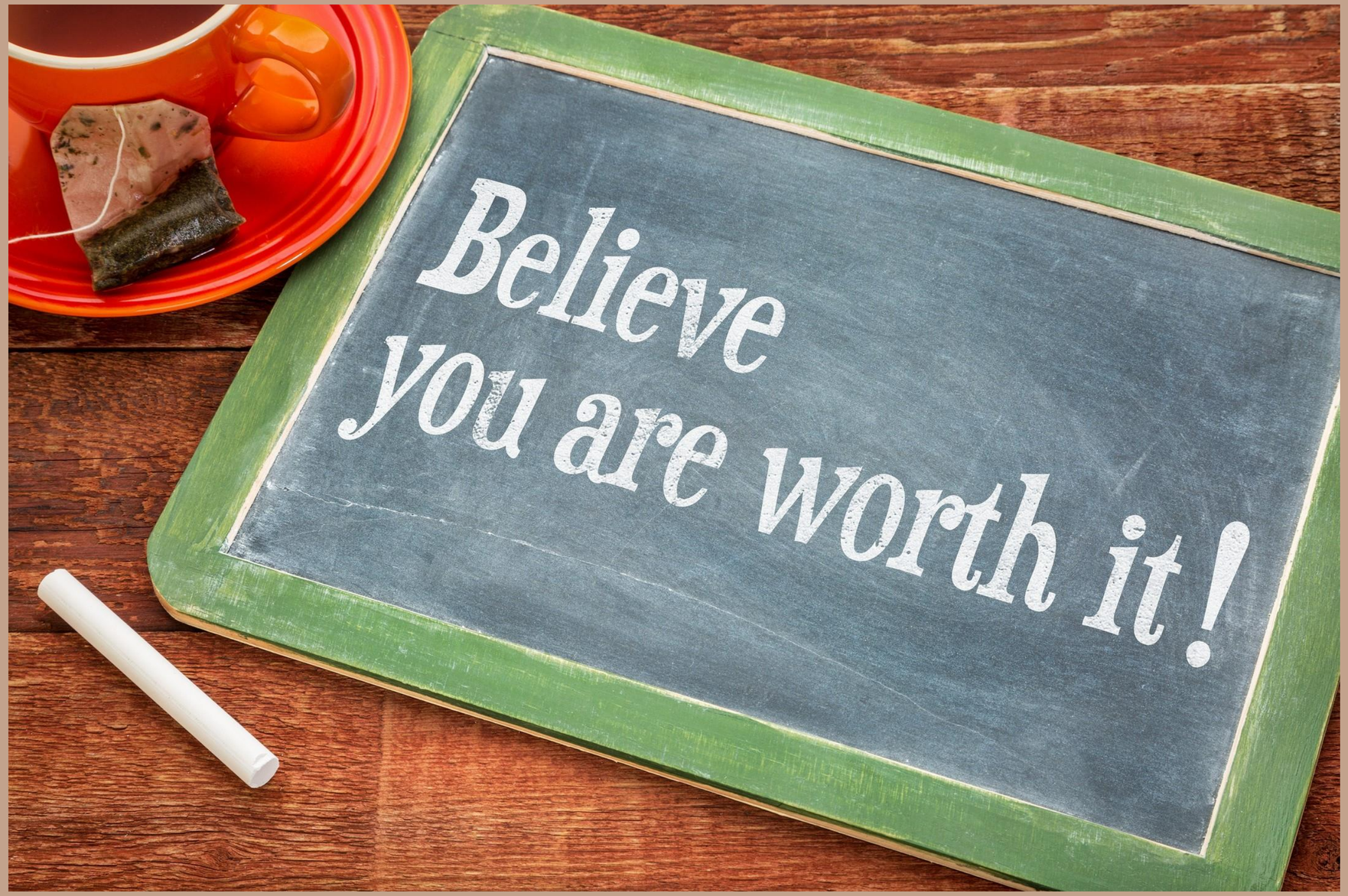
Work with a purpose - at home and in the office

Set boundaries!

Delegate

Take control: actively manage your time

Get more exercise


Believe
you are worth it!

Stay
Fearless

Society for Healthcare Volunteer Leaders

Breakout Session Evaluation