

Date: November 3, 2021

Time: 8:00 am – 9:30 am PT (90 minutes)

Participants: 50 +

Platform: Zoom Meeting

Work–Life Balance Tips for Community Leaders

You're committed to making a difference in serving the people in your community. But the last 18 months have been difficult. COVID has disrupted your professional life, increased demands on your home life, and blurred lines between working at home and living at work.

Are you working more, but feel like you're getting less done? Are you emotionally exhausted from all uncertainty, back-to-back virtual calls? Are increased emails, calls, texts, and meetings consuming your life and stifling your team productivity?

If you answered yes, join Beth Kanter (www.bethkanter.org), nonprofit thought leader, virtual facilitator, and author of the Happy Healthy Nonprofit: Impact without Burnout (<http://bit.ly/happyhealthynpbook>) for an interactive session on how to redefine our work/life balance as we consider returning to in-person work and how we set up a culture of wellbeing and team work to sustain us moving forward. She will facilitate an engaging session on zoom while sharing tips to help you maintain work/life balance during this difficult time and help you succeed as we return to a new normal.

Learning Goals:

- To introduce a summary of recent research on why work–life balance, self–care, and creating a culture of wellbeing in essential
- To introduce simple concepts and low–cost tips for creating more energy in your home/work life
- To introduce what's needed to activate a culture of wellbeing working remotely or hybrid workplace model.

Agenda

- Introductions & Check–In
- Tips: Work–Life Balance for Nonprofit Leaders
- Breakout Rooms: What activities can you incorporate for personal resilience and stay energized at work?
- Presentation: Activating a Culture of Wellbeing in the Hybrid/Virtual Workplace
- Breakout Rooms: What are some ideas for creating a resilient workplace culture on your team or organization?
- Takeaways

Resources

Workshop Materials

- [Workshop Slides](#)

Books & Blog Posts:

- [The Happy Healthy Nonprofit](#)
- [The Secret to Work/Life Balance When You Work from Home](#)
- [Eight Tips to Boost Your Personal Resilience](#)
- [Tips & Tools To Build A Nonprofit Workplace Culture of Resilience](#)

Handouts:

- [Five F's – Culture of Wellbeing](#)
- [Burnout Assessment](#)
- [Self-Care Plan Template](#)
- [A Moment of Quiet](#)
- [Workplace Rituals for Resilience](#)
- [Mindfulness: There's An App for That!](#)
- [Strolling Meetings](#)

Additional Reading:

A Moment of Quiet

- [Duke University Medical School/Brain Research Paper](#)
- [Open Office Space, Noise, and Productivity](#)

Workplace Wellbeing Research

- [Workplace Wellbeing Engagement Paradox](#) (Gallup)
- [The Great Exhaustion](#) (McKinsey)
- [Mental Health Implications of COVID-19](#) (Kaiser Health)

Workplace Burnout

- [Disaster Psychology Tips](#)
- [Burnout Assessment](#)
- [World Health Organization: Workplace Burnout Is Occupational Hazard](#)
- [Dr. Patrick Carnes – Addiction Research](#)
- [Working Longer Hours During Pandemic & Burnout](#)

Self-Care Tips

- [Self-Care Plan Template](#)
- [Healthy Habits During the Pandemic: Sleep, Diet, Exercise](#)
- [Fake Commute](#)
- [Tiny Habits](#)
- [Zoom Fatigue Research](#)
- [Zoom Escaper](#)
- [Exercise Snacking: Fun-sized Exercise for Your Heart](#)
- [Mindful News Consumption](#)

Workplace: A Culture of Wellbeing

- [Five F's – Culture of Wellbeing](#)

- [Workplace Rituals for Resilience](#)
- [Strolling Meetings](#)
- [Walking Meetings Research](#)
- [Could COVID scale the 4-day work week?](#)

Collections of Links Curated by Beth Kanter

- [Virtual & Hybrid Workplace](#)
- [Work-Life Balance](#)