


*"How you spend your time
is more important than
how you spend your
money.*


*Money mistakes can be
corrected, but misspent
time is gone forever."*

- David B. Norris





Life Balance:

Time, Stress & Health Management



Presented by:
Paul Meshanko
Managing Partner, Edge Learning of Ohio





Our Primary Objectives

- ◆ Paul's disclaimers
- ◆ Explore 2 rules for maintaining balance & wellness in our lives
- ◆ Briefly discuss the "Vital 5"
- ◆ Have fun!!



Crisis

危机


Danger + Opportunity




Rule #1



Being wrong is right
(at least on occasion)!



The Improvement Pyramid




Action

Learning /
Assimilation

New Awareness





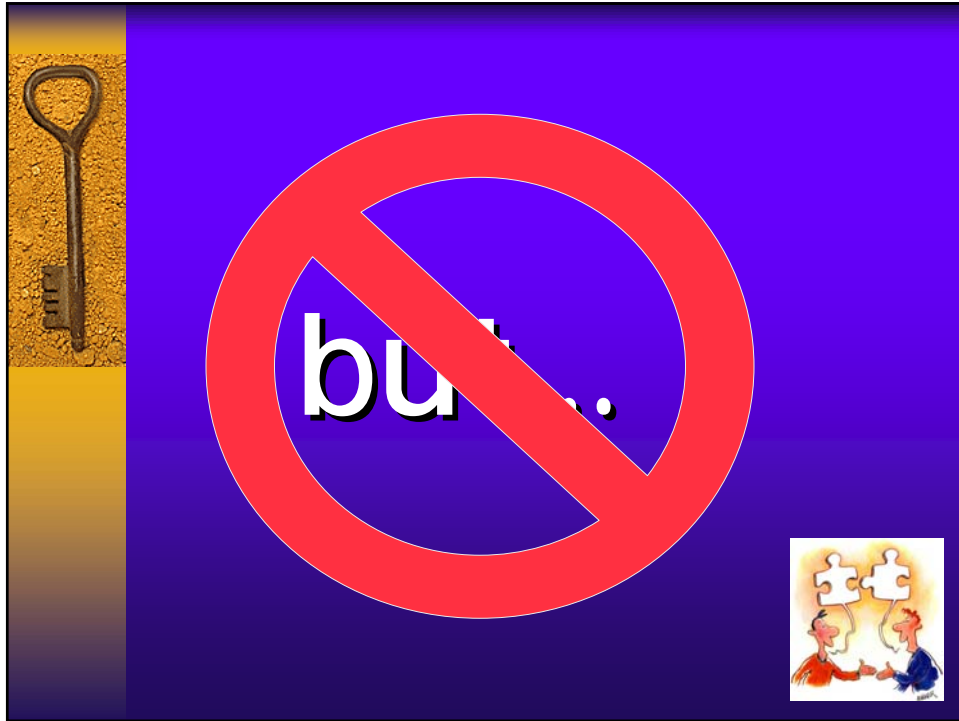
Knowledge vs. Beliefs



Being “Wrong” the Right Way

1. Just because I don't understand something doesn't make it wrong.
2. Even if I believe [in] something very strongly, it doesn't make me right.
3. If you give me enough new information, I just might change my mind.







"Truth" & Reappraisal


"Reappraisal is the ability to look at a situation from a fresh perspective and change your interpretation of it. This re-assessing of "truth" dampens negative amygdala responses in the brain and beneficially changes the actions we take from that point forward."

David Rock
CEO, Results Coaching Systems

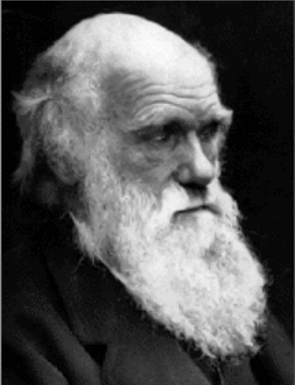





Rule #2



Adaptability is the key to resiliency.




Sir Charles Darwin

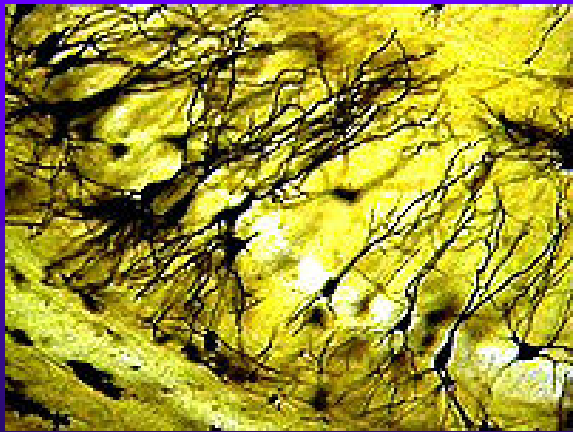
1809 - 1882




Breaking through Comfort Zones



Neuron Structures in the Brain

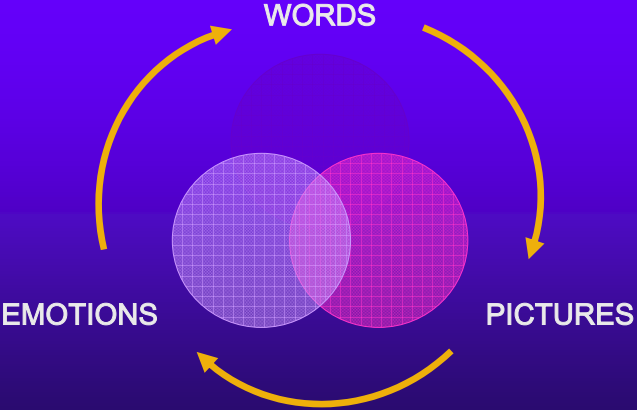


The Power of Words





The slide features a vertical decorative bar on the left with a key on a textured background. The main area has a blue-to-purple gradient background with the title 'The Power of Words' in white. Below the title is a cartoon illustration of a woman's head with pink hair. Inside her head, a glowing yellow lightbulb and a red starburst are visible, representing thoughts and inspiration.

Attitude Formation



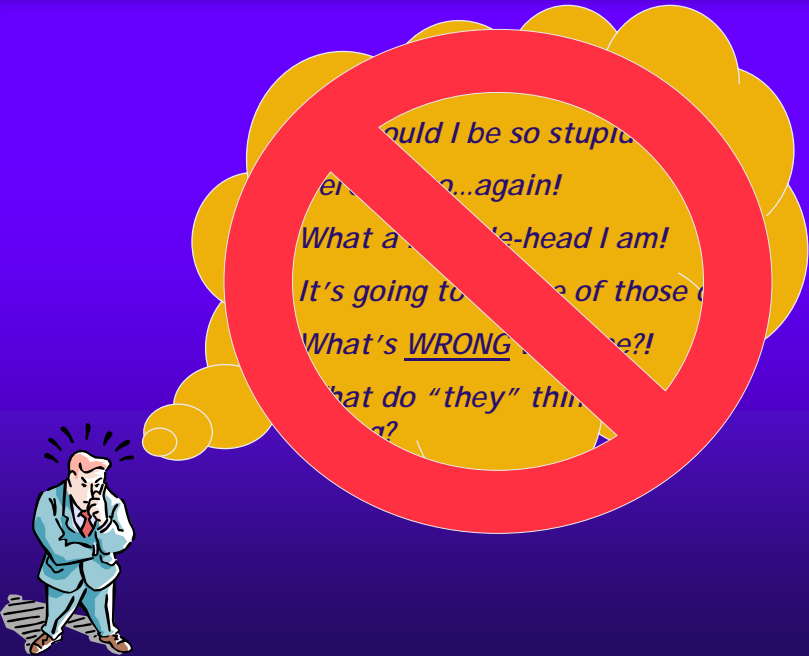

The slide features a vertical decorative bar on the left with a key on a textured background. The main area has a blue-to-purple gradient background with the title '*Attitude Formation*' in yellow. Below the title is a Venn diagram with three overlapping circles: a purple circle on the left labeled 'EMOTIONS', a pink circle on the right labeled 'PICTURES', and a grey circle at the top labeled 'WORDS'. Yellow curved arrows connect the circles in a clockwise cycle: from Emotions to Words, from Words to Pictures, and from Pictures to Emotions.



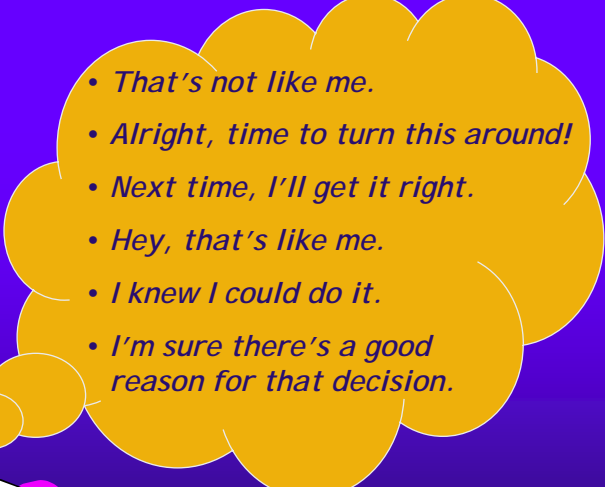


Self-directed "neuro-plasticity"

"The brain changes as a function of where an individual focuses his or her attention. Every time I worry, I grow and link new brain cells for that purpose, and over time, I get better at it. But you can focus your attention on positive behavior and grow those connections as well. The [brain] can be wired for positive or toxic behavior. It's up to each individual to decide which will become more predominant."


Ellen Weber, Ph.D.
Director, MITA International Brain Based Center



...ould I be so stupid
...again!
What a ...-head I am!
It's going to ... of those
What's WRONG ...?!




- *That's not like me.*
- *Alright, time to turn this around!*
- *Next time, I'll get it right.*
- *Hey, that's like me.*
- *I knew I could do it.*
- *I'm sure there's a good reason for that decision.*



Focusing on the "Wellness Vital 5"

1. Get plenty of sleep (7-8 hours nightly)
2. 10 minutes of vigorous walking
3. Identify and stay within range of your "fighting weight"
4. Narrow your focus to three projects at any given time
5. Be a "good finder" today and everyday





Inspiring
People.
Transforming
Business.
Achieving
Results.


Coffee & Keynote

*Whether you think you can or
think you can't...you're right!*

-Henry Ford

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Staff Development Workshop

Date: August 19-20, 2009
 Location: Independence, OH
 Time: 8:00am - 4:30pm both days
 Cost: \$479.00 / person (includes breakfast, lunch, and materials)


THE SLIGHT EDGE

2008 PGA Tour Players and Performances
(23 Tour Events)



Earnings

1st	Vijay Singh	\$6,601,094
23rd	Stuart Appleby	<u>\$2,484,630</u>
	Difference	\$4,116,464



Strokes Per Round

Vijay Singh	70.27
Stuart Appleby	<u>70.86</u>
Difference	.59





*"You can't leave footprints in the sands
of time sitting on your butt..."*



*...and who wants to leave
butt prints in the sands of
time?"*

*- Bob Moawad
(1943-2007)*

Thank You!