

Rotary

Midwest PETS



Midwest PETS 2025

FINDING “BALANCE” IN SERVICE AND SELF

**CREATING ENGAGEMENT
AND BELONGING**

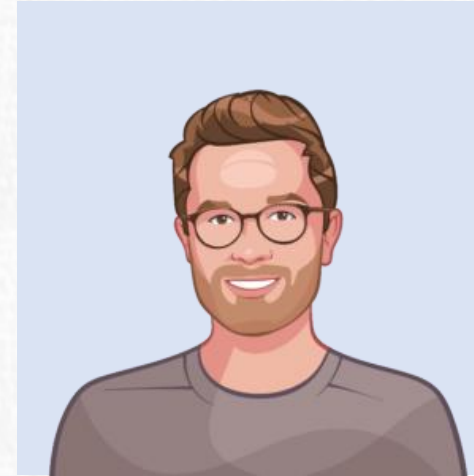
Rotary
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Succession Planning in Rotary

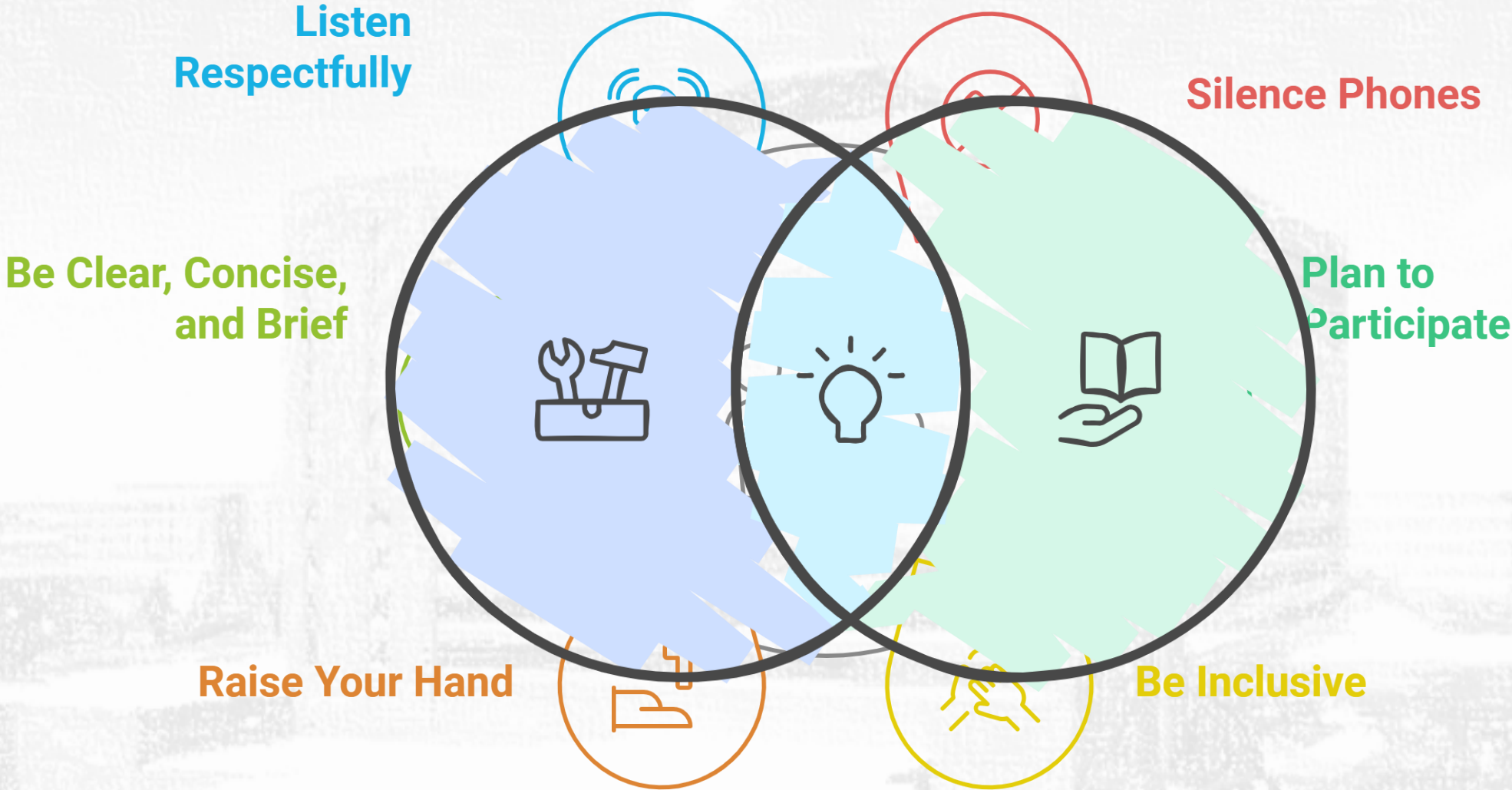


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Ground Rules



Learning Objectives

- Be familiar with resiliency, its value, and its contributing factors.
- Identify tactics for addressing “work/life balance” and increasing personal resilience.
- Be familiar with how to access resources.



Goal of Today's Workshop



What Causes You Stress?



How do you manage stress?



Is balance possible?



Resilience



Traits of Resilient People





Rotary



Resilience Tool Box



Examine Your Options

Accept

Avoid

Alter

Adapt

THE EISENHOWER MATRIX

	URGENT	NOT URGENT
IMPORTANT		
NOT IMPORTANT		

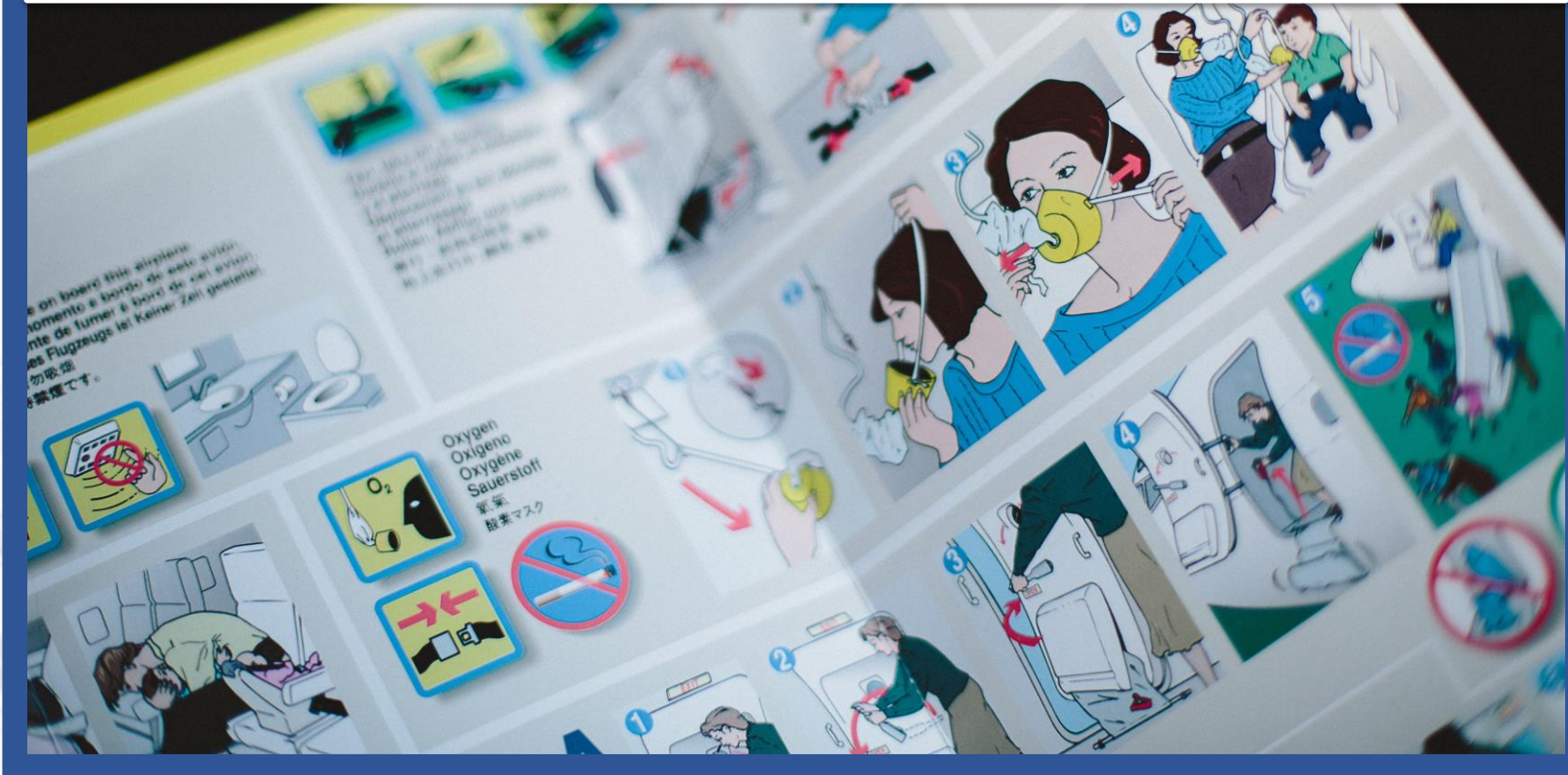
THE EISENHOWER MATRIX

	URGENT	NOT URGENT
IMPORTANT	DO IT FIRST	SCHEDULE IT
NOT IMPORTANT	DELEGATE IT <i>THESE ARE YOUR DISTRACTORS</i>	DUMP IT <i>THESE ARE YOUR DISTRACTIONS</i>

Self Care



Put Your Mask on First!



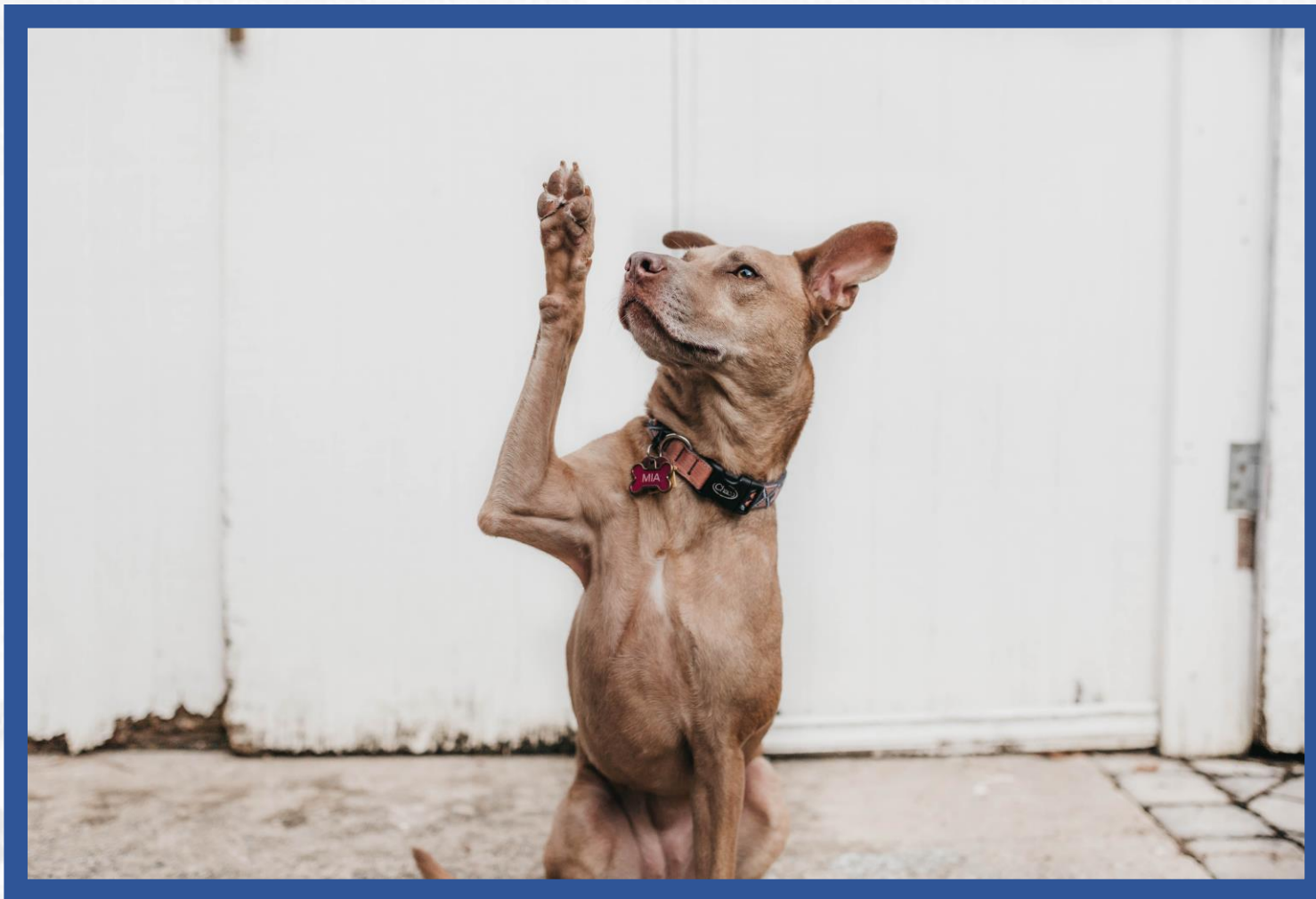
Stand and Deliver



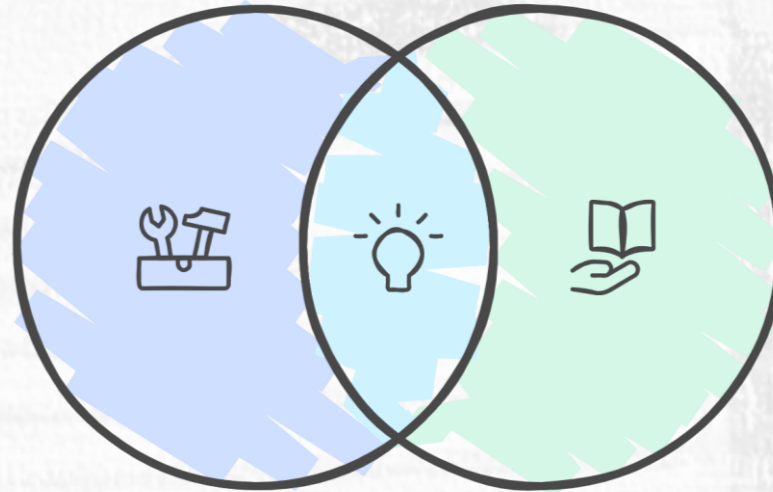
Resources



Questions?



Thank You!



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