

Canadian Family Practice Nurses Association



**“Wit, Fit and Balance...
Strategies for Success”
September 27, 2014**

whoever woke me up



is going to die













death valley
health center



JAN 16 2003



It's your perspective and what you choose to focus on...







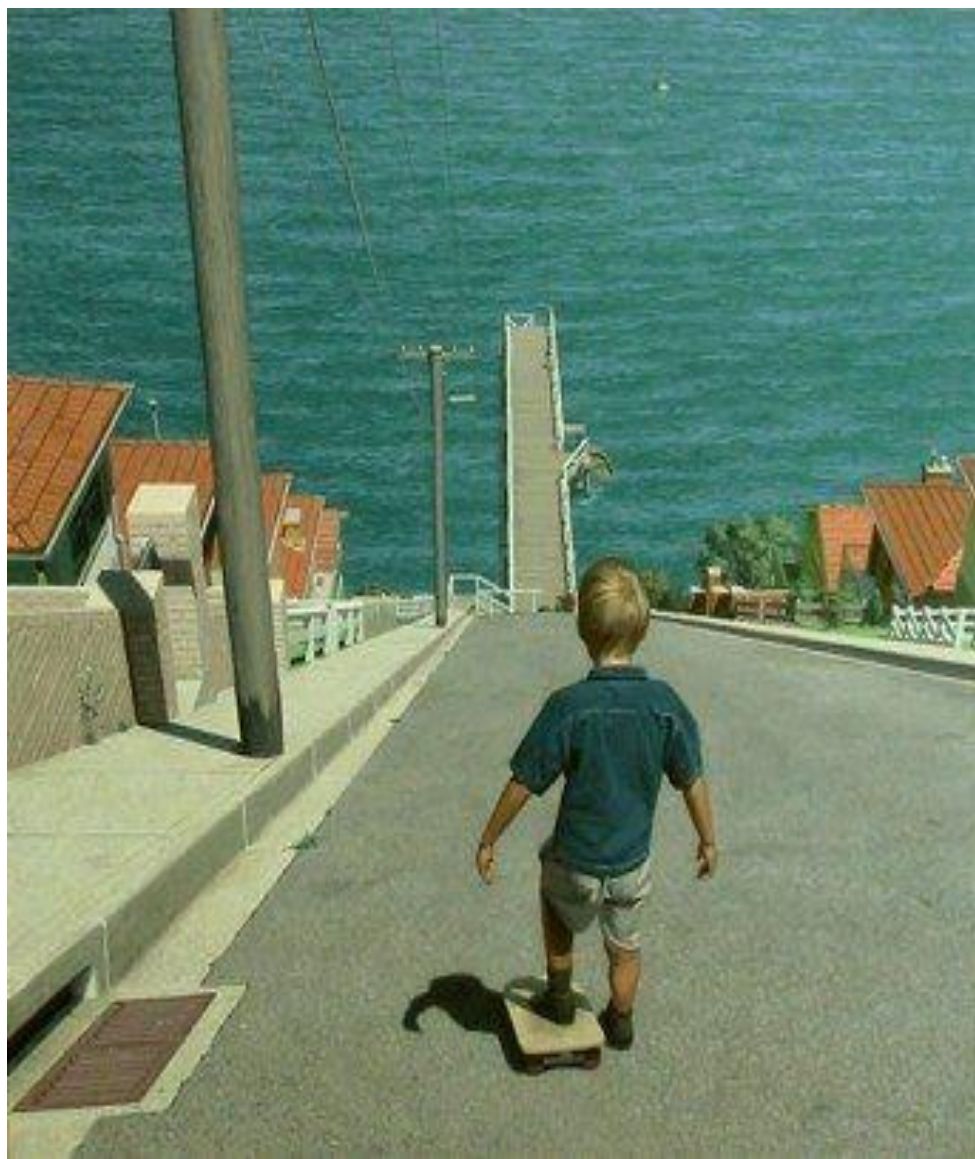


30 MINUTES A DAY

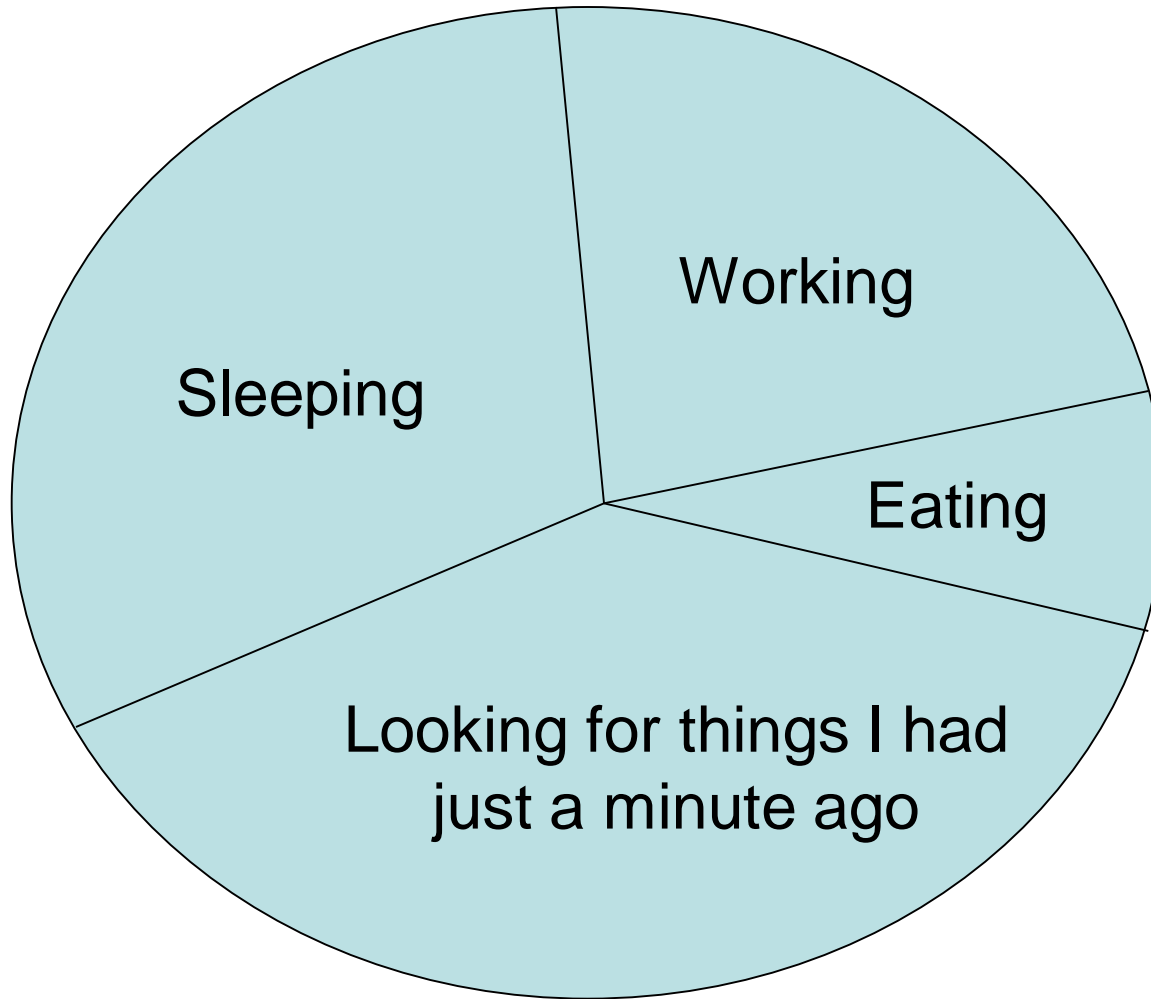
**SET IT ASIDE AND TREAT IT
LIKE ANY OTHER
APPOINTMENT**







My Life Broken Down Into Segments



Focus on Things You Can Control

It's not about what happens to us...it's about how we react to what happens to us.





**I'm So Glad
That I Hung On To
The Anger**



**We cannot control other
people's behaviour**





Switzerland in the
the Spring

Canada in the
the Fall

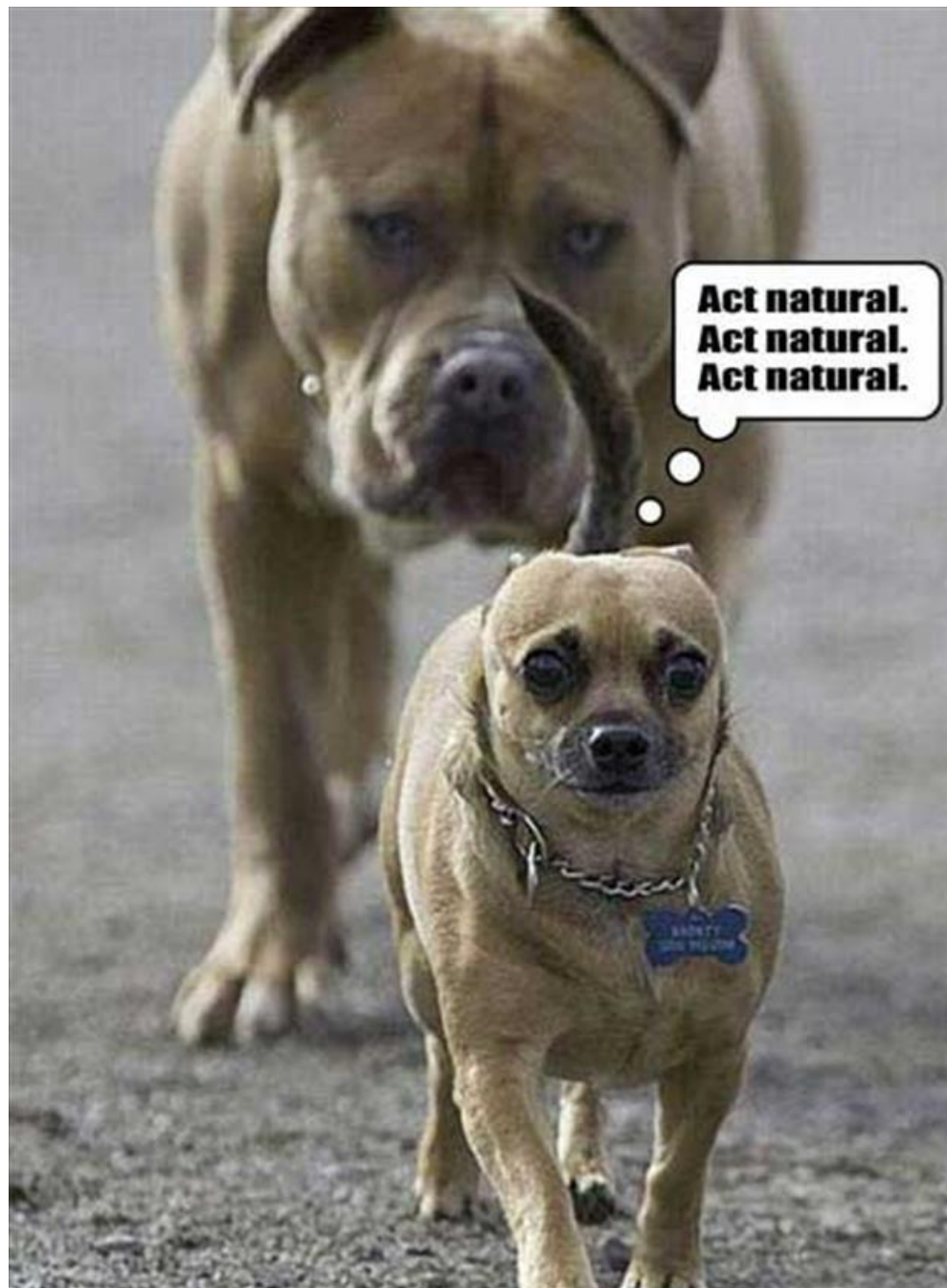
**The edge goes to those who can
look at themselves,
their problems and
unresolved issues,
from different points of view.**

CHANGE THE WAY YOU LOOK AT
THINGS AND THE THINGS YOU
LOOK AT WILL CHANGE

Dr Wayne W. Dyer

The Work Culture Is Shifting









Traditionalist



Grace Kelly

(November 12, 1929 –
September 14, 1982)



Christopher Plummer

(born December 13, 1929)

Baby Boomer



Oprah Winfrey
born Jan 29, 1954



Wayne Gretzky
born January 26, 1961

Gen X



Leonardo Wilhelm DiCaprio
born November 11, 1974



Tina Fey
born May 18, 1970

Gen Y (Millennials)



Britney Spears
born December 2, 1981



Mark Zuckerberg
born May 14, 1984

Understanding the Intergenerational Workforce

Traditionalist (<1945) Loyal Practical Prefer structure	Boomers (1946-1964) Idealistic Respect Authority Resist change
Gen X (1965-1979) Skeptical Independent Adaptable	Gen Y (1980-2003) Optimistic Team builders Value diversity

Understanding the Intergenerational Workforce

Traditionalist (<1945) Hard Worker Follow the Rules Tradition	Boomers (1946-1964) Live to Work People Skills Structure
Gen X (1965-1979) Life Comes First Project Focused Balance	Gen Y (1980-2003) Work so can Live Tech Savvy Fun





**Celebrate those small
successes along the way...
they ALL add up**

Man



Billie Lutz 1970-2001

Woman



IMPROVE ONE THING

OPPORTUNITY IS...

NO WHERE

OR

NOW HERE

It just depends on how you look at it.

FAIL

NEW HOPE RD
300

DEAD END →





Don't ask

But yes, I could use some help





Wit, Fit and Balance...

Strategies for Success

- **BE GOOD AT WHAT YOU DO**
- **COMMUNICATE EFFECTIVELY**
- **LIVE WITH BALANCE**
- **HUMOUR AND PERSPECTIVE**

