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# Member Webinar

Managerial Resilience |  
Work-Life Balance





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## About Me

- 25+ years' global experience across multiple sectors
- Specialised in Talent Management
- Focused on developing leaders of all levels

# Managerial Resilience

- Prioritisation
- Delegating Effectively
- Learning to say “no”





## Question?

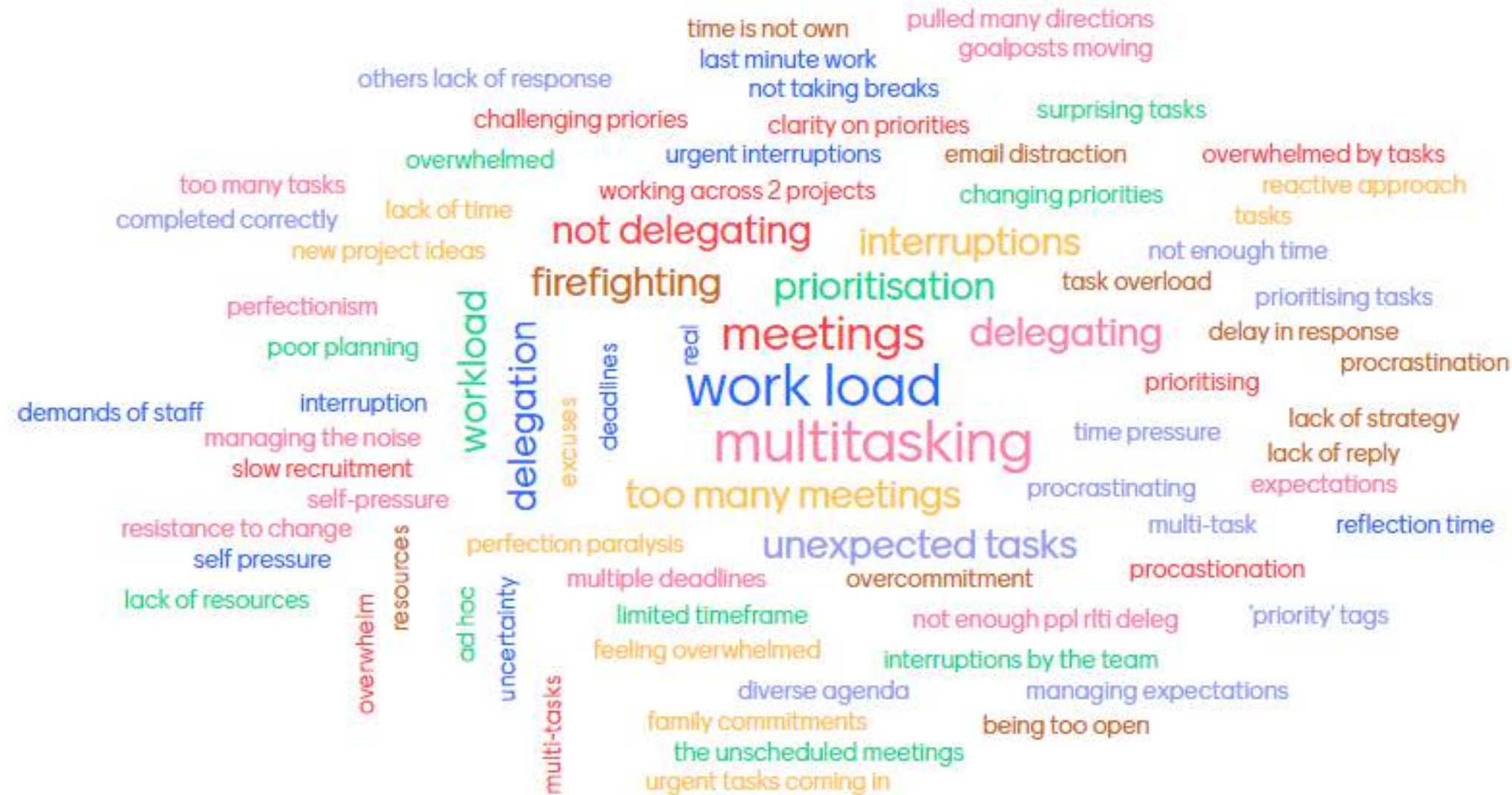
What challenges do you face managing your time?



**Mentimeter**

# What challenges do you face with managing your time?

96 responses





*"Eight hours to work, Eight hours to play, Eight hours to sleep, Eight bob a day. A fair day's work, For a fair day's pay."*

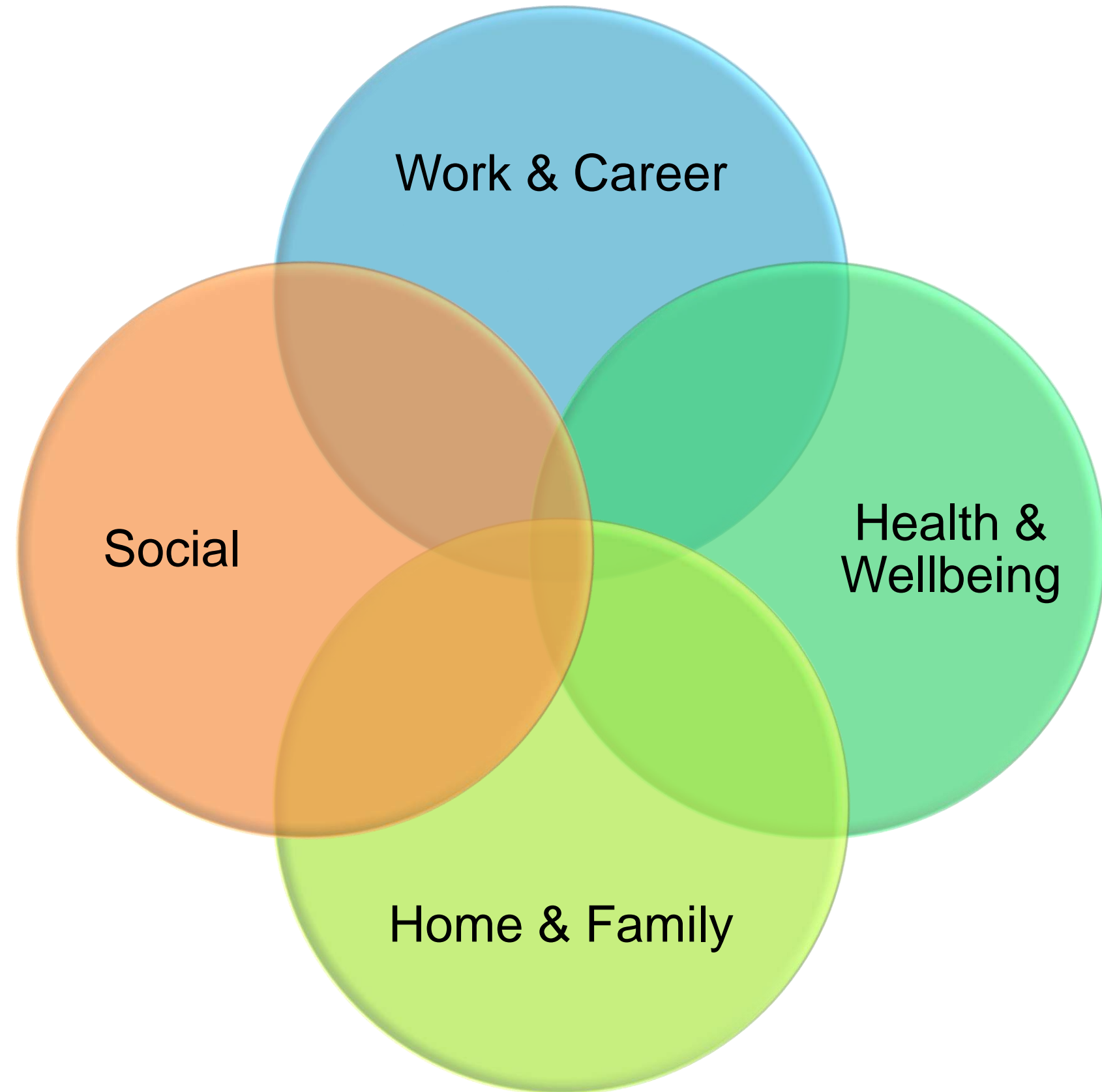
*Franklin (2010)*







# Work-Life Integration



# Eisenhower Matrix

## ① Do First

First focus  
on important tasks  
to be done the same day.

## ② Schedule

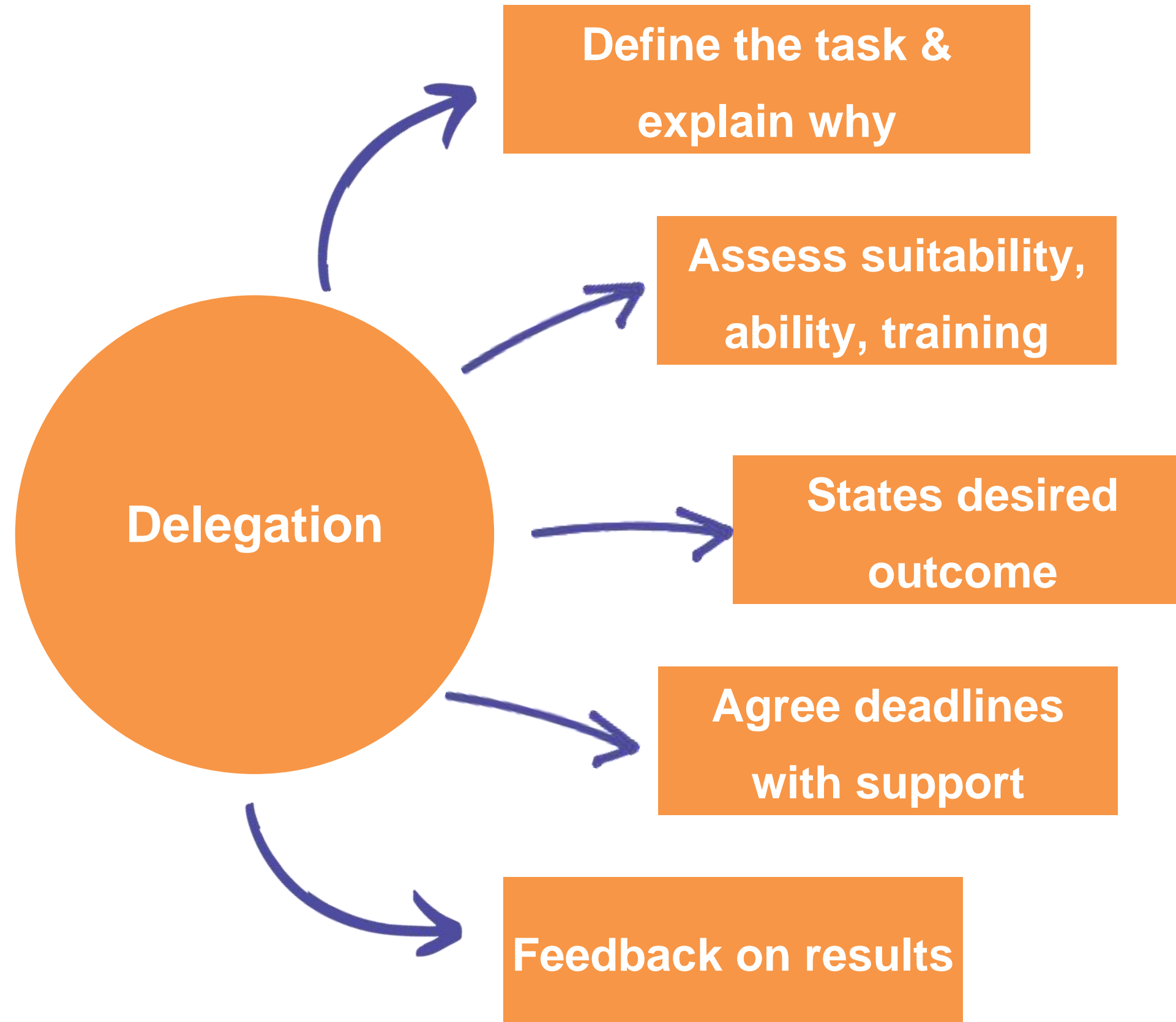
Important, but  
not-so-urgent stuff  
should be scheduled.

## ③ Delegate

What's urgent,  
but less important,  
delegate to others.

## ④ Don't Do

What's neither urgent  
nor important,  
don't do at all.





**01**

Evaluate the request

**02**

Clear communication

**03**

Offer alternatives



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# QUESTIONS & ANSWERS?

*Ask Away.*

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