Life Work Integration/Work Life Integration

Jeanne Aguet - Cattouse

of Loving Is Key LLC

Express Gratitude for this opportunity.

The Key Analysis of Loving Is Key !

CCCU ANNUAL INTERNATIONAL CONVENTION

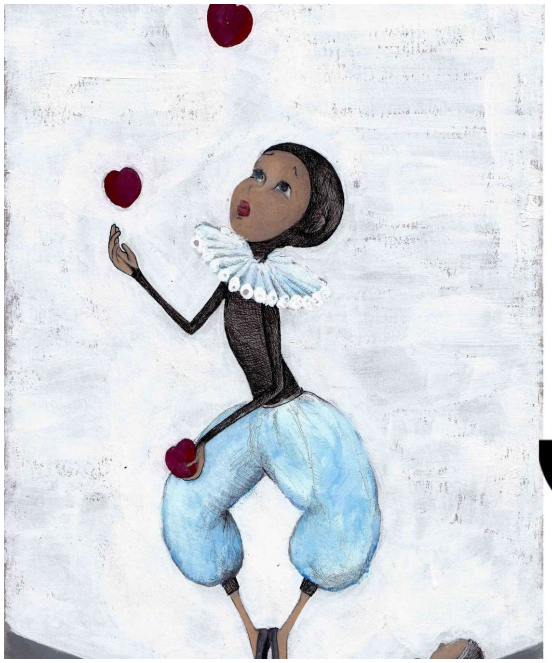
JUNE 21 - 26, 2024

ST. KITTS & NEVIS

LOVING IS KEY

By Jeanne Aguet

LOVE YOURSELF BY LEADING WITH LOVE



Current state of Affairs

Fearful / Guilty feelings / stressful / split focus / unproductive/sick and tired

Visualization Exercise

- Let’s take notice of how we feel.
- The body does not Lie

Visualize, Emotionalize, and internalize

New paradigm

Life-work integration
is a holistic approach that
recognizes the interconnectedness of our
personal and professional lives.

Harmonious and Intentional integration

Confident/ Safe / Peaceful/
Happy / Empathetic/
Productive/Self-Aware

Work Life Integration

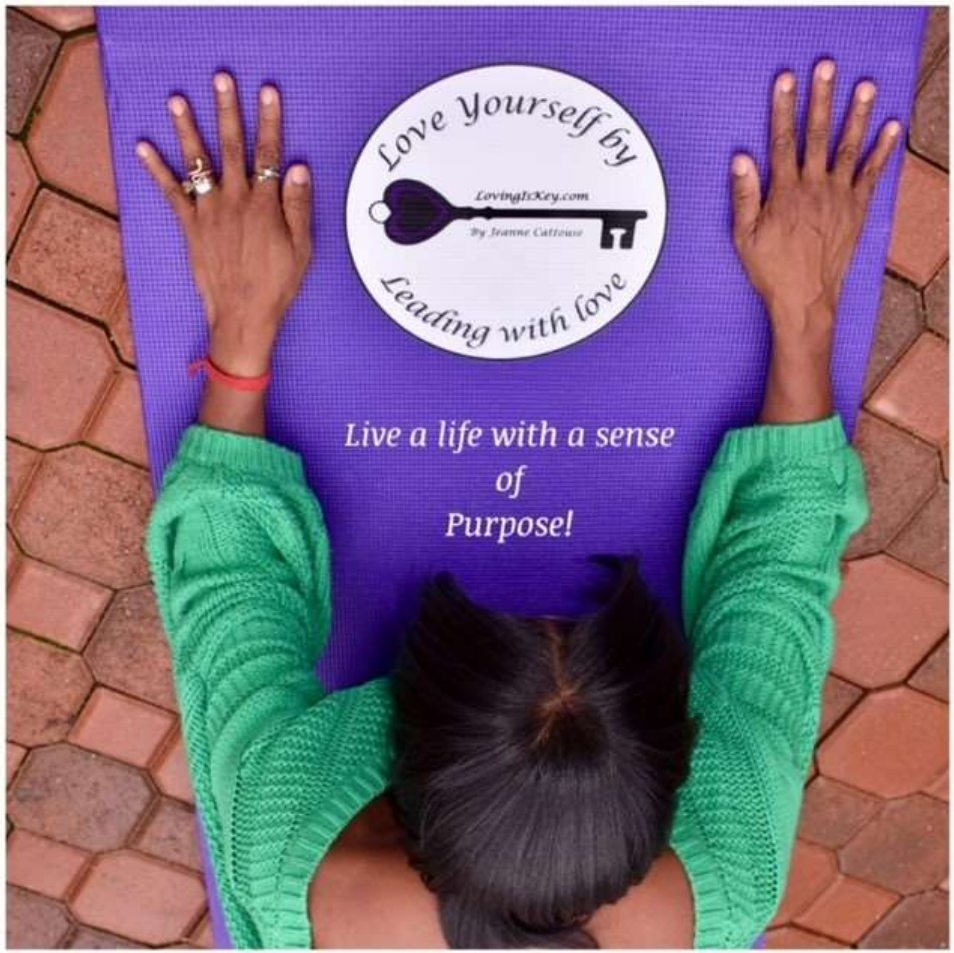
Jeanne Aguet -Cattouse

Work - Life / Life - Work Integration

- Perceive and Prioritize our time and energy
- Making Intentional choices that align with our values and priorities
- Finding flexibility and adaptability in managing our commitments and responsibilities, allowing us to be fully present in whichever domain requires our attention.

Well-being is paramount!

Spiritual, mental, physical, emotional, financial and social health is crucial.



TYPES OF SELF-CARE
PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest
EMOTIONAL
Stress management
Emotional maturity
Forgiveness
Compassion
Kindness
SOCIAL
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help
SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space
PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self
SPACE
Safety
Healthy living environment
Security and stability
Organized space
FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills
WORK
Time management
Work boundaries
Positive workplace
More learning
Break time

Integration is :

Bringing together

Blending

Mixing

Flowing

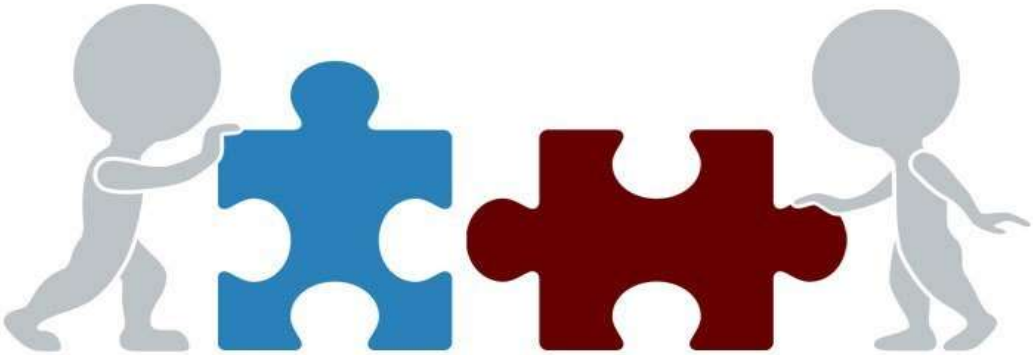
including

Integration is about

Creating a sense of purpose and fulfillment

Harmonizing

Flowing



Blending

Interconnectedness

Personal & Professional

Including

Synergy

Aligning our values, passions, and goals

Happy Employees = Happy Families

When Organizations and Businesses Embrace and Support WLI/LWI....

When we Foster a culture that values Work-life Integration!

The time is now to come together!

I honor the place in you where the entire universe dwells, I honor the place in you of Peace, Joy, Love, Compassion, and Understanding and I believe that when we communicate on this level we are one. We are whole.

CARIBBEAN CONFEDERATION OF CREDIT UNIONS

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- Life is a symphony of harmonization, blending the different notes of work, passion, relationships, and self-care, flowing together to create a beautiful melody of purpose and fulfillment."

THANK YOU