



The Balancing Act

Kim Redman, Mali Phonpadith



The Balancing Act:

The Balancing Act J. Harrison Drake, 2010-05-05 **The Balancing ACT: Mastering the 5 Elements of Success in Life, Relationships and Work** Sharon Seivert, 2019-03-17 Since the original publication of The Balancing Act in 2001 the ideas contained in these pages have grown into a global movement Seivert has developed an international network of business and educational colleagues plus a comprehensive series of pragmatic programs online assessments supportive interventions and detailed measurements of progress all of which have contributed to significantly increasing the odds of success for individuals and companies in transition In these pages you will find the foundational body of work that led to this rich development of effective interventions for people from all walks of life and from all over the world ranging from wealthy business owners and senior leaders to career changers and new entrepreneurs to beleaguered teachers and at risk youth See below what some of them have said about how The Balancing Act has benefitted them Over the past decade I have used the Core Leadership program to help hundreds of leaders positively transform themselves and therefore their teams companies and families The ancient philosophy of The Balancing Act is the most systemic powerful and comprehensive leadership development process I know And it leads to miracles they do happen Auke van Keulen Consultant Exec Coach DeCoreporation The Netherlands Sharon has a remarkable ability to manage difficult entrepreneurs with ease and humor keeping them on track to deliver tangible results She has a gift for quickly identifying exactly how leaders get in their own way AND helping them remove obstacles to success R Reade SVP Washington DC Archangels During a crossroads in my career Sharon coached me to overcome obstacles and doubts and then supported me in making a bold decision that I've never regretted What's more Sharon has achieved similar amazing results with patients I've since referred to her T Moriyama M D Psychiatrist Instituto Bairral Hospital Sharon is so warm and welcoming that I have seen people from every walk of life enthusiastically accept and love her Students treat her like a rock star teachers like a expert colleague and parents like a trusted advisor C Beira Founder Espa o Hillas The Balancing Act author Sharon Seivert is President of CORE Coaching Consulting an international consortium of business consultants coaches and teachers who use The Balancing Act programs to foster greater balance productivity health and happiness in clients lives work and relationships Sharon lives and works in Cambridge MA US For more information about Sharon The Balancing Act and the many TBA programs available to you go to www.CoreCoachingConsulting.com **The Balancing Act** Sharon Seivert, 2001-10-01 Highly effective strategies that help people and businesses succeed using the five elements of water air earth fire and ether The five elements represent emotion mind body drive and soul Presents case studies from Seivert's organizational and executive clients in financial services health care government academics technology retail and marketing The unique tools in The Balancing Act can be applied equally well to businesses families or personal relationships Have you ever had one of those days when everything went right When the initiatives you started at work came together like clockwork when a family outing seemed like fun and

not labor when you and that special someone felt your relationship taking off under its own power Those times were not accidental They happen when the key elements of any system a business a family a relationship come into balance and then function in a state of synergy where the whole becomes much more than the sum of the parts In *The Balancing Act* consultant and personal coach Sharon Seivert shows how you can create this magical state of affairs in your life love and work on a daily basis Starting with an extensive questionnaire that lets you evaluate the health of your business relationships and self Seivert teaches you how to recognize which of the five traditional elements that make up any system are in balance and which need more of your attention Exercises and tips for nourishing each element demonstrate how you can take a proactive role in bringing your life successfully into a state of balanced harmony **The Balancing Act** Robert C. Schnase, 2009 Our lives are filled to capacity with routines habits conversations surprises and disappointments With all that s going on in life it s easy to miss those quiet moments of grace which come more often than we realize But they are there In *The Balancing Act* a collection of thirty short and insightful devotional readings originally written for his blog at www.fivepractices.org Bishop Robert Schnase invites readers to take a daily look at how to watch for and include God in their lives *The Balancing Act* is written to inspire prayer conversation questions and change Feel free to use it as a personal daily devotional or in small groups Topics include spiritual attentiveness life goals and prayer Readings will be grouped under weekly themes and include group discussion questions with each of the 30 readings Listen to Bishop Schnase read from *The Balancing Act* Please Lord Send Someone Else Somewhere Out There *The Balancing Act* Download a brochure on all available Five Practices products *The Balancing Act* Kim Redman, Mali Phonpadith, 2018-09-19 Professional women offer advice lessons and steps they used to help create a work life balance **The Balancing Act** Louise Vokins, Tara Macintosh, Farah Foster-Manning, 2018-09-19 Professional women offer advice lessons and steps they used to help create a work life balance **The Balancing Act**, 1976 *The Balancing Act* Nan Sherman, 1985 **The Balancing Act**, 1974

The Balancing Act Hally Rhiannon-Nammu, 2011-09-21 *The Balancing Act* is a compilation of articles to help every person in almost every situation covering the many facets that make us what we are from our beliefs our attitude and our passions Each chapter has helpful tips and insightful tools to help you move from a place of confusion and chaos to bringing out the best in you simply by being you *The Balancing Act* Richard Cavendish, 1960 *The Balancing Act* Kerry Patterson, 1996 Drawing from their experience with hundreds of organisations the authors present a witty intelligent discussion about what motivates and enables people to act succeed and work together to make an organisation increasingly vital and healthy

The Balancing Act Fiona Parashar, 2003 A recent work life study by MANAGEMENT TODAY revealed that almost half of Britain s managers feel too mentally and physically exhausted to do anything other than work and sleep and nearly a third say their lives are out of control Around half of the people questioned said they would switch jobs tomorrow for a better quality of life Is it the way we work today that is causing this phenomenon or are we just not handling our lives as well as we

could THE BALANCING ACT offers the WHY WHAT and HOW of getting more balance in our lives It gets to the root of WHY we re out of balance drawing on Fiona s own theories and interpretation of psychology social trends and observations of the corporate world and says WHAT we can do about it With original ideas to inspire us towards a new way of thinking THE BALANCING ACT suggests HOW we can change our lives in easy steps Written in a language clearly at one with the fast pace and issues faced at work today this is a coaching book on how to get more balance in your life your way your style your time

The Balancing Act Family Guide Stacia' Alexander,2018-05-03 **The Balancing Act** Samantha Baird,2013-12

The Balancing Act How to Live a Wholesome Life book was made for the busy household Whether you re struggling with how to eat to optimize your health or you re fighting a myriad of health problems my new book The Balancing Act How to Live a Wholesome Life has simple solutions to help you achieve your goal of good health You ll receive critical nutritional insights for health including the secret to never gaining weight tips for eating the right amount of dietary fats why an acidic body is a disaster for your health how eating a grain based diet has been hurting you and more Does your life seem to be consumed by work Do you get home from work and literally want to rip your hair out The house is a mess kids are asking a million questions and craving some attention dinner needs to be done and you don t know what to cook Take away isn t an option because that costs more money sound familiar You are not alone The Balancing Act is your solution it s an easy guide formatted in daily steps to implement and slowly integrate into your everyday life The result a calm and sane household This book includes clear answers on nutrition and food choices how to improve your financial situation through smart shopping techniques and budget building It also includes sustainability practices such as how to go grow your own garden and how to sprout and ferment your own produce Your house will always be clean with easy cleaning routines that require less time it even includes natural cleaning recipes PLUS enjoy tips for nurturing healthy relationships you will find once the stress and anxiety has been alleviated from your life you will have time and actually have fun with your special loved ones and believe it or not you will love and enjoy them even more Create the healthy life balance you need Tap into the knowledge of a certified food coach for the cost of a book Change your health change your life

Vision/re-vision Barbara Tapa Lupack,1996

Essays analyze ten popular films adapted from contemporary American fiction by women addressing the ways in which the writers feminist messages are reinterpreted and examining the extent to which filmmakers adapt retain or erase the feminist content of the original fiction Films examined in include Ordinary People The Women of Brewster Place and Interview with the Vampire Contains bandw photos Paper edition unseen 24 95 No index Annotation copyrighted by Book News Inc Portland OR

Edward Bond and the Dramatic Child David Davis,2005 Our future depends on the state of our imaginations Drama becomes more important as the world changes Plays young people write act in and watch are the blueprints of the world they will have to live in Edward Bond has chosen in recent years to focus much of his work on plays for young people arguing that drama helps children to know themselves and their world and their relation to it This book discusses some of his

important plays for young people and offers case studies of various productions of them Contributors examine how the plays have been used by teachers and theatre companies with young people and they explore the demands of acting and staging Bond Contributors include Tony Coult Chris Cooper Katie Katafiasz John Doona Tony Grady and Bill Roper One chapter is taken from the notes of Geoff Gillham and one is written by Edward Bond The book will be of interest to those who work in drama with young people whether in theatre community work or in schools **The Balancing Act** Robert

Schnase,2011-12-01 Our lives are filled to capacity with routines habits conversations surprises and disappointments With all that s going on in life it s easy to miss those quiet moments of grace which come more often than we realize But they are there In The Balancing Act a collection of thirty short and insightful devotional readings originally written for his blog at www.fivepractices.org Bishop Robert Schnase invites readers to take a daily look at how to watch for and include God in their lives The Balancing Act is written to inspire prayer conversation questions and change Feel free to use it as a personal daily devotional or in small groups Topics include spiritual attentiveness life goals and prayer Readings will be grouped under weekly themes and include group discussion questions with each of the 30 readings Listen to Bishop Schnase read from The Balancing Act Please Lord Send Someone Else Somewhere Out There The Balancing Act Download a brochure on all available Five Practices products **The Balancing Act** North Carolina Cooperative Extension Service,1994

Balancing Act Marco De La Cruz, M.d.,2009-01-05 Health is personal energy This insightful concept is the life changing basis for Balancing Act More personal energy means more options for joyful living In Balancing Act simple and effective Mind Body and Spirit actions are prescribed as part of your Personalized Energy Program PEP Mind actions include attitudes feelings and perceptions you manage to positively influence your personal energy Body actions include nutrition exercise and sleep Learn to use what you eat how you move and better sleep for more personal energy Spirit actions include love forgiveness gratitude and prayer powerful actions known to increase personal energy With personal energy as your marker for health and balance the goal is optimal personal energy the Balancing Act way

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