

NOAC 2024

CU Boulder



SEEK NEW HEIGHTS

WORK-LIFE BALANCE: GIVING BACK

Balancing Act: Integrating
Volunteerism into Your Busy life

Learning Objectives

- Understand the importance of work-life balance and how volunteerism fits in.
- Learn strategies for effective time management and setting boundaries.
- Discover the benefits of volunteer work for personal and professional growth.
- Develop a personal action plan to integrate volunteerism into their lives.



The Importance of Work-Life Balance

Benefits and Challenges

Signs of Imbalance

Integrating Volunteer Work

Benefits:

- Physical Health
- Mental Well-being
- Productivity

Challenges:

- Workload
- Personal Commitments
- Lack of Boundaries

- Stress
- Burnout
- Decreased Job Satisfaction
- Lack of personal time

- Create space for giving back without overwhelming yourself.
- Discover your passion for giving back.



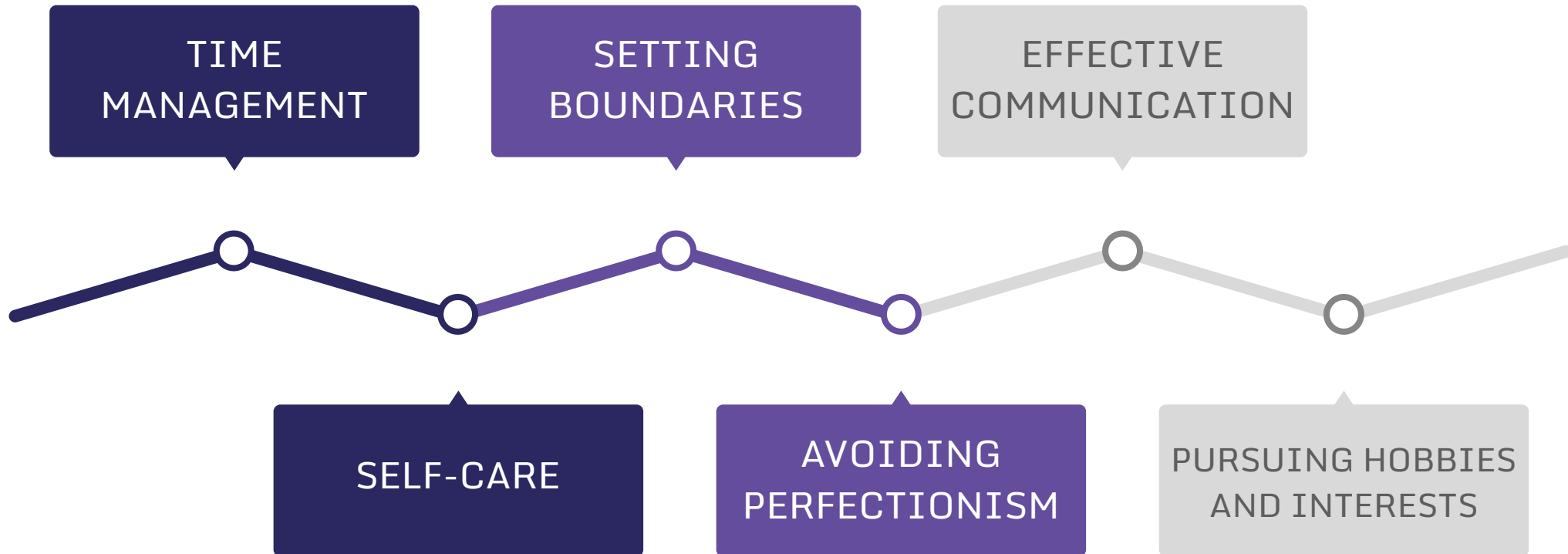
Assessing Your Current Balance



- Self - Assessment
- Setting Priorities



Strategies for Achieving Balance



Benefits of Volunteerism

- Personal
- Professional



Integrating Volunteerism into Your Life

- Finding the right opportunity
- Making volunteering part of your routine

VOLUNTEER



Activity

**SEEK  NEW
HEIGHTS**



Q & A



Takeaway Challenge

