

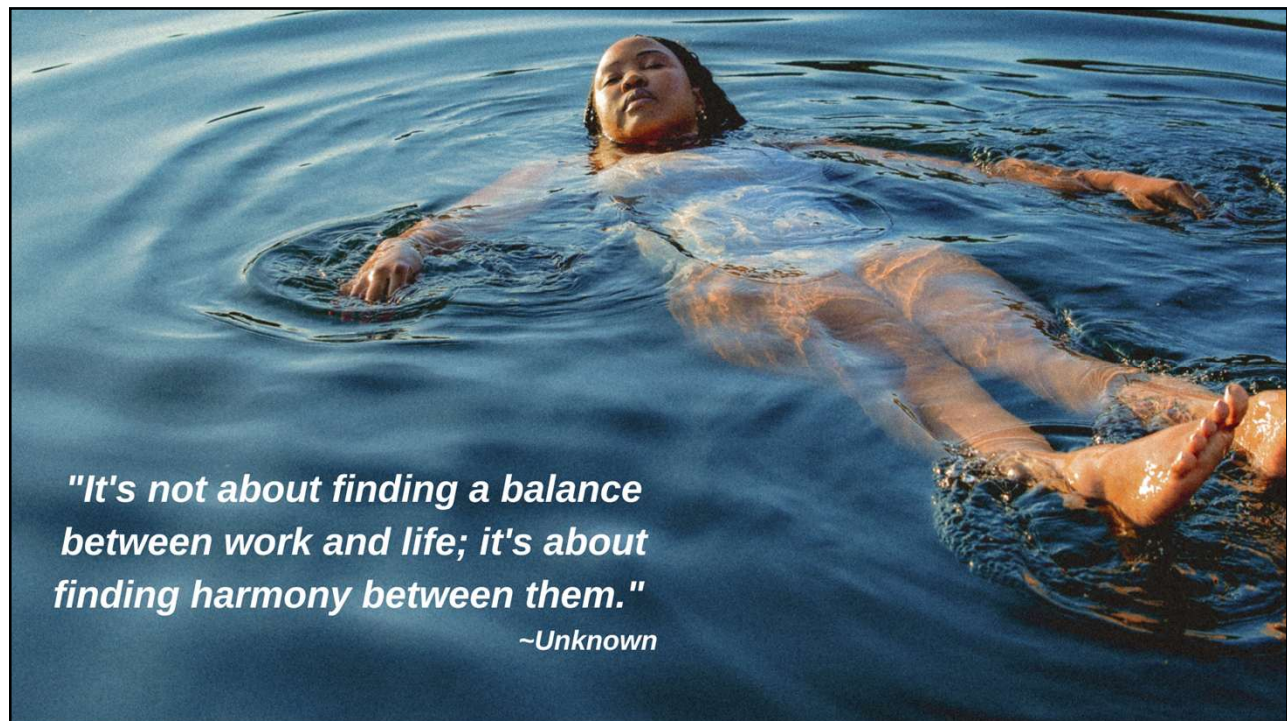
# LEVEL UP YOUR LIFE: Conquering Work-Life Balance

**Cindy Rowe**

INSTAGRAM: @CINDYAROWE LINKEDIN: CINDY ROWE



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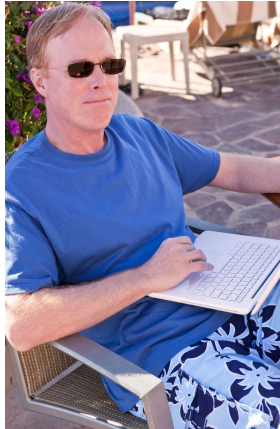
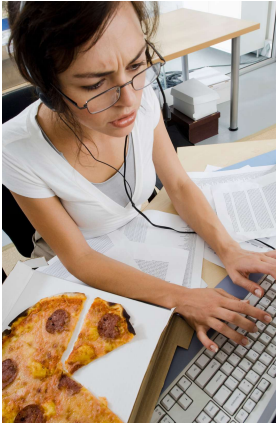


*"It's not about finding a balance  
between work and life; it's about  
finding harmony between them."*

*~Unknown*

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# ARE YOU A WORKAHOLIC?



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**1 in 2  
employees  
report  
feeling  
burnt out**

**Nearly half  
of us skip  
lunch at  
least once  
a week.**

**1/4 of  
employees  
rarely take  
days off**

Everyone Social, Forbes, Hubstaff

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Do not edit  
How to change the design



## Which best describes your work-life balance?

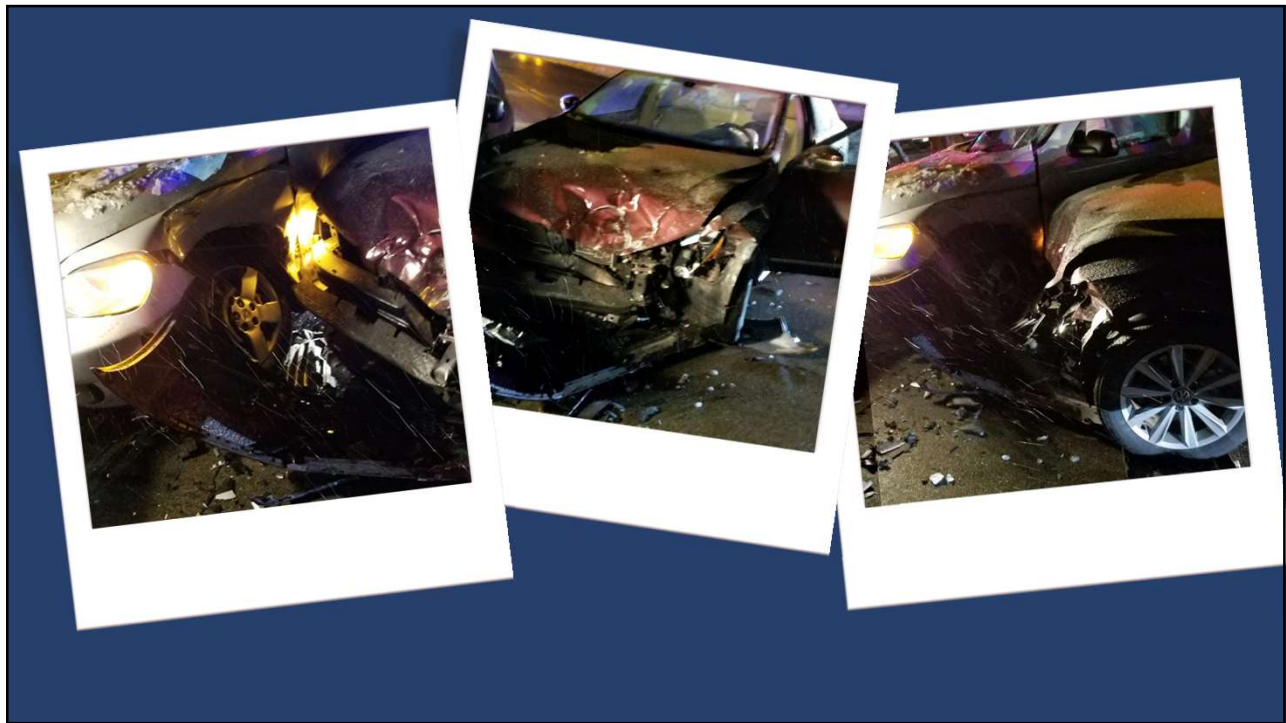
i The Slido app must be installed on every computer you're presenting from **slido**

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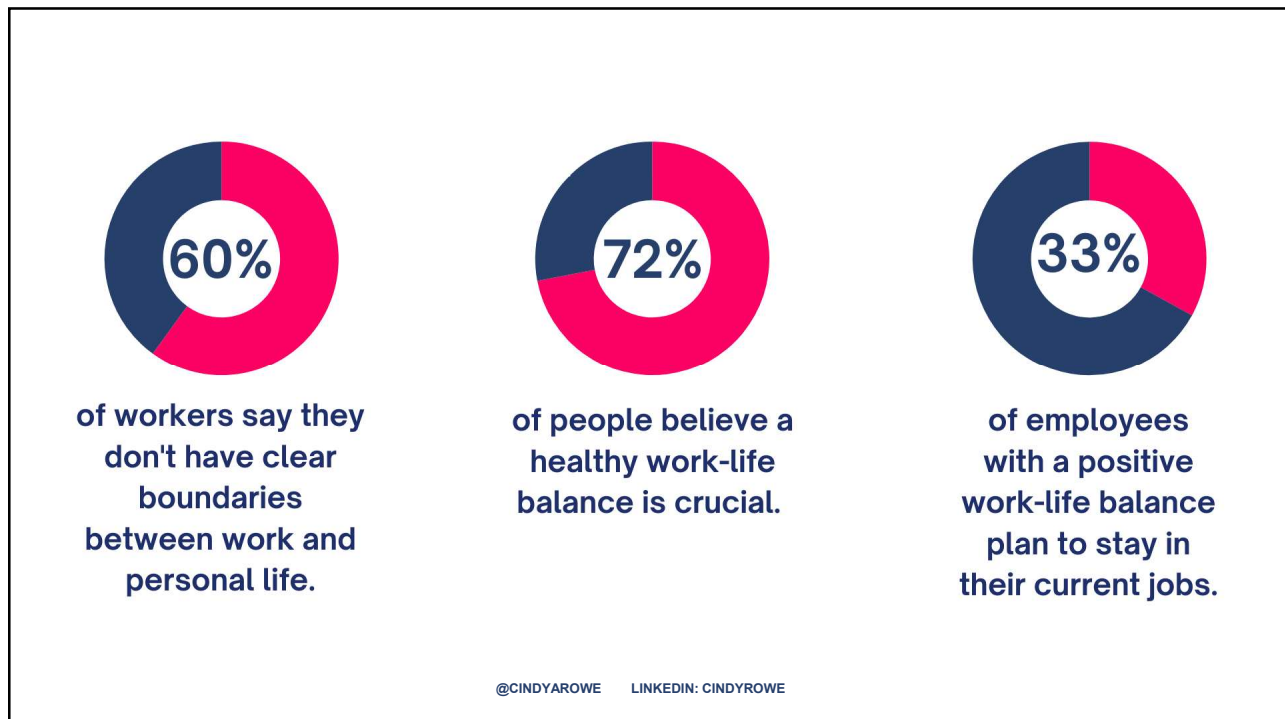


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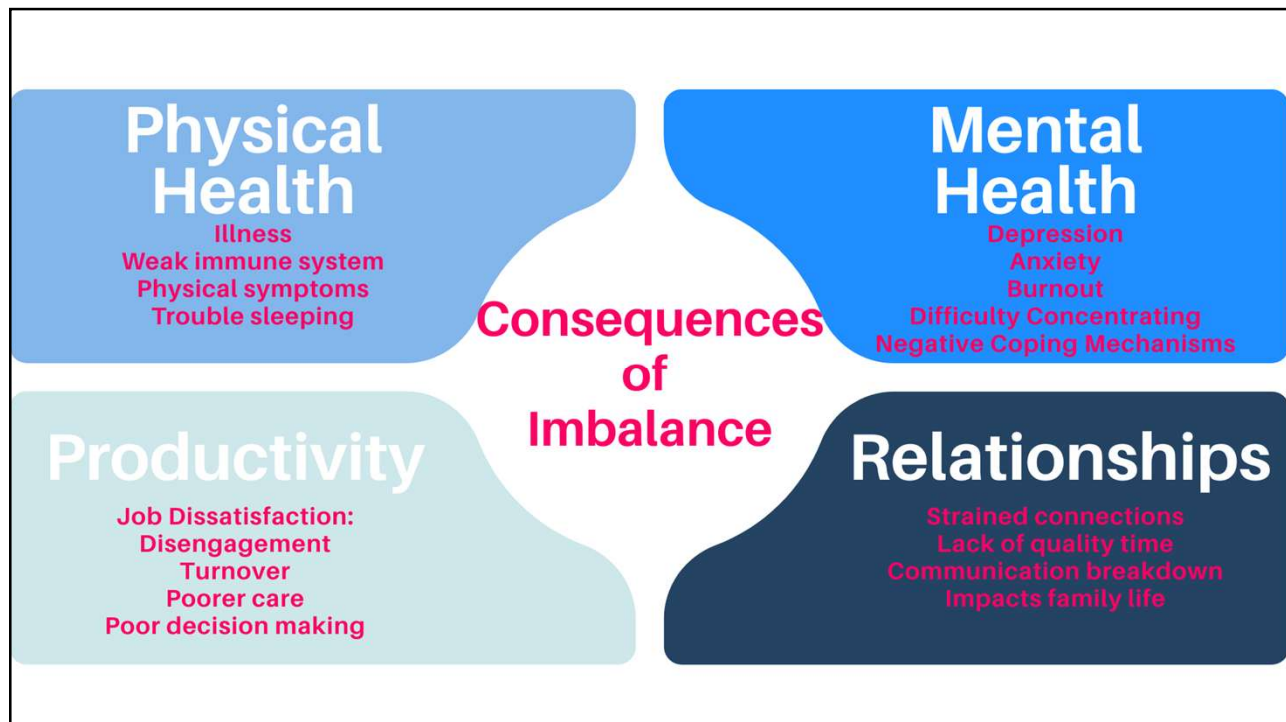




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# 3P METHOD

*Kindness includes protecting your energy and well-being.*



*Protect*



*Prioritize*



*Plan*



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# PROTECT

## GUARD BOUNDARIES

Set “stop work rituals” (shut laptop, short walk, change clothes)

Turn off push notifications after hours—protect brain space.

Say “no” without guilt

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# SET BOUNDARIES THAT STICK

## LEAD

“No” is a full sentence. Model boundaries for your team.

## TIP

Set a “shutdown routine” or a no-meeting zone on your calendar.

**EMPLOYEES WHO  
SET WORK LIMITS  
REPORT 26%  
HIGHER  
SATISFACTION**

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# PRIORITIZE

*Do the right things, not all the things.*

Use a daily “Top 3” list: 3 must-dos vs. everything else.

Align tasks to energy zones—do creative work in peak brain hours, admin in low-energy times.

Apply the 80/20 rule: which 20% of work creates 80% of impact?

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# PROTECT YOUR PEAK ENERGY

## TACTIC

Identify your peak focus times and reserve them for deep work.

## EXAMPLE

2-hour focus block before meetings; no email before 10 a.m.

### MULTITASKING LOWERS PRODUCTIVITY BY UP TO 40%

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# PLAN

*Create structure that supports*

**Weekly Reset Ritual:** Block 15 minutes on Fridays to map out the next week—include personal commitments.

**Micro-break Planning:** Schedule 5–10 minutes between back-to-back sessions for a breath, walk, or grounding exercise.

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# PLUG INTO WHAT FUELS YOU

## THOUGHT

Rest isn't optional—it's regenerative.

## EXAMPLE

Morning routines, device-free dinner, 15-min midday walks.

**JUST 6 MINUTES OF NATURE TIME REDUCES CORTISOL (STRESS HORMONE)**

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## Why Balance = Better Business

**147%**

Companies with high employee well-being outperform peers by 147% in earnings per share

Gallup

Poor work-life balance leads to **23% higher turnover** and **41% more absenteeism.**

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***“Don’t get so busy making a living that you forget to make a life.”***

*~ Dolly Parton*

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**THANK YOU!**



**LEVELUP**

**Let's Connect!**

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