

## Balancing Life and Career

Facilitator: David Betancourt

### Conceptual Framework:

As music faculty, we often find ourselves in a state of mind that “our life IS our career”, but does it have to be this way? This session will focus on balancing your personal life with life as a music educator. Topics will include families, relationships, pressures of work, internal drive and motivation, time management, and techniques to bring balance to your life.

**Prompt:** *What is your #1 challenge in balancing life and career?*

### Common issues in balancing life and career.

Not enough time in the rehearsal/day  
Not giving your all to the students  
Not being around for your family/partner  
Trying to please the parents/administrators/colleagues  
Working with parents/administrators/colleagues  
Not having enough resources (funding, staff, support)  
Burnout  
More? Share . . . a litte bit! ☺

### Bringing balance to your life requires more than a mindset change; it requires practice

Stop micromanaging  
Delegate  
Don't do it alone  
Reflect on your purpose  
Learn to say no  
Develop communication and conflict resolution strategies, then practice them  
Create a priority schedule  
Recognize what makes you happy  
More? Let's share a lot!

What is YOUR nugget? Jot it down here (or circle it in your notes above):

# Balancing Life and Career

Facilitator: David Betancourt

Time↓ Day →	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							

# Balancing Life and Career

Facilitator: David Betancourt

7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							