

# Thriving Unbalanced

Facilitator: David Betancourt

## Conceptual Framework:

As music educators, we often find ourselves in a state of mind that “our life IS our career”, while we grapple with the concept of work/life balance. Balance is defined as an even distribution of weight enabling someone or something to remain upright and steady. Another definition is to offset or compare the value of (one thing) with another. Exploring both definitions could allow us to reframe what it means to strive toward balance and to thrive unbalanced.

**Prompt:** *How do you define balance?*

**Commonly recognized 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! ☺

**Thriving unbalanced** requires a willingness to accept and embrace the challenges that come with our careers and personal lives while applying strategies to help us stay mentally, emotionally, and physically healthy. And it requires practice!

## Strategies/Applications

Create a priority schedule  
Stop micromanaging  
Don't do it alone  
Delegate  
Learn to say no  
Consider “swap out” performances  
Develop communication and conflict resolution strategies, then practice them  
Remind yourself why you started teaching  
Recognize what makes you happy  
Reflect on your purpose  
Mantras and catch phrases  
More? Let's share a lot!

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Time↓ Day →	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
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