

WORK / LIFE BALANCE

Molly Muirhead
Chief People Officer
4CH





LIFE

- Celebrating 10 years of marriage with my hubby
- 2 kiddos
- Love tennis



WORK

- 4CH (4Creeks, 4CG Construction, Topograph, Sentinel)
- 100% Employee Owned
- Wholistic approach to HR
- Marketing/HR Background

WORK/LIFE BALANCE

How we got here...

PRE COVID

always in person

easier to separate work
and life

COVID

always connected and
"on"

work/life balance people
didn't know was possible

POST COVID

struggle with being "on"
and getting rest

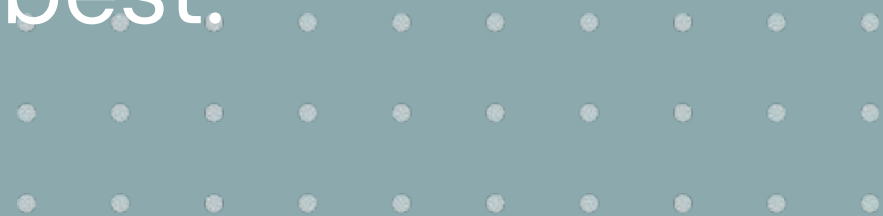
finding a company that
embraces this new idea
of work/life



WORK / LIFE

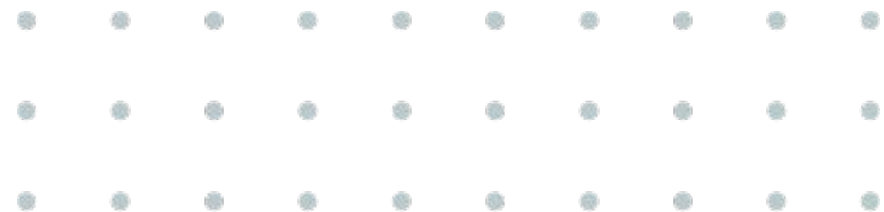
RHYTHM

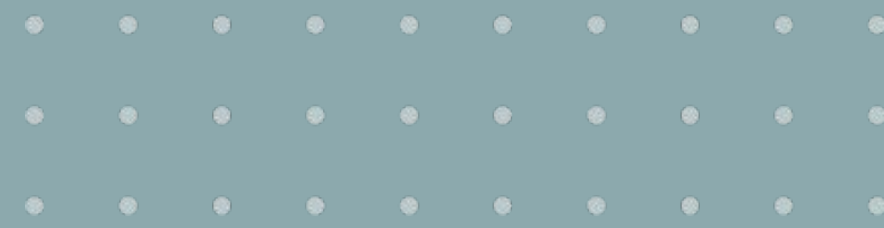
Work/Life rhythm is not a trade-off.
It's finding harmony where work and personal life can coexist
so that home life doesn't get our second best.



HOW TO THRIVE IN THE RHYTHM

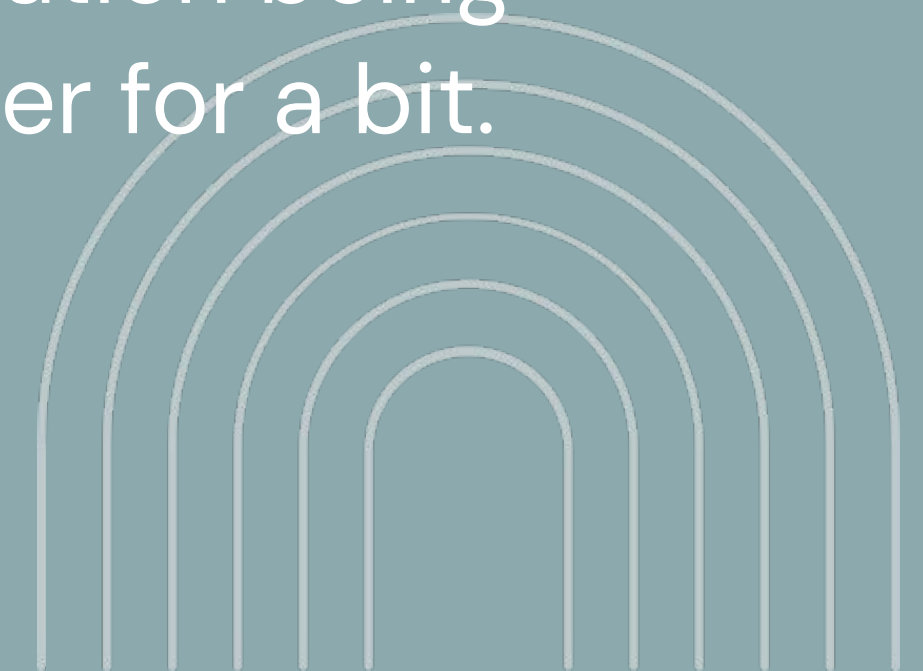
1. Communication
2. Self Awareness
3. Understanding what
season of life you're in





THE SCIENCE TO RECHARGING

What Sabine Sonnentag has to say about relaxation being obtainable, not just a bandaid that holds us over for a bit.



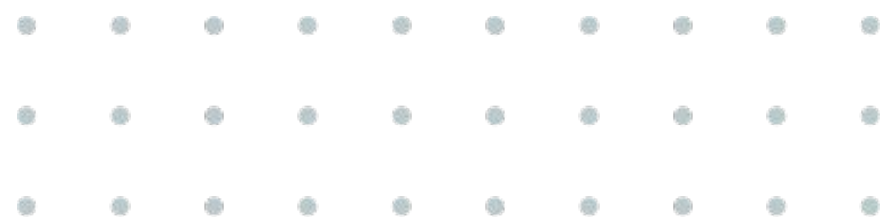
RELAXATION



01. UNDERSTANDING WHERE THE GREATEST
NEED IS (RELAXATION OR MASTERY?)

02. FIND SOMETHING THAT CHALLENGES
YOU - IN A GOOD WAY

03. PRACTICE, PRACTICE, PRACTICE
BUILD HEALTHY HABITS

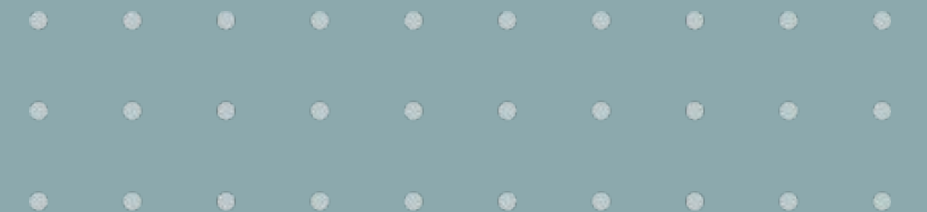


**MASTERY
EXPERIENCE**



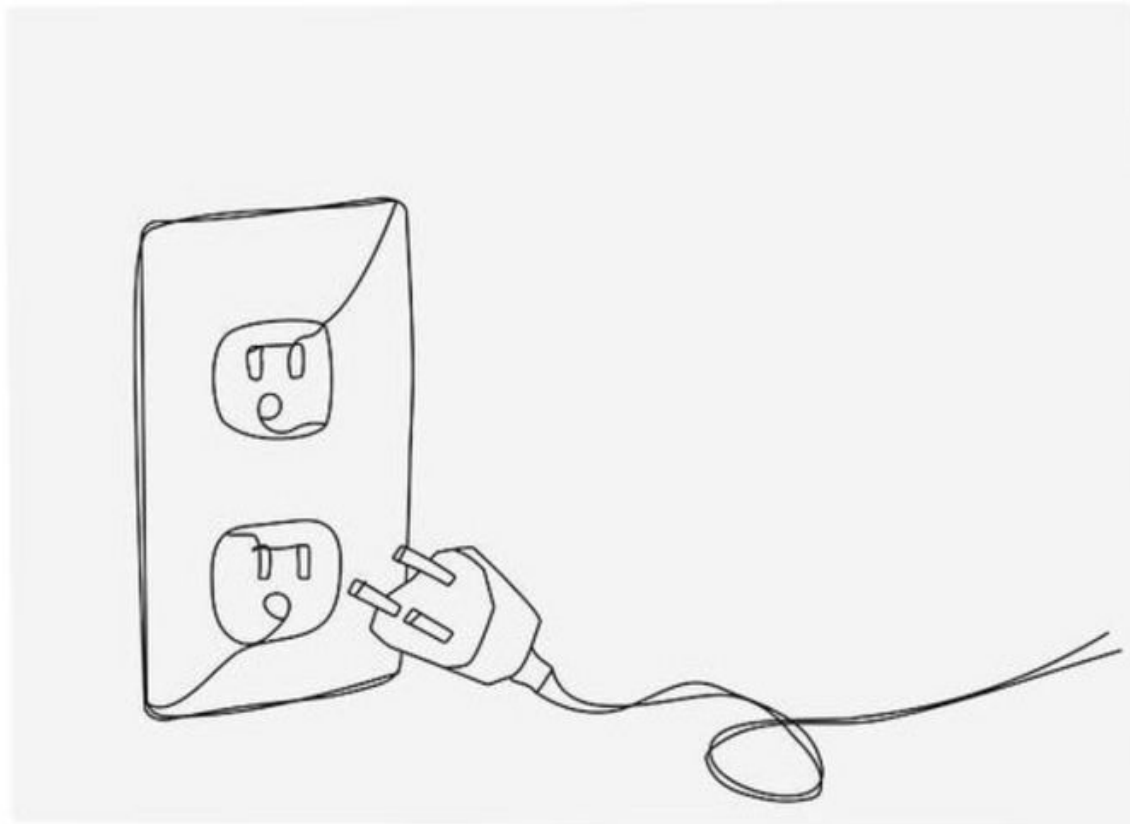
WORK/LIFE RHYTHM

Sustained exhaustion is not a badge of honor.

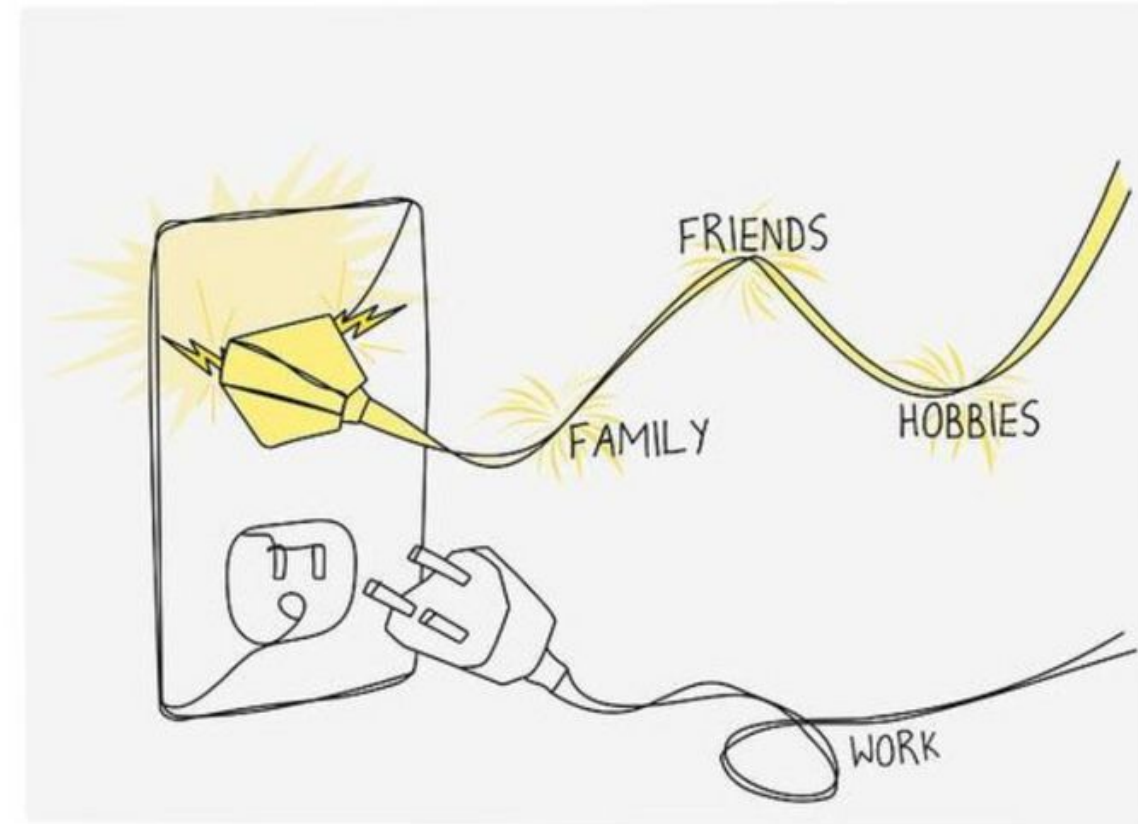


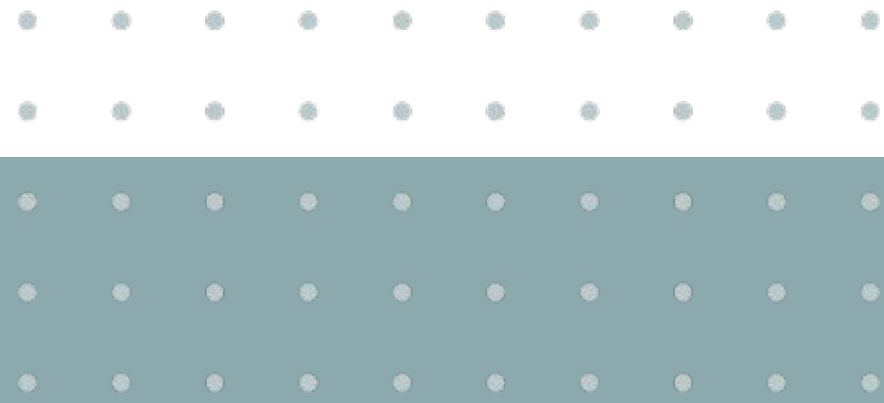
HOW TO FEEL ENERGIZED AFTER A BREAK

WHAT WE THINK WE NEED TO DO
FULLY UNPLUG



WHAT WE ALSO NEED TO DO
PLUG INTO SOURCES OF MEANING





THANK YOU

Have any question?

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