

Rotary

Midwest PETS



Midwest PETS 2026

FINDING BALANCE IN SERVICE AND SELF

**CREATING ENGAGEMENT
AND BELONGING**

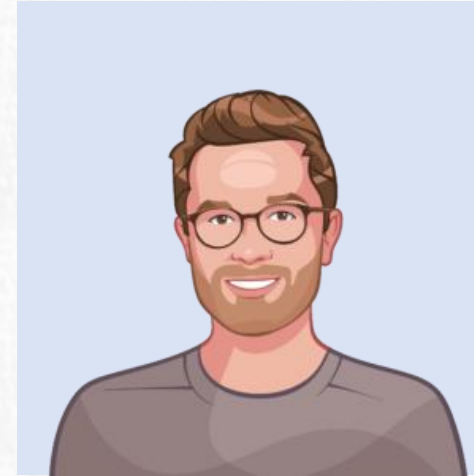
Rotary
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Your Learning Leaders for this Session



XXXX XXXX
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Ground Rules

Listen Respectfully



Silence Phones



Be Clear, Concise, and Brief



Plan to Participate



Raise Your Hand



Be Inclusive



Learning Objectives

- Be familiar with resiliency, its value, and its contributing factors.
- Identify tactics for addressing “work/life balance” and increasing personal resilience.
- Be familiar with how to access resources.



Goal of Today's Workshop



What Causes You Stress?



How do you manage stress?



Is balance possible?



Resilience



Traits of Resilient People





Rotary 

Resilience Tool Box

Examine Your Options

Accept

Avoid

Alter

Adapt

THE EISENHOWER MATRIX

	URGENT	NOT URGENT
IMPORTANT		
NOT IMPORTANT		

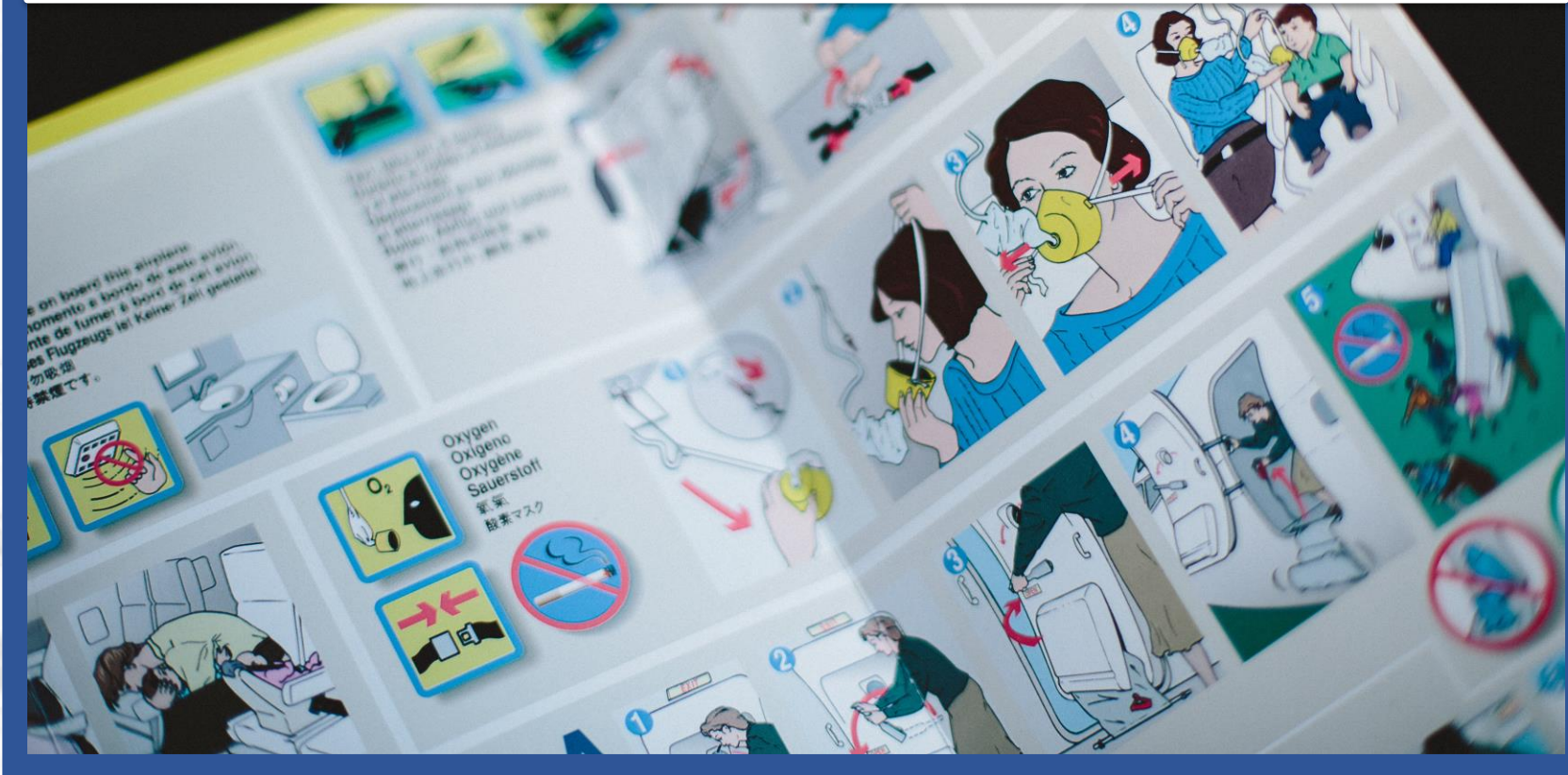
THE EISENHOWER MATRIX

	URGENT	NOT URGENT
IMPORTANT	DO IT FIRST	SCHEDULE IT
NOT IMPORTANT	DELEGATE IT <i>THESE ARE YOUR DISTRACTORS</i>	DUMP IT <i>THESE ARE YOUR DISTRACTIONS</i>

Self Care



Put Your Mask on First!



Stand and Deliver



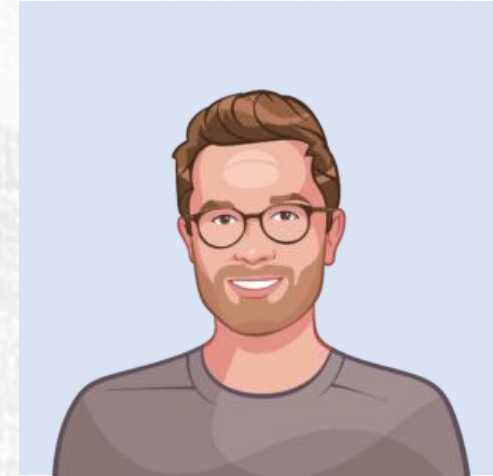
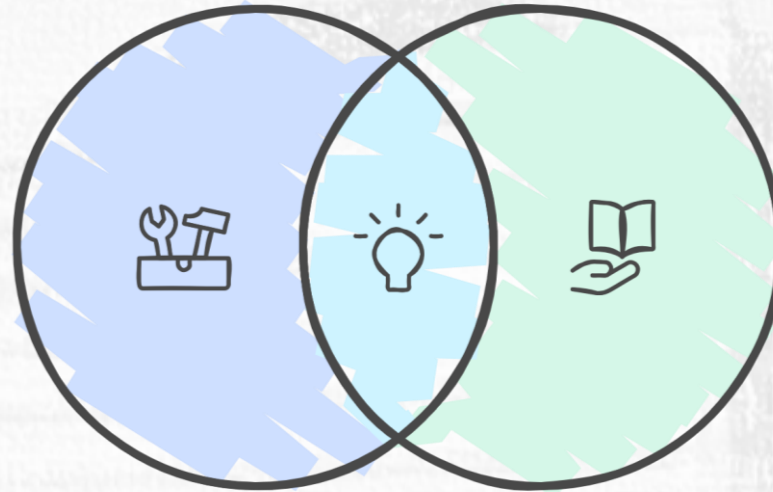
Resources



Questions?



Thank You!



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