



10 Tips To FACILITATE SUSTAINABILITY

The beginning of September marks the end of the lazy days of summer. The start of Fall is often accompanied by the return of endless priorities and busy schedules. Work, education, and personal demands can quickly become overwhelming.

To help you balance it all, the following tip sheet provides some tips to facilitate sustainability.

- 1. Leave "White Space."** Think of the white space, or margins, on a piece of paper; don't overfill each moment in your life. Leave wiggle room to accommodate things that inevitably go wrong.
- 2. Eat Well.** Poor eating habits may be symptomatic of an unbalanced life. Give your body the fuel it needs to sustain you. Check out Eating Well at www.eatingwell.com for tips and recipes.
- 3. Get Enough Sleep.** Lack of sleep makes you impaired; perhaps more impaired than if you'd had too much to drink; visit www.sleepfoundation.org for tips on sleeping well.
- 4. Make Continuous Adjustments.** No matter how well you plan your day (or life) you'll need to respond to changing circumstances; be creative about reprioritizing and choosing what to set aside.
- 5. Define a Unique Formula for You, for Now.** There's no template for a sustainable lifestyle. To minimize role conflicts and guilt, regularly renegotiate how much life space each role can be assigned.
- 6. Accept That Balance is a Myth.** Acknowledge the imbalance in your life; it is normal in the short term. A sustainable lifestyle will devote sufficient time to each role – just not necessarily all in one day.
- 7. Take a Systems Approach.** Look at your life holistically, acknowledging that you're part of many complex systems. Changes you make in one arena will inevitably impact your other life roles. Be strategic and intentional.
- 8. Access Your Allies.** Don't try to go it alone. Ask for the help you need – engage your family, friends, and colleagues in finding sustainable solutions. Consider hiring extra support, delegating, or simply saying no.
- 9. Recognize Warning Signs.** Be aware of small indicators that you're about to "crash and burn" – irritability, loss of focus, or inability to do everyday things may be subtle clues.
- 10. Acknowledge That Perfect Isn't Possible.** Clearly there will be times when your life is out of balance. Be proactive about developing the resiliency you'll need to cope with the occasional chaotic, crazy moments.



UPCOMING COURSES

Make sure you read our newly revised [course catalogue](#). It is full of important information for students on program structure and policies.

Not sure what training fits for you? Contact our [Student Advisor](#).

Starting soon . . .

- **Career Development Foundations, Emerging Theories, and Models - Sept 10th**
- **Researching Workplace Trends, Career Information, and Employment Possibilities - Sept 17th**
- **Helping Skills to Facilitate Career Development - Sept 24th**
- **Job Developer - Sept 24th**

Later this Fall . . .

- **Group Facilitation Strategies for Career Programs - Oct 1st**
- **Personality Dimensions (Level 1 Facilitator Training & Bridging) - Oct 1st**
- **CPE 510: Fundamentals of Psychometric Assessment - Oct 1st**
- **Career Coaching - Oct 8th**
- **Work Search Essentials 1: Resumes, Cover Letters, and Career Portfolios - Oct 15th**

[Click here](#) for our full 2014 course schedule,

Keep in mind that we can arrange special sections of any course for intact groups; we also facilitate workshops on a wide variety of topics. [Contact us](#) to learn more.

CONGRATULATIONS

Sarah Johnston completed her GCDF **CMPP** specialization.

DID YOU KNOW?



Life Transitions: Winter, Clarity, and Renewal is A Lodge-Based

Hiking Retreat. Join Inner Landscapes this fall as they explore winter as a metaphor for making sense of times of deep transition in life. Enjoy a weekend of guided writing, nature hikes, morning meditation, group discussions and healthy vegetarian meals. Pause, reflect and renew. Learn ways of helping yourself and others author newer, more generous stories about times of transition in life.

Location: Sea to Sky Retreat Centre, Whistler, BC

Dates: November 21-23, 2014

Facilitators: Adrian Juric, CCC and Sally Halliday, RCC.

Details & Registration: www.innerlandscapes.org

Employment Readiness Scale Co-Developer will Present in Alberta.

The Career Development Association of Alberta welcomes Valerie Ward this October. She will be presenting on *Building Employment Readiness: Addressing the Soft Skills Gap*. Early bird rate available until September 7th.

Location: Red Deer, AB

Date: October 16, 2014

Details & Registration: <http://www.careerdevelopment.ab.ca/event-1743890>

NEW RESOURCES

The 10 Most Important Business Skills in 2020.

What is driving change? What skills are needed to keep pace over the next 6 years? This helpful [infographic](#) has some ideas to spark your thinking.



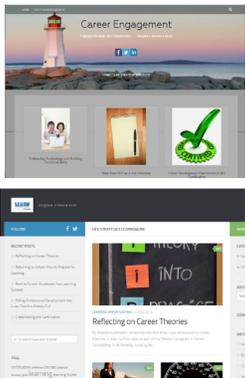
Life Strategies is Now on Pinterest.

Another great way to stay connected with us. Check us out at pinterest.com/lstrategies.

Coaching Emotional Intelligence Webinar. [Click here](#) to watch a recording from Dr. Roger Pearman's recent webinar discussing emotional intelligence as a core factor for quality relationships, both personal and professional. [Click here](#) for a copy of the PowerPoint or [click here](#) for a Q&A with Dr. Pearman.

CERIC Texttalks Episode 3 and 4 Now Available. CERIC continues their texttalks series with [Mark Franklin](#) and [Sandra Boyd & Kim Spurgeon](#).

FEATURE OF THE MONTH



Our Career Engagement Blog is moving to career-engagement.lifestrategies.ca. Update your bookmark to stay connected. We will continue to feature content related to individual career engagement, employee engagement, and organizational career development. A great read for job seekers, career practitioners, and HR professionals on all things related to career.

Additionally, our diversity-themed blogs are relevant for individuals from a wide range of diverse groups and the people who support them. Also a great read for employers seeking to understand the unique challenges of diverse groups and how to best support them in the workplace.

Looking for blogs related to learning? Check out our brand new LearnOnline blog for posts related to curriculum design, e-learning, and lifelong learning. We will also profile various learning opportunities including those from our LearnOnline programs and courses. Bookmark learnonlineblog.lifestrategies.ca.

WELCOME TO THE TEAM

The Life Strategies team would like to welcome Nadia Serry to the LearnOnline instructional team. Nadia is a BC certified career development practitioner, a diversity consultant, a certified teacher, and a registered clinical counsellor. Since 1989, she has developed and facilitated career search and career development workshops for government funded organizations, school districts, and universities. She also does one-on-one coaching. Read more on our website at <http://lifestrategies.ca/team/nadia-serry.cfm>.



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