

DR. LES' SEVEN GUIDELINES FOR BALANCING ROLES

1. Become more self-aware of who you are and what you're doing by taking time for personal reflection and proactively seeking feedback from stakeholders in each role you occupy.
2. Develop the trait of Conscientiousness to optimize balance by anticipating conflicts among roles and taking steps to address them before they arise.
3. Play from a number of your strengths rather than over-leveraging just one or two. Too much of a good thing can become a role derailer.
4. Free up more of your own time and energy through trusting and empowering delegation to others.
5. Look in the mirror and ask if you would like to work for or be married to someone who behaves as you do.
6. Take time and priority management seriously in order to avoid trying to give everything your immediate, personal attention.
7. Recover from Power Stress by frequent use of such stress management activities as physical exercise, meditation, visualization, etc.