

JUMP

Promoting gender equality, advancing the economy

22 Mai 2018 | Forum JUMP Paris

Juggling it all

Deborah Croft & Daniela Rusu



Wi-Fi :
**Novotel Centre
Tour Eiffel**



jump.paris



#JUMP2018
@JumpEquality

75%

46%

1 in 3

Where do you disempower yourself?

What inner talk holds you back from delegating/ sharing/outourcing some of that “mental load”?

How do you turn such talk around?

What can you influence &/or control to empower yourself?

- Self awareness
- Challenge the belief
 - ▶ How does this belief serve me?
 - ▶ What is the truth in this belief?
 - ▶ How does it fit with my values?
 - ▶ What's a new perspective?
- What's a past success story?

- Be your best friend - talk to yourself with kindness and compassion
- Acknowledge small successes
- Remember & share your achievements
- Be grateful
- Eat, move, sleep
- Have fun, take up a hobby
- Network support

Remember it's a series of small sprints and not a marathon - manage your energy and set realistic goals

1. Strategy
2. Goals
3. Measure & Evaluate

Your WHY?

What do you truly want?

What is important about that to you?

- What is the completion date?
- What are the milestones?
- What resources are required?
- What are the risks and how can I mitigate them?
- Where do I need to compromise, be creative?
- What are the dependencies?
- Who needs to be informed?
- What is my completion criteria?

SMART

Communications

Practicalities

- INSPIRING
- SPEAKING
- LISTENING
- THANKING
- CARING
- CELEBRATING
- SHARING

What's one quick win you can organise/change to redefine your rules of success with your work life balance?

If you would like the detailed workbook sent to you to drill down to the next level of detail, please do leave your card or your email

JUMP

Our why: empower 1 million parents by 2020

www.thrivingtalent.solutions

- **Des formations sur mesure pour les entreprises:**
 - ▶ Pour animer vos réseaux diversité
 - ▶ Pour renforcer votre vivier de talents féminins
 - ▶ Pour former les managers à l'égalité professionnelle.

- **Pour plus d'information, contactez JUMP:**

Marie Allibert, Coordinatrice générale de JUMP France
Mail: marie.allibert@jump.eu.com
Tel: +33 1 80 40 03 06

JUMP

Promoting gender equality, advancing the economy

22 Mai 2018 | Forum JUMP Paris

Merci de votre attention



Wi-Fi :
**Novotel Centre
Tour Eiffel**



jump.paris



#JUMP2018
@JumpEquality