



**EMBRACING
TRANSFORMATION**

CESBA Conference 2023
December 6-7

**ACCUEILLIR LE
CHANGEMENT**

Conférence de CESBA 2023
6-7 décembre

**The Balanced Life: How to Move from
Striving to Thriving
with
Sarah-Jane VandenBerg**

The Balanced Life Agenda



- Introductions
- Striving vs Thriving
- Balanced Life
- Current life assessment
- Elements of Thriving
- Next Steps

Who Am I?



Danielle LaPorte
THE DESIRE MAP

SARAH-JANE VANDENBERG
LOST & FOUND
An Adult's Guide to Empowering Teens to Make Their Best Career Decision

THE ONE ABOUT CAREERS PODCAST
WITH **DEVON** AND **SARAH-JANE**
NEW EPISODES WEEKLY!
www.theoneaboutcareers.com

Rotary Club of Orillia

As an author and success coach, I see teens struggling to make career decisions and parents, aunts, uncles, grandparents, teachers, youth leaders and guidance counsellors looking for practical tips to assist their teens. *Lost & Found: An Adult's Guide to Empowering Teens to Make Their Best Career Decision*, provides valuable tools to connect the dots to making a successful career decision.
—Jack Canfield, coauthor of the New York Times best-selling series *Chicken Soup for the Soul*®

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Introductions



- Your name
- Your role, sector
- What intrigued you about this workshop





Striving

vs.

Thriving

make great efforts to achieve or
obtain something



struggle or fight
vigorously



Prosper



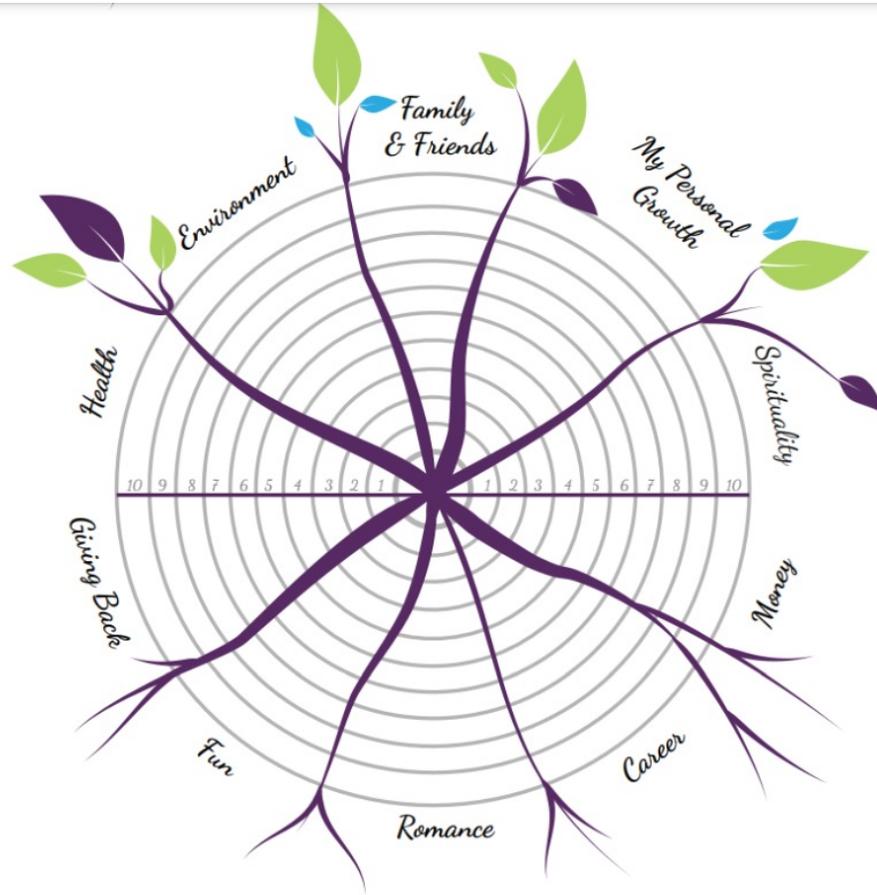
Flourish



Balanced Life Components

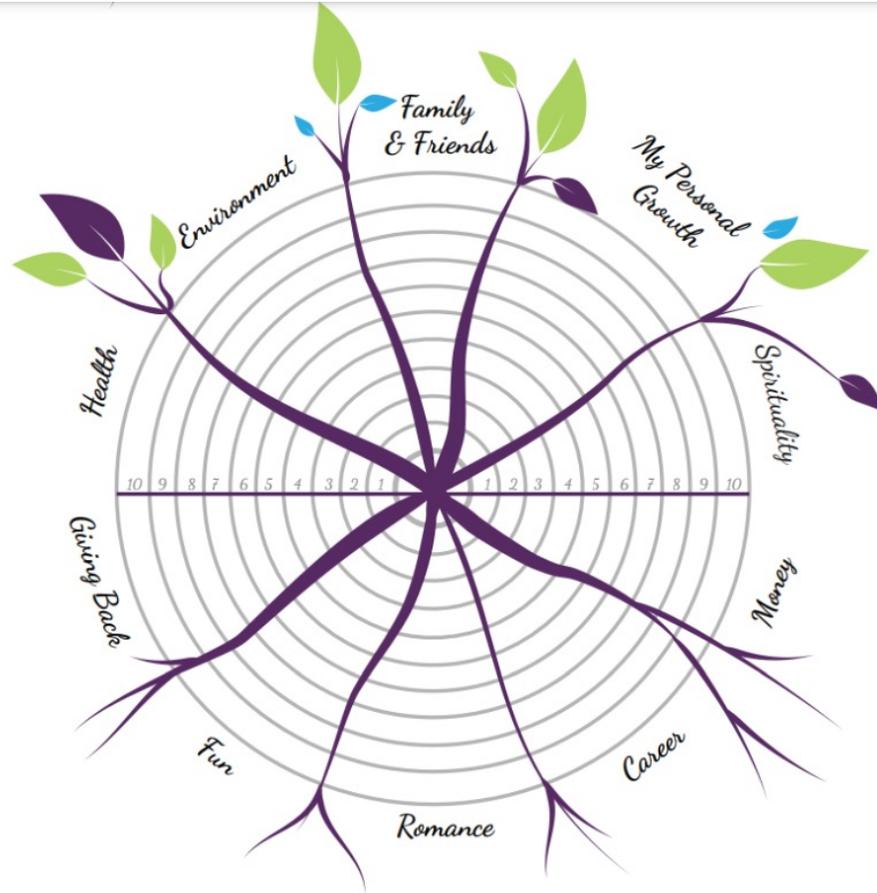


Where are you now?



1. Quantify: 1 unsatisfied – 10 satisfied.
2. Draw a line at your rating for each area.

Where are you now?



1. Connect the lines for each area.
2. Colour in your life.
3. Notice

What needs to change?



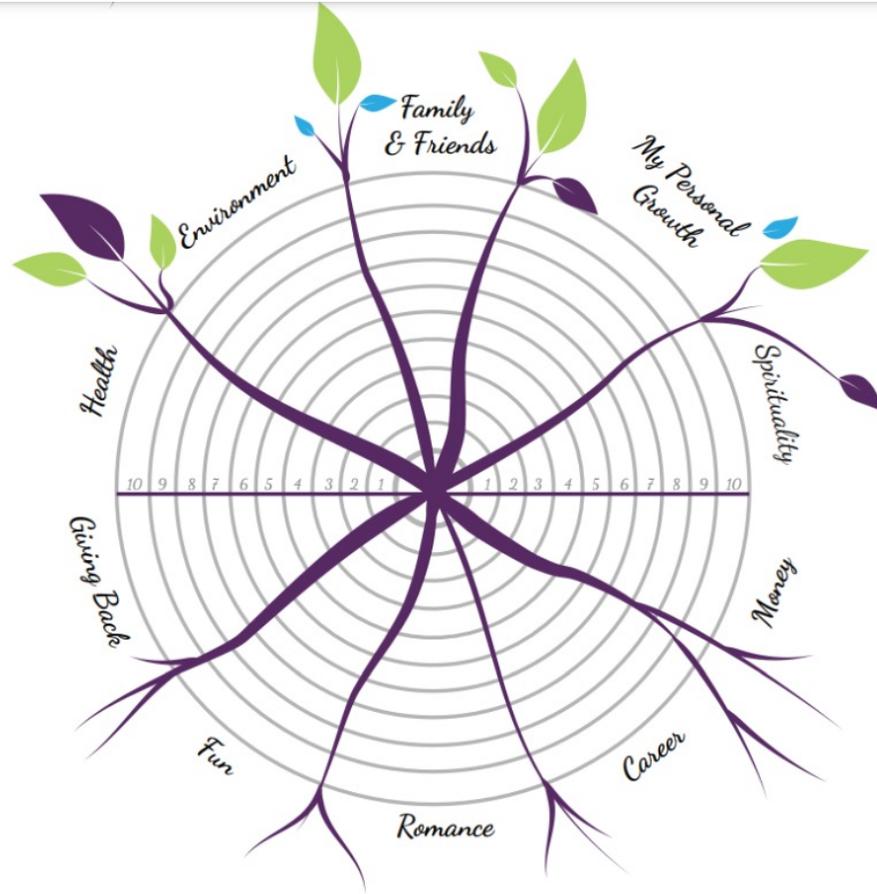
[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Components of Thriving



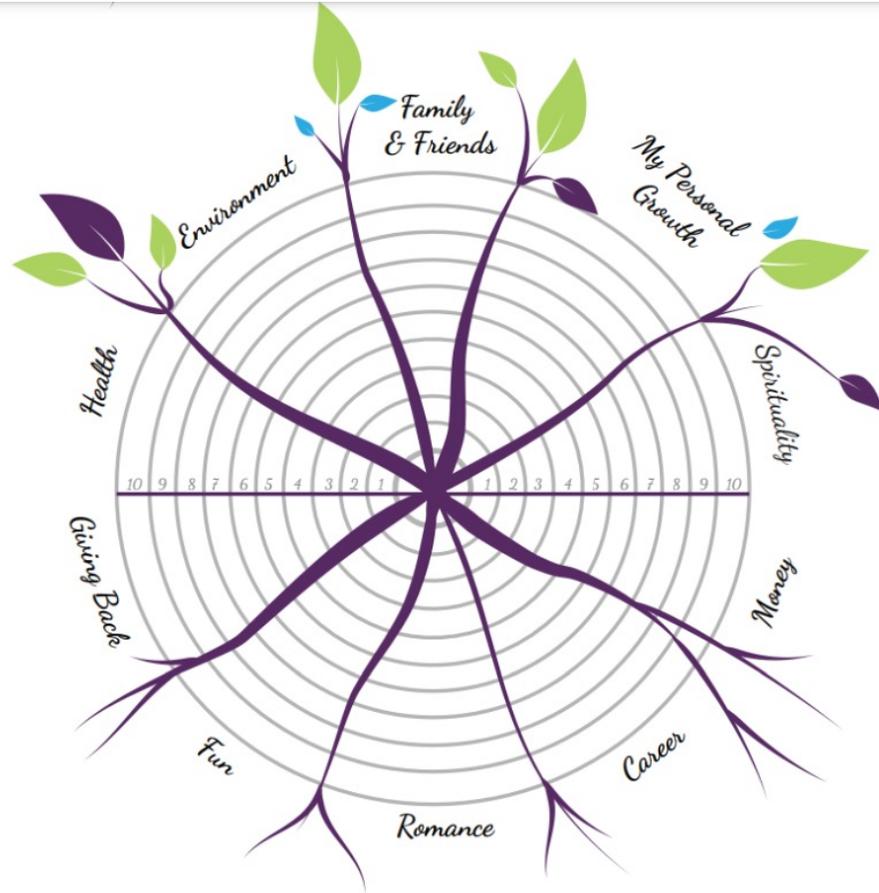
- Engagement
- Relationships
- Achievement
- Meaning
- Positive Affect

Wheel of Life



The most critical part of this assessment.

Thriving Balance



Prosper

Flourish

Wrap Up



Questions & Evaluation

Thank you!



Sarah-Jane Vandenberg, CCDP, HNCP
Career Coach | Author
Team Builder | Speaker

www.careergrowthco.com

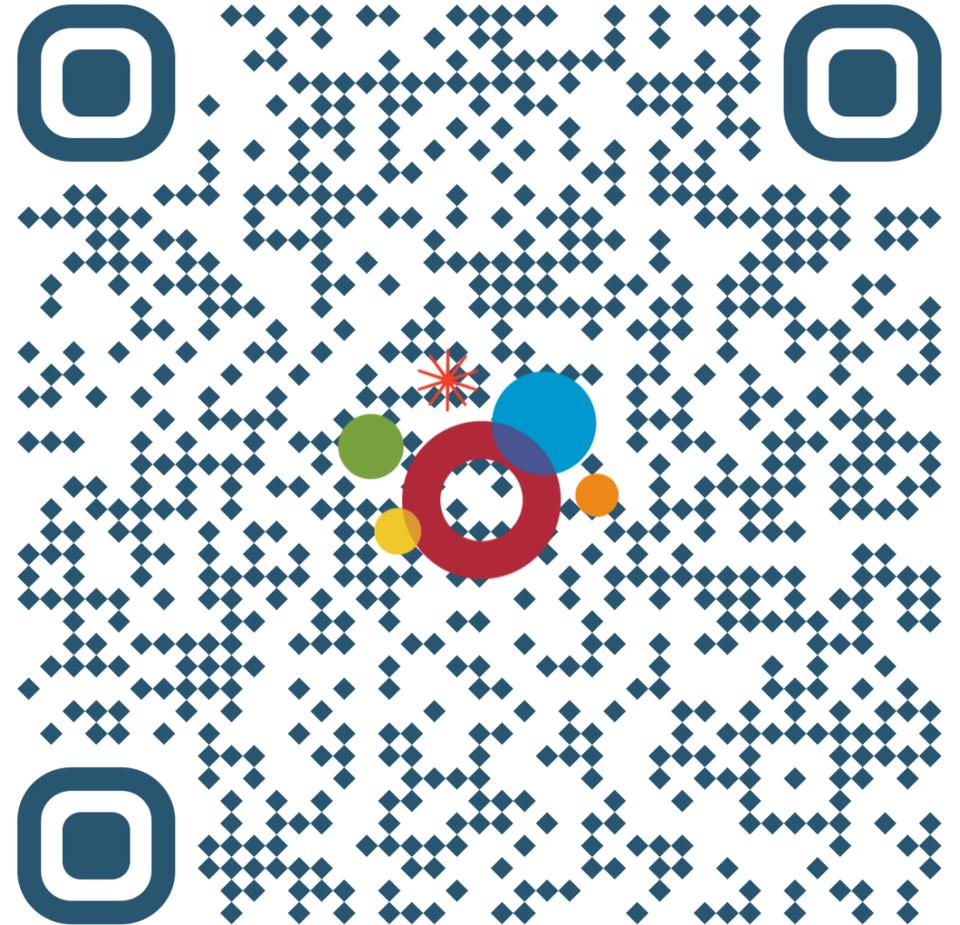
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