

LANDSCAPE ONTARIO CONGRESS CONFERENCE 2015



Wit, Fit and Balance...
Strategies for Success

whoever woke me up



is going to die











death valley
health center



JAN 16 2003

The Work Culture Is Shifting





Traditionalist



Grace Kelly

(November 12, 1929 –
September 14, 1982)



Christopher Plummer

(born December 13, 1929)

Baby Boomer



Oprah Winfrey
born Jan 29, 1954



Wayne Gretzky
born January 26, 1961

Gen X



Leonardo Wilhelm DiCaprio
born November 11, 1974



Tina Fey
born May 18, 1970

Gen Y (Millennials)



Britney Spears
born December 2, 1981



Mark Zuckerberg
born May 14, 1984

Understanding the Intergenerational Workforce

<p>Traditionalist (<1945)</p> <p>Loyal</p> <p>Practical</p> <p>Prefer structure</p>	<p>Boomers (1946-1964)</p> <p>Idealistic</p> <p>Respect Authority</p> <p>Resist change</p>
<p>Gen X (1965-1979)</p> <p>Skeptical</p> <p>Independent</p> <p>Adaptable</p>	<p>Gen Y (1980-2003)</p> <p>Optimistic</p> <p>Team builders</p> <p>Value diversity</p>

Understanding the Intergenerational Workforce

<p>Traditionalist (<1945)</p> <p>Hard Worker</p> <p>Follow the Rules</p> <p>Tradition</p>	<p>Boomers (1946-1964)</p> <p>Live to Work</p> <p>People Skills</p> <p>Structure</p>
<p>Gen X (1965-1979)</p> <p>Life Comes First</p> <p>Project Focused</p> <p>Balance</p>	<p>Gen Y (1980-2003)</p> <p>Work so can Live</p> <p>Tech Savvy</p> <p>Fun</p>



Focus on Things You Can Control

It's not about what happens to us...it's about how we react to what happens to us.



**We cannot control other
people's behaviour**

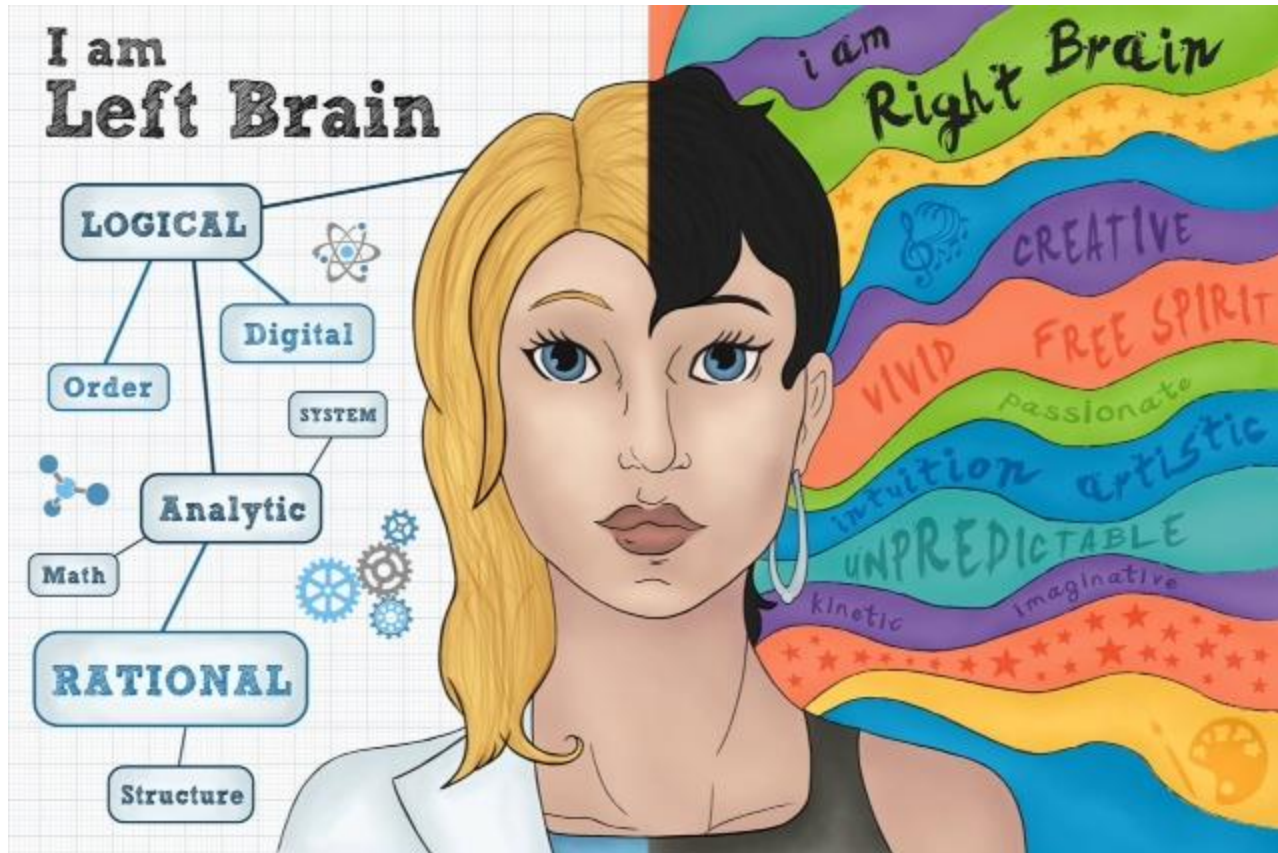


The Right Assumption

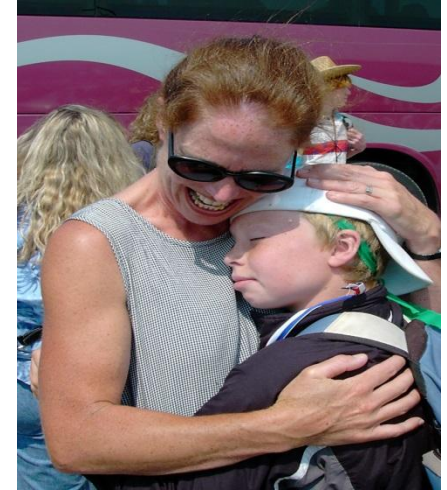
Fewer fuse failures are the result of years of scientific study combined with the experience of years.



A Bit About Our Brain



Where is Your Hemispheric Home?



LEFT SIDE

RIGHT SIDE

Step to the Right!

- We can choose how we respond
- Be conscious of your Brain Chatter
- Focus on how it makes you feel inside



**I'm So Glad
That I Hung On To
The Anger**

Stop the Brain Chatter

Invoke the 90 second rule ...

1. Take a deep breath
2. Stop the loop
3. Step to the Right
4. Blow it out



Switzerland in the
the Spring

Canada in the
the Fall

**The edge goes to those who can
look at themselves,
their problems and
unresolved issues,
from different points of view.**



**Celebrate those small
successes along the way...
they ALL add up**

Man



Billie Luy 199-201

Woman



IMPROVE ONE THING





Don't ask

But yes, I could use some help





Wit, Fit and Balance...

Strategies for Success

- **BE GOOD AT WHAT YOU DO**
- **COMMUNICATE EFFECTIVELY**
- **LIVE WITH BALANCE**
- **CELEBRATE THOSE SMALL SUCCESSES**

