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**Less is More:**  
**Achieving Work-Life Balance**  
**in an Era of**  
**Doing More with Less**



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**What does**  
**“doing more with less”**  
**mean to you?**



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## Four perspectives, four questions:

1. When did you realize you needed to re-balance your life?
2. What strategies/tools do you employ to develop a better balance?
3. What have you let go/done less of?
4. Are there any maxims or sayings that keep you centered?

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# The Rising Professional:

Juggling graduate school and travel  
in a new location

*Katherine Miele*



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# The Doctoral Candidate Dad:

Organizing for success and saying no...  
while saying yes

*Danny Richer*



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# The Sandwiched Director:

## Aging parents, aggressive plans, and “what NOT to do”

*Lisa Ellrich*



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# The Unexpected Executive Event:

Confronting health challenges  
in peak of career – an awakening

*Jon Henry*



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# Discussion:

Learning from each other



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Please be sure to fill out the session  
evaluation at:

**[neacrao.org/feedback/](https://neacrao.org/feedback/)**

Thank you!



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