



RE-IGNITE

YOUR CONSULTING PASSION

Guest Speaker: Trisha Miltimore, CMC



National Day for Truth and Reconciliation



Government
of Canada

Gouvernement
du Canada

Canada



WHAT'S UP NEXT

The 2nd Wednesday of the month
12:30pm eastern

October 9th, 2024

Visit CMC-Canada for a list of all Canada events

<https://www.cmc-canada.ca/Events>

Success in Motion

Enhance Your Work Performance

A photograph of four people—three women and one man—smiling and making heart shapes with their hands. They are outdoors in a green setting. A circular logo in the bottom right corner of the photo reads "What's UP? Wednesday". The logo features an upward-pointing arrow above the word "UP?".

What's UP?
Wednesday



PRO BONO WORK

GROWTH

- ❑ Ontario Pro bono program continues to grow.
- ❑ Become a volunteer CMC
- ❑ Work with registered charities

<https://www.cmc-canada.ca/Ontario/Ontario-Pro-bono-program>



ONTARIO

CMC Pro Bono Program

SJTC focuses on its code of conduct & developing a personnel policy manual... thanks to the **CMC Pro Bono Program**

Learn more about participation
probono@cmc-ontario.ca



**St. James Town
Community
Co-op**



YOUR VOICE MATTERS

Professional Development Survey

- ❑ Join us in shaping your professional growth
- ❑ 4 to 5 minute survey
- ❑ Chance to win 1 of 3 Amazon gift cards
- ❑ Survey closes September 18, 2024

Winners announced during October 11th What's up Wednesday Session

<https://www.surveymonkey.com/r/3XDVS59>

CMC PD Survey

Share Your **Insights** & Shape the **Future**

Chance to Win Amazon Gift Cards!

Now Open

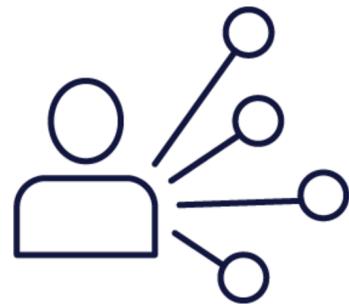


WHY JOIN?

MEMBERSHIP CONNECTS YOU



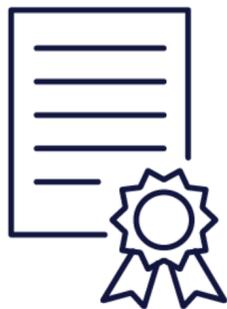
CONSULTANTS



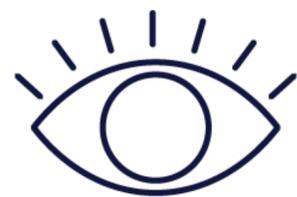
NETWORK



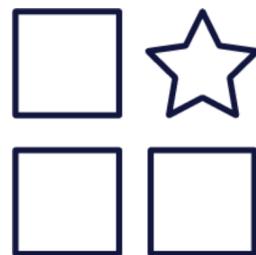
RESOURCES



CERTIFICATION



VISIBILITY



DIFFERENTIATE



How to Participate

- You will be muted for this call
- To ask a question – Type the question into the chat tool.
- This session will be recorded
- A copy of the presentation will be available after the event.





SPEAKER



Trisha Miltimore

☐ Certified Management Consultant



- ☐ International Speaker and Certified Management Consultant
- ☐ WorkLife Wellness Training Programs
- ☐ LifeTool Strategies
- ☐ Passion for Impact Podcast



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W O R K « « « L I F E
SYNERGY

Leadership & Wellness Programs

engineering
an
ELEVATED
WorkLife
Experience

DO
LESS.
LIVE
MORE.

Feel
DRIVEN
instead of
drained.

A large hippopotamus and its calf are lying on a sandy bank next to a body of water. The adult hippo is on the right, and the calf is on the left. The background shows a body of water and some driftwood.

**38% of people
are burnt out.**

State of Workplace Burnout 2023 Report
www.shiftthework.com

WORK««LIFE
SYNERGY

high levels of
exhaustion,
cynicism &
reduced
professional
efficacy.





*If you had 3 extra hours in
a day what you would you do
with that time?*



WORK««LIFE
SYNERGY

YOUR WORKLIFE JOURNEY



highs
lows +
sideways

WORK««LIFE
SYNERGY



WORK««LIFE
SYNERGY



WORK « LIFE
SYNERGY



ONE
WAY



one destination trap

what fills your
cup up with
energy & fun?



A close-up photograph of a person's hands, palms up, holding a large quantity of small, oval-shaped candies wrapped in shiny, gold-colored foil. The candies are piled together in the center of the hands. The background is dark and out of focus, showing a blue garment. The lighting is dramatic, highlighting the texture of the hands and the metallic sheen of the candy wrappers.

PRIORITIES

My WorkLife Priorities

#1

#2

#3

WORK««LIFE
SYNERGY

WORK««LIFE
SYNERGY

My WorkLife Priorities

#1 HEALTH

#2 FAMILY

#3 IMPACT via
PEOPLE
EMPOWERMENT



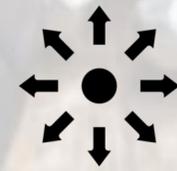
WORK««LIFE
SYNERGY

WORK «« LIFE
SYNERGY

TOOLS



Water



Movement



Connection



Agency



Fuel



Courage



Space



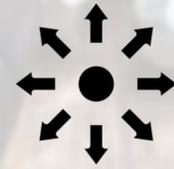
Play

WORK « « LIFE
SYNERGY

TOOLS



Water



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TOOLS



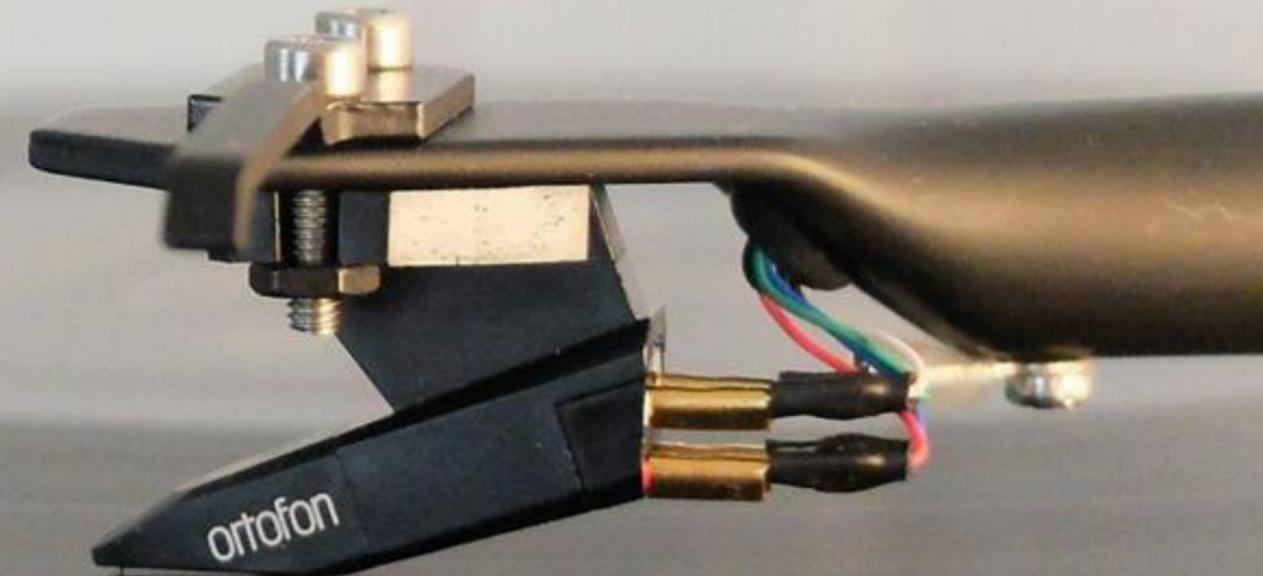
WORK<<<LIFE
SYNERGY

“Life doesn’t
have to be
so hard.”





Agency

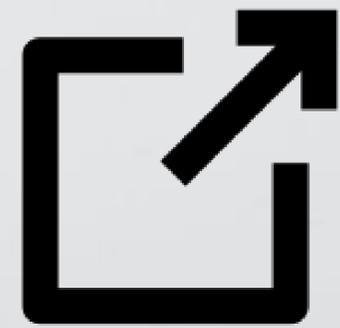


Intentionally

CHOOSING where

you spend your

time and energy.



Space

A photograph of a dirt path winding through a dense forest of tall, thin trees. The path is covered in brown pine needles and leads into the distance. Three dark red rectangular boxes are overlaid on the right side of the image, containing white text. In the bottom right corner, there is a logo for 'WORK«LIFE SYNERGY' in a teal color.

Create

space

to THINK

TIPS:

Follow a regular rhythm.

Be out of office.

Unplug.

Questions to Ask Yourself:

1. **How clear is my mission?**
2. **Are my systems working well?**
3. **What can we do to be more proactive than reactive?**
4. **What's complicated that can be simplified?**
5. **What can I delegate to be more efficient & effective?**
6. **Am I engineering my work around my WorkLife Priorities?**
7. **Am I having fun?**

A tall, white, conical lighthouse with a green band near the top and a black lantern room, situated on a rocky shore. The sky is a mix of orange and blue, suggesting sunset or sunrise. The foreground is filled with dark, jagged rocks.

Create

space

to MENTOR

Questions to Ask Mentees:

1. **How clear is your mission?**
2. **Are your systems working well?**
3. **What can you do to be more proactive than reactive?**
4. **What's complicated that can be simplified?**
5. **What can you delegate to be more efficient & effective?**
6. **Are you engineering your work around your WorkLife Priorities?**
7. **Are you having fun?**



WORK««LIFE
SYNERGY

“I don't get too excited about the wins and I don't get too down about the losses.”

- 21 yr old Mentee



Play





WORK««LIFE
SYNERGY



WORK««LIFE
SYNERGY

A spotlight is mounted on a white brick wall, casting a warm, yellowish glow downwards. The light creates a soft shadow on the bricks below it.

play
fuels
fulfillment

YEAR OF

YES



WORK « LIFE
SYNERGY

WORK««LIFE
SYNERGY

My WorkLife Priorities

#1 HEALTH

#2 FAMILY

**#3 IMPACT via
CREATIVE
EXPRESSION**

W O R K « « « L I F E
SYNERGY

Leadership & Wellness Programs

engineering
an
ELEVATED
WorkLife
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Questions

Please type in the chat



ENJOY MY COMPLIMENTARY
27 Day **SHIFT^UP** E-COURSE



<https://www.passionigniter.ca/shiftupregister>

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SYNERGY

THANK YOU



INFO@CMC-ONTARIO.CA

[HTTPS://CMC-CANADA.CA/ONTARIO](https://CMC-CANADA.CA/ONTARIO)