




BALANCING LIFE WITH HUMOUR

WITH KATE DAVIS



“ The one important thing I learned over the years is the difference between taking one’s work seriously and taking one’s self seriously. The first is imperative and the second is disastrous. ”

- Margot Fonteyn
Prima Ballerina, Royal Ballet





FUN CANCELS OUT STRESS

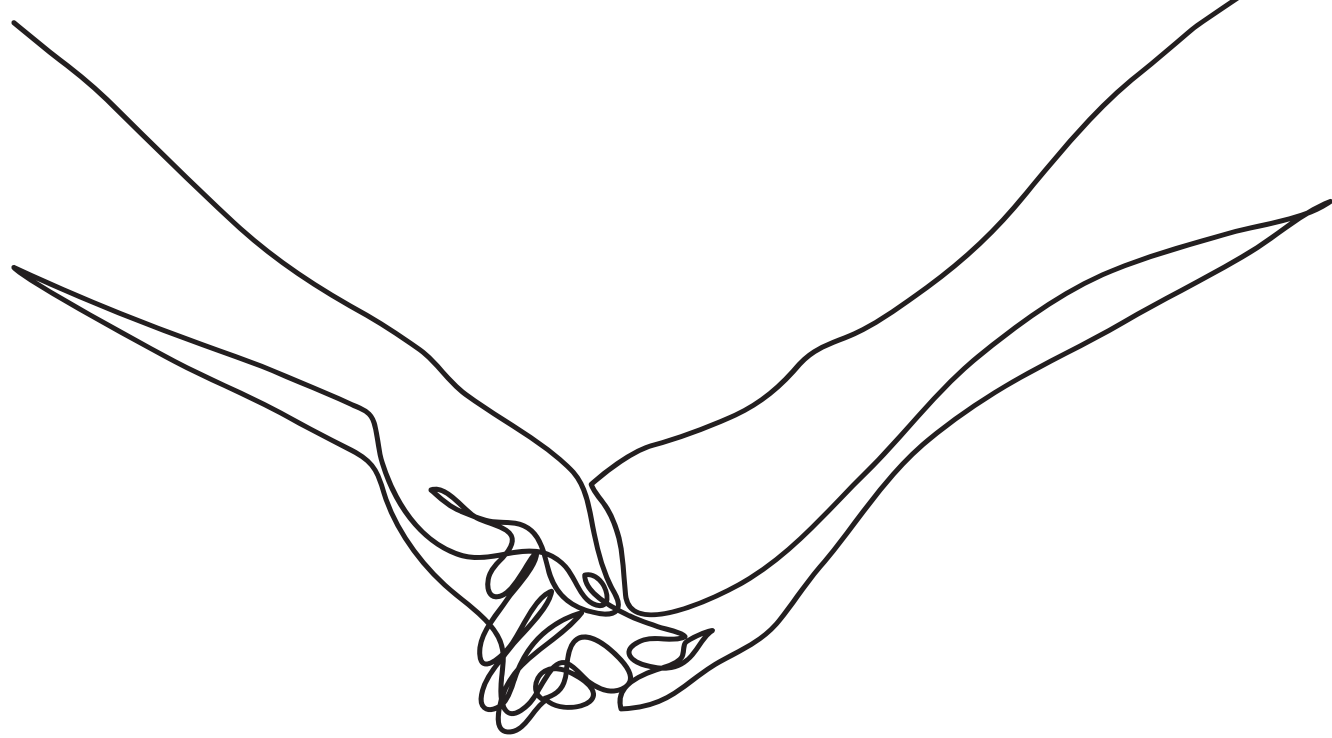
And brings everyone in the moment







**PUT A
SPIN
ON WHAT IS
STRESSING YOU**



“The best way to lead people into the future is to connect with them deeply in the present.”

~ James Kouzes & Barry Posner



Kate Davis @katedaviscomic · Apr 18

@AirCanada You've over sold my flight, I'm gonna miss a wedding, was looking forward to being away from the kids! #CrappyAirline



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Air Canada @AirCanada · Apr 18

@katedaviscomic You're tickets are by the gate #GreatAirline





Kate Davis @katedaviscomic · Apr 18

@AirCanada I think you should buy me a Michael Kors watch for my stress!!! #GreatAirline



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**What's the
funniest thing
that ever
happened to
you?**

THE 3 DOs



Do one thing for yourself



Do one thing for your home



Do one thing for others

STRESS HELPERS

ROUTINE

**SCHEDULE YOUR
WORKING HOURS**

**ESTABLISH A
DEDICATED WORK
SPACE**

**PLAN
YOUR
DAY**

**ATTAINABLE
GOALS**

**TAKE
BREAKS**

PRIORITIZE

**SOCIAL
INTERACTIONS**

EXERCISE

**GET FRESH
AIR**

**GET
DRESSED**

**CLEARLY
DEFINED WORKING
HOURS**

**BUILD
TRANSITIONS IN
AND OUT OF
WORK**

COMMUNICATE

**DON'T FORGET
TO SOCIALIZE**

**EAT
HEALTHY**

REFUEL



THANK YOU

Questions?
....Answers??

KATE DAVIS

www.katedavis.ca

SELECT CLIENT EXPERIENCE



Défense nationale National Defence

Holland Bloorview
Kids Rehabilitation Hospital