



The **5Ls**
The Gift of a Balanced Life

Presenter

Mike Mannix

Who we are?
What we do?

Some Quick Statistics On Work-Related Stress



Ready to quit



Impacts Personal Relationships

“The 5Ls wellness program and bestselling book has helped thousands of people, teams and organizations globally”

Top Stories
The 5LS - The Gift of a Balanced Life
How to Achieve True Work-Life Balance



CEOWORLD Magazine



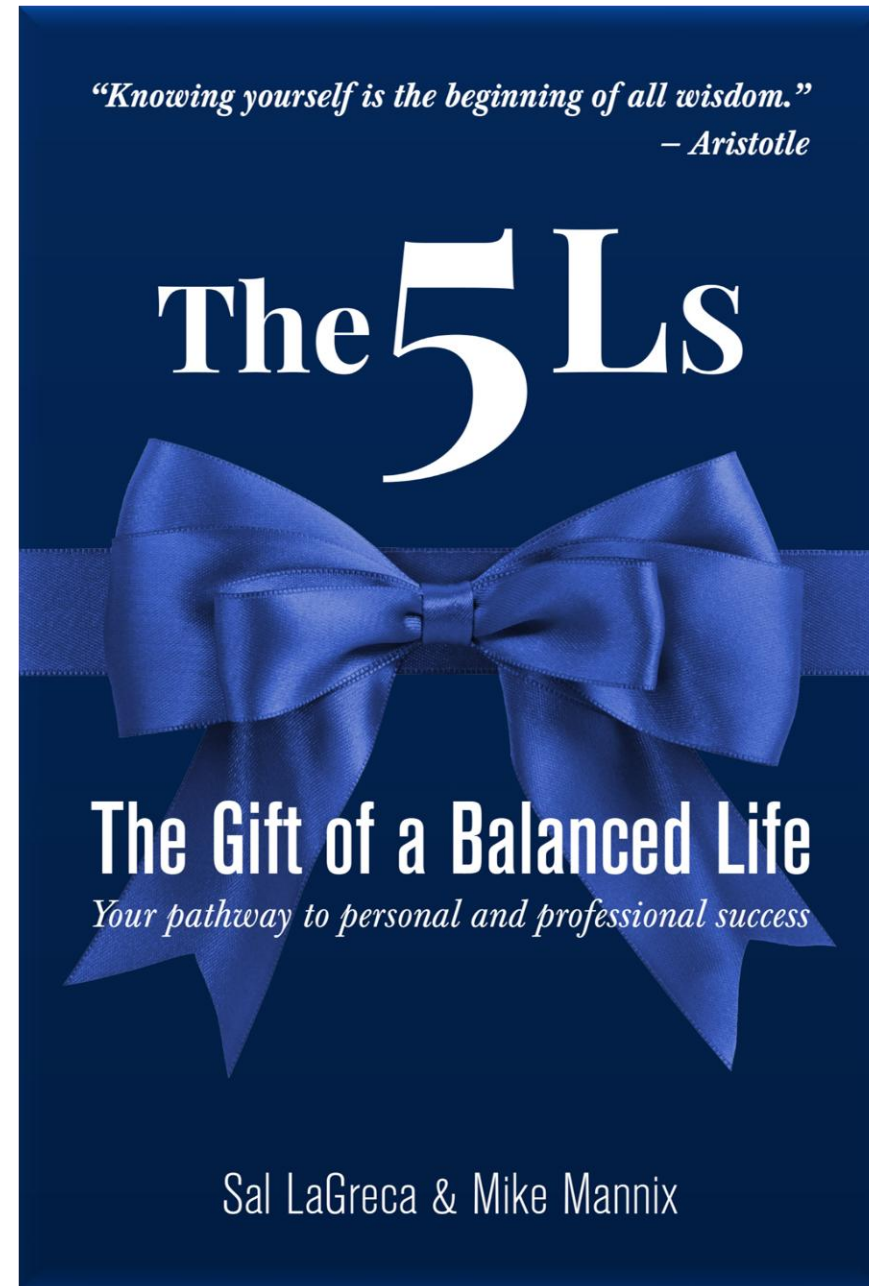


What if someone gave you the
Gift of a Balanced Life

What would it be worth to you ?

What is the 5Ls program?

How can it help me?



IngramSpark®

#1 Best Seller

What color comes to mind?



BALANCE

Alone they have Purpose

Together they have Power

LEAVE

LOVE

LAUGHTER

5LS

LEISURE

LABOR

LOVE

Without it, all else fails. We have nothing

What is the first thing that comes to mind when you hear the word love?

LOVE

➤ Self-Love

- Oxygen Mask Theory
- What do you do for you?

➤ Love in your life

- Healthy relationships bring balance
- Surround yourself with people that support you
(positive energy & people)

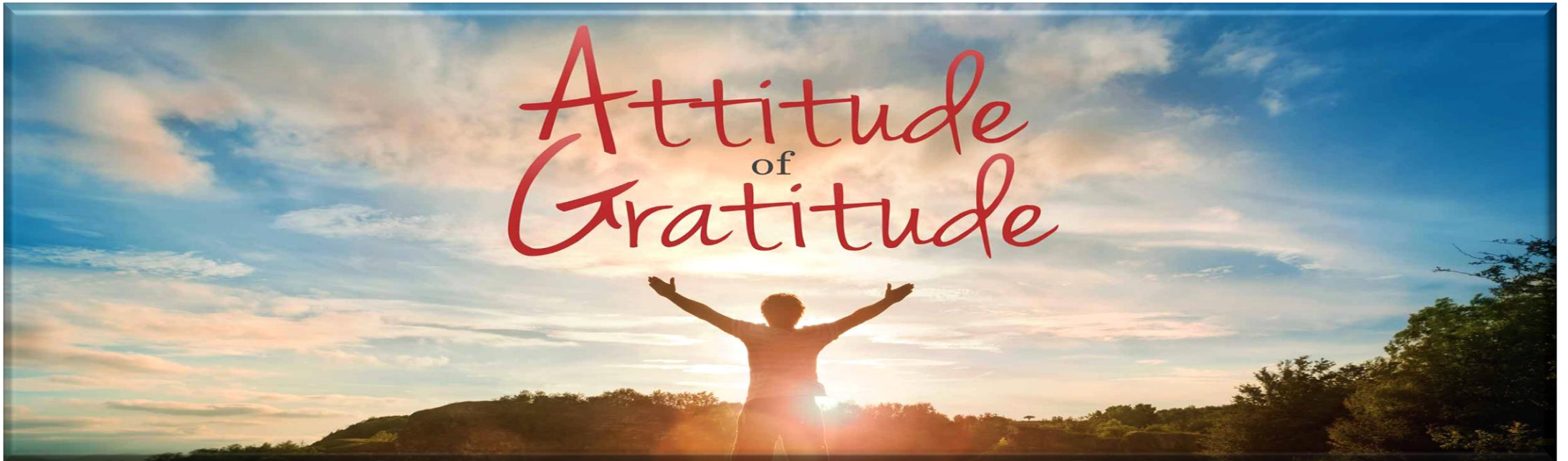
➤ Love of what you do

- Passion
- Love for your team



LOVE

Outlook is everything



LOVE

People don't follow titles
Effective Leaders are Servant Leaders



What are you doing to show you care?

LOVE

- ❑ Put your oxygen mask on every day. YOU FIRST
- ❑ Self Love is critical - do something for you every day
- ❑ Work on having the right support system in your life
 - Take time to let them know you care
- ❑ Show gratitude for something every day – **Attitude of Gratitude**
- ❑ Show your team that you care
 - Hold team meetings
 - Tell them you have their back
 - Recognition is key – **it is the little things that matter most**

LAUGHTER

Don't take yourself too seriously

LAUGHTER

Needed now more than ever

On average, a child
laughs 300 times per day



LAUGHTER

On average, an adult laughs 17 times per day



LAUGHTER

- Learn to laugh at yourself
 - ❑ To be truly successful, you must be prepared to fail
 - ❑ Conquer the fear of failure
 - ❑ It's okay to be outside your comfort zone

Incredible health benefits

LAUGHTER

Reduces stress hormones

A good workout

Promotes creativity

Improves immune system

Cancer Prevention

Laughter has also been shown to fight against cancer by increasing the levels of IFN (Interferon-gamma) in the body. IFN stimulates the B-cells, T-cells, NK cells, and immunoglobulin, and it also works to regulate cell growth. These compounds are integral to a healthy immune system, but they are also the lines of defense against cancer and the abnormal growth of dangerous tumors in the body.

Pain reduction

Improves memory

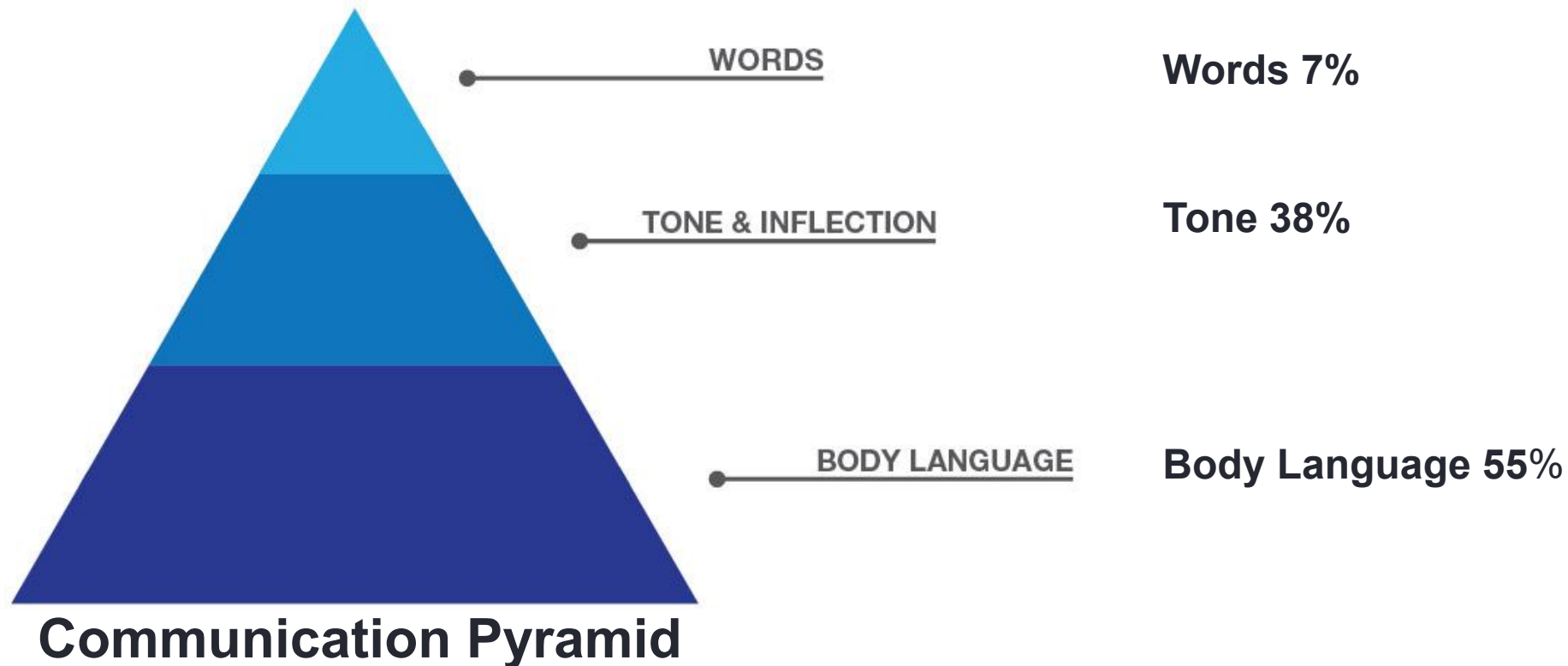
Mental and emotional health

Lowers blood pressure

*Mayo Clinic

LAUGHTER

Positive Communication is the Key



LAUGHTER

Set The Tone

- Positive Energy attracts Positive Energy
- You can't control what happens, but you can **control how you respond**
- **Be a “Duck on Water”**

Perception is reality

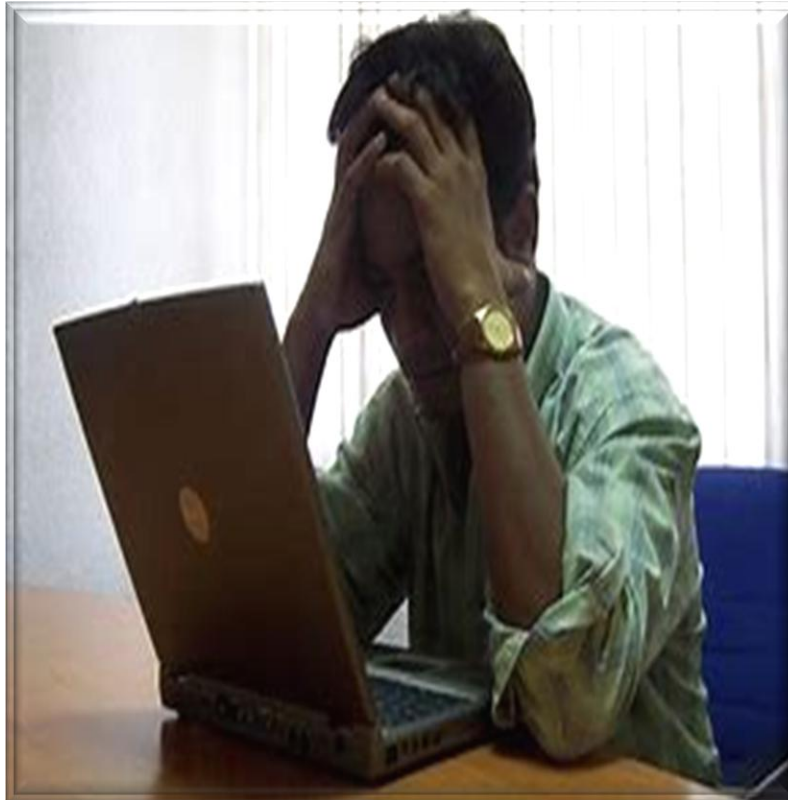
LAUGHTER

- ❑ Try laughing instead of stressing
- ❑ Use stress management tools
- ❑ Make sure your team is doing the same
- ❑ The leader sets the tone, **be a duck on water**
- ❑ Communicate with your team! Be succinct, direct, specific, be present
- ❑ Gather your extended team at least once a week, keep it light

LABOR

What picture comes to mind?

A



B



LABOR

We are built to work

We are wired to produce

LABOR

PASSION

PURPOSE

LABOR

What are you passionate about?
Do you have it in your life?
Are you developing it?

LABOR

ON YOU!

On what you're passionate about

On your relationships

LABOR

- ❑ You need to have something that gives you passion and purpose
 - Something that is only for you - Fuel
- ❑ Set your standards higher for you and your team – **DO NOT SETTLE**
- ❑ Work on your relationships – they are key to your success
- ❑ Consistently develop yourself – Learn something new
- ❑ Focus on team engagement - **Priority #1**
 - Do 1:1 standing meetings – daily – in person if possible
 - Set goals and deadlines
 - Developing your team is critical to their and your success
- ❑ Make sure you and your teams are working on their own life balance

LEISURE

How do you define Leisure?



LEISURE

- ✓ You need “**ME TIME**”
- ✓ Invest in you
- ✓ Recharge your batteries
- ✓ Return to your comfort zone
- ✓ Holiday vs. Vacation



The Japanese have a word ‘Karoshi’, loosely translated
OVERWORK DEATH

LEISURE



What is “**Me Time**”? Why is it Critical?

What are you doing for you?

LEISURE

“People who took fewer than 10 of their vacation days per year had a 34.6% likelihood of receiving a raise or bonus in a three-year period of time. People who took more than 10 of their vacation days had a 65.4% chance of receiving a raise or bonus.”

Harvard Business Review

LEISURE

- ❑ You need to look at LEISURE as an investment in you
- ❑ Schedule time during your day for '**ME TIME**' – Protect it!
- ❑ Set a morning routine – set the tone
- ❑ Mandate that your team does this as well
- ❑ Exercise is critical – gives you a clear mind
- ❑ **Clear Minds = Better Decisions**

LEAVE

Positive or negative?

Why do we hold on to a not-so-positive situation or decision?

FEAR

FEAR OF WHAT?



Familiar Misery

F.E.A.R.

has two meanings:

Forget Everything and Run
OR

Face Everything and Rise

The Choice is Yours

LEAVE

How do you make change?

Gap Analysis

What is it?

LEAVE

Action / Development Plan

Change Management Action Plan

	Action	Date		Action	Date		Action	Date
1			6			11		
2			7			12		
3			8			13		
4			9			14		
5			10			15		

SMART = Simple, Measurable, Attainable, Realistic, Timebound

Critical - Celebrate the Small Wins

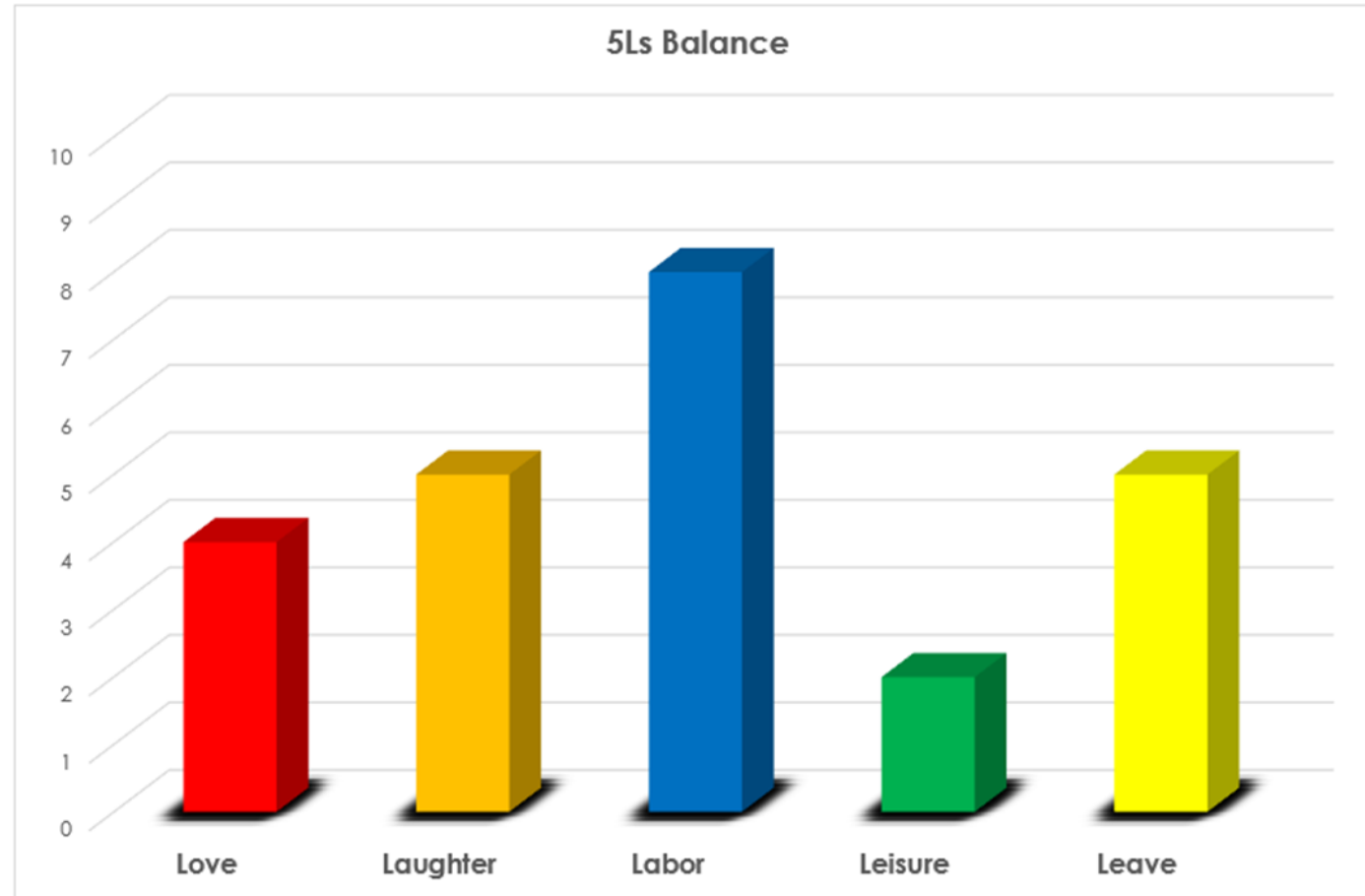
LEAVE

- ❑ You must embrace change and let go of fear
 - Realize you are preprogrammed to avoid change
 - You can fix that with Micro-Habits
- ❑ You can only control the controllable
- ❑ Create your Gap Analysis and an Action Plan for change
- ❑ Hold brainstorming sessions with your teams
 - Create an action plan
 - Your plan must be SMART
- ❑ Be prepared to pivot to 'leave a bad decision or situation'
- ❑ **REALIZE BRIGHTER DAYS ARE COMING**



Online Self-Assessment

Your 5Ls™ Look



Do not forget - your goal is to find balance in all 5Ls. Your Target for each "L" is to be between 7 - 10

Go To: www.unparalleledperformance.com



“Balance is a choice, and you have to choose it every day”



Candice Corby, Chief Executive Officer
Cobra Legal Solutions

The Gift of a Balanced life is now yours



Always bet on yourself to win

LIVE THE BALANCE

THANK YOU!!

The 52s



LEARN MORE



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