

This session begins at 4:35 p.m. Eastern time



Juggling Priorities and Achieving Balance

Joanie Biley Courtney, chief workforce analyst, EmployBridge, and president, RemX division



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Diane Poljak
Assurance
SVP, Staffing & PEO Practice Leader



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 President, RemX division*

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JUGGLING PRIORITIES & ACHIEVING BALANCE

JOANIE COURTNEY



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WOMEN MAKE UP NEARLY HALF THE LABOR FORCE

-  In 2018, there were 75,978,000 women aged 16 and over in the labor force, representing 46.9% of the total labor force.
-  57.1% of women participate in the labor force, compared to 49.1% of men.
-  **Women Earn More Degrees Than Men** For the class of 2016–2017, women earned more than half of bachelor's degrees (57.3%), master's degrees (59.4%), and doctorate degrees (53.3%).
-  **However, Women's Labor Force Participation Rate Continues to Decline** Women's labor force participation rate peaked in 1999 at 60.0%. It is projected to be 55.4% in 2024 and 51.9% in 2050.

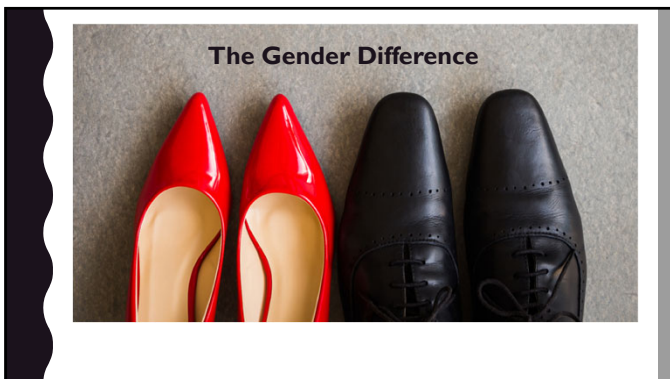
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TIPS ON MASTERING THE THREE-RING CIRCUS

The Ring Master
Be honest, realistic and spend quality time thinking about what you want to accomplish over this next year. Identify top priorities for yourself and your family. Sometimes we need a dose of reality on what we can and cannot handle. It's OK to say NO!

The Main Event
Take time to write down your goals, plans an aspirations. Be specific about steps/actions you will take to achieve them. What resources, support, help, etc. do you need to help you get there? It's a good idea to revisit your goals on a regular basis to track progress and stay on course. Keep the list in a safe but visible place (I always suggest in your wallet!)

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TIPS ON MASTERING THE THREE-RING CIRCUS

Take an intermission every day
We all need time to reflect and recharge our batteries every day. Set quiet time to think, read, write, meditate or exercise. You need to unplug yourself from the chaos.

Practice Gratitude & Joy
Never underestimate the importance of joy, laughter and gratitude.

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GOAL SETTING CAN HELP YOU GET THERE

5 F'S PLUS 1

1. Faith
2. Family
3. Friends
4. Finance
5. Fitness
6. FUN

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“JUGGLING MOTHERHOOD AND A CAREER CAN SEEM LIKE RUNNING A THREE-RING CIRCUS, BUT IT IS ALSO THE GREATEST SHOW ON EARTH.”

- JOANIE COURTNEY


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THANK YOU

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Time for a Break!

Please return to the virtual event page

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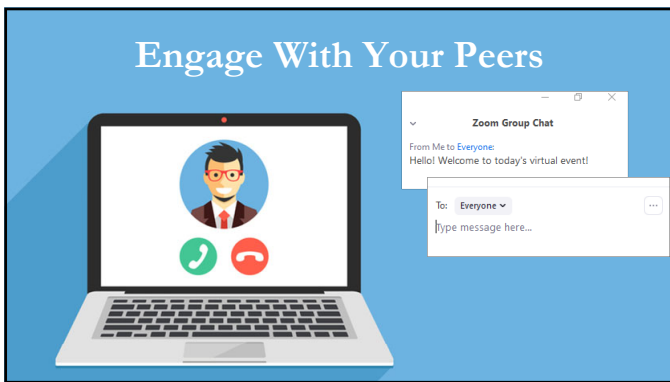
Your Feedback, Please!



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Your Feedback, Please!



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Thank You for Joining Us Today!



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