

Work Life Balance - Tips for Start-up Founders

Oscar Emetuei

Abstract

Launching a start-up is demanding and takes huge amounts of time, energy, and attention. Whether you're a business owner, independent contractor, at-home parent or an employee, we know you chose your form of self-employment because you wanted 2 things: balance and control. But here is the hard truth, Work-Life Balance is nothing but a myth. Instead of searching for some mythical work-life balance, strive for the right work/life mix that prioritizes both personal and professional goals. The objective of this session is to help delegates gain absolute clarity on how to get exactly what they want and achieve faster results without losing their precious time to those daily distractions. This keynote will show delegates the best approach to Work-Life Balance in a simple 3-C Formula that we learned from Epictetus, which are: Control what you can. Cope with what you can't. Concentrate on what counts.

Keywords: Work-Life Balance, Start up, Entrepreneur. Stress And Anxiety

Biography:

Oscar Emetuei, Author, Serial entrepreneur, a catalyst for igniting passion, shifting thinking and driving performance. Regarded as Africa's top Business Strategist. A sought after transformational speaker and a leadership expert who empowers his audience with new research findings and tools that they can immediately apply in their businesses or careers to achieve "LEAPFROG" results and strategy to overcome "SAME-NESS" at all level of the organization. Lover of God & humanity. Husband to Aletha, Father of Eden & Jordan.



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