

Morning Keynote

“Into Alignment” by Amber Tunseth

Many of us today are focused on achieving at work, being a good wife, and mother, daughter, granddaughter, sister, colleague, friend, the list goes on and on. While none of these things are bad, they collectively are depleting - because we forget to add ourselves to that list. While we continue to become depleted, we start to lose focus on what really matters to us. We all have the same amount of time in our days, and that time, for all of us is finite. Our perspective on our time and how we choose to spend it should be of paramount importance to us. Yet, it's so easy to lose sight of that in our day to day lives, ultimately culminating in waking up one day feeling unfulfilled, burned out, unhappy. But we can find our way back. By taking time to assess what is really important to us, and what our days look like when aligned to those things we can find fulfillment, joy and passion once again. In this discussion, we will dive into our values, how those values are manifest in our lives and where we might need to focus some additional attention. We'll talk about ways to align with those values we are out of sync with ways to instill the practice so we don't lose our way in the future.

Takeaways:

- Clear identification of your top 5 values
- Where we are well aligned with our values, and where we are not
- Strategies to identify how to improve areas we are not well aligned
- Strategies to stay focused on values for the long haul