

Healthcare Supply Chain Network



**Wit, Fit and Balance...Strategies for
Success
May 10, 2011**





It's your perspective and what you choose to focus on that will help you maintain a healthy life and workplace environment.









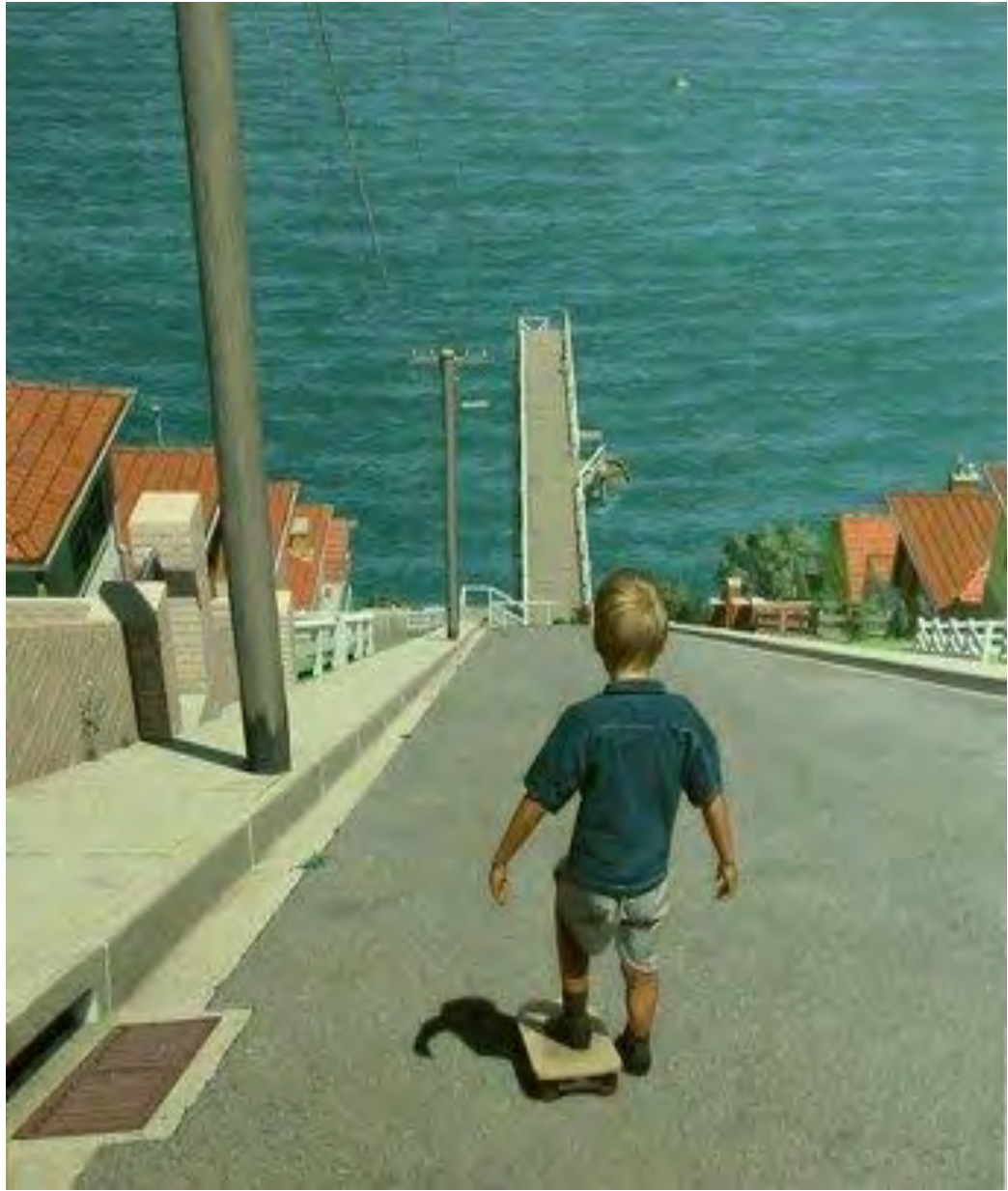
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NURTURE KEY RELATIONSHIPS

30 MINUTES A DAY

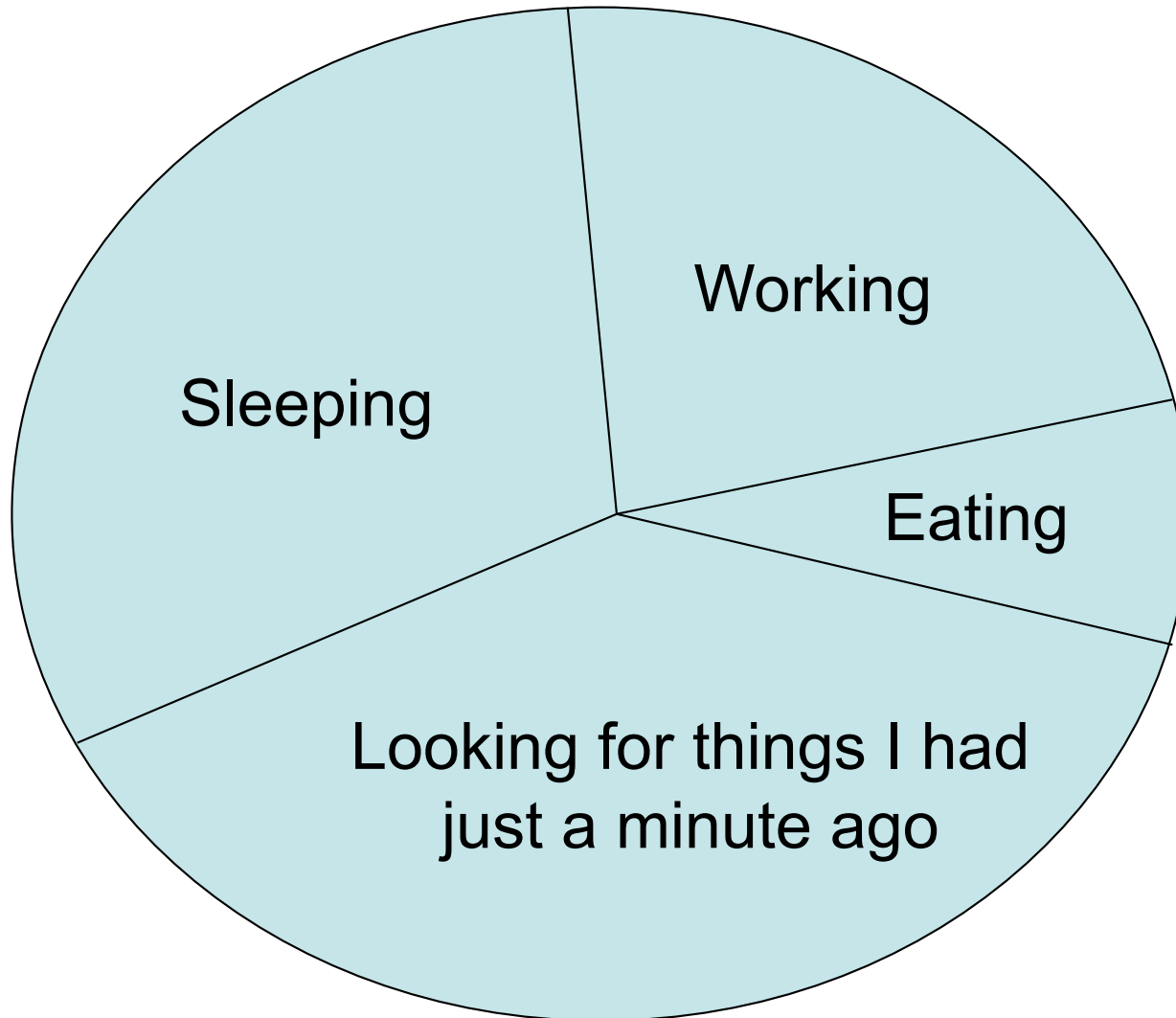
**SET IT ASIDE AND TREAT IT
LIKE ANY OTHER
APPOINTMENT**



RIPPLE EFFECT



My Life Broken Down Into Segments



Prioritize Your Time

- **Share the load**
- **Take Your 30 MINUTES A DAY**
- **Ask yourself “...did I leave enough time for what’s really important?”**

Focus On Things You Can Control

**It's not about what happens
to us...it's about how we
react to what happens to us.**

**Make the best of where
we are right now**



**I'm So Glad
That I Hung On To
The Anger**

**We can't control the
weather**



**We cannot control other
people's behaviour**

SHAKE OFF YOUR LUCY





**SHIFT
YOUR
PERSPECTIVE**

Switzerland in the
the Spring

Canada in the
the Fall

**The edge goes to those who can
look at themselves,
their problems and
unresolved issues,
from different points of view.**

**Think your good thoughts out
loud**

Remember to compliment
someone in your life **EVERYDAY**
and let them know how they
brightened your day

IMPROVE ONE THING







Wit, Fit and Balance...

Strategies for Success

- **SHIFT YOUR PERSPECTIVE**
- **LOOK FOR THE HUMOUR**
- **MAKE TIME FOR YOUR 30 MINUTES**
- **LET GO OF THE THINGS YOU CANNOT CONTROL**

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