



The following presentation is a collection
of thoughts and ideas we gathered from the
Pennsylvania Women's Conference
we attended in Philadelphia this past October.

Brought to you by:

**Amy Brink, Jennifer Kuklantz, Michele
Poruban and Barbara Tyson**



- “If you want something you’ve never had before, you’ll have to do something you’ve never done before in order to get it.” - Tiffany Dufu, author of Drop the Ball: Achieving More by Doing Less
 - - What are you truly good at/do really well? Then delegate & “drop the ball” on the rest to get help from others!

- Creating your Meaningful Life

- Connecting with and sharing experiences & stories with others creates meaning

- Providing Leadership/Parenting

- Our children/students are not “mini-bonsai trees” – we can’t shape them completely, they need freedom and choice to be themselves



Barbara Tyson

The Real World



Sorry kids, this is as good as it gets.

<https://imgflip.com/memtemplate/63088036/office-space>

“Doing the one thing we are often afraid of - *dropping the ball* - is our only solution.” – *Dufu*

The first ball we must drop is our unrealistic expectation about *who we're supposed to be*. In order to relieve this pressure we have to get clear about what matters most to *us*. We have to decide who *we* want to be and redefine these roles in a way that works for us personally.

- adapted by Jennifer Kuklantz

THE LOOK I GIVE



**WHEN I'M COMPLETELY
OVERWHELMED**

https://www.50-best.com/will_ferrell_memes/pics/when_im_overwhelmed.htm

**Prioritize what matters
the “MOST” . - Dufu**

The second ball is our unrealistic expectation about *what we're supposed to do*. Once we're clear about what matters most to us, we can prioritize our to-do list so that we're not so overwhelmed.

- adapted by Jennifer Kuklantz

WORK-LIFE-BALANCE?



<http://www.quickmeme.com/meme/3r9mp1>

“Release **UNREALISTIC**
expectations of
doing it all.” - Dufu

The Last ball is releasing the fear of asking for help - and learning to delegate with joy. Dropping the ball - and inviting others to pick it up - has the ability to strengthen relationships with everyone who's comes to your aid.

- adapted by Jennifer Kuklantz



“... speak up at all the tables we’re [seated at], because if we don’t speak up, our voices are never involved in the process of problem solving, and we won’t get to the right answers without our voices.”

—Former First Lady Michelle Obama speaking at the Pennsylvania Conference for Women

Michele Poruban

Amy Brink's Favorite Moment

HAPPINESS SPREADS.

WHEN WE CHOOSE HAPPINESS,

IT ACTUALLY MAKES IT

EASIER FOR OTHER PEOPLE

TO CHOOSE HAPPINESS.

SHAWN ACHOR

An ornate, light gray decorative frame with intricate scrollwork and floral patterns, set against a dark background. The frame has a central rectangular area with rounded corners and a decorative border.

Thank you!