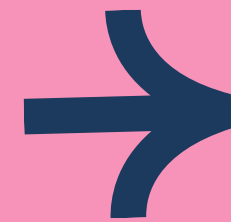




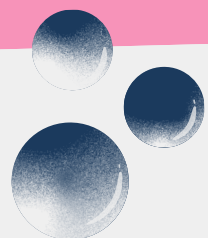
# DITCH THE GUILT,

# KEEP THE GOALS:

A SMARTER  
APPROACH TO  
WORK-LIFE  
BALANCE



PRESENTED BY:  
TASSANY C. HENDERSON, ED.D



→ **WELCOME &  
CONNECTION**

→ **REDEFINING  
BALANCE**

→ **UNDERSTANDING  
GUILT**

→ **RECLAIMING  
YOUR GOALS**

→ **PRACTICAL TOOLS &  
SMARTER SYSTEMS**

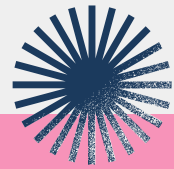
→ **REFLECTION  
& Q&A**



# **AGENDA**



# WELCOME & CONNECTION



**"YOU'RE NOT HERE TO GET MORE TO DO –YOU'RE HERE BECAUSE SOMETHING'S GOT TO GIVE, AND YOU'RE READY TO SHIFT."**

## Professional Background:

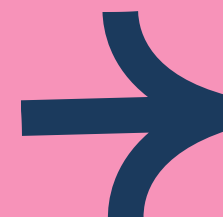
- Co-Founder of HenderHouse LLC
- The Recentered Mama Podcast (Launching June 13th)
- Recent Roles - Assistant Professor, Associate Director of Career Development
- Gallup Certified CliftonStrengths Coach

## Educational Background:

- Doctor of Education in Leadership & Professional Practice

## Personal Background

- Hometown: Nashville, TN
- Mom of Three
- Daughter of an automotive manufacturing retiree



# IN ONE WORD, WHAT DOES YOUR CURRENT VERSION OF 'BALANCE' LOOK LIKE?

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1

“Balance” sounds like equal parts everything. But life is not measured in perfect halves - it’s lived in seasons.



2

Real balance is about permission: permission to pause, to pivot, and to protect your peace.



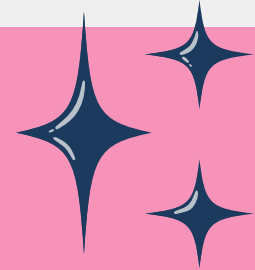
3

What matters most isn’t time management - it’s priority awareness.



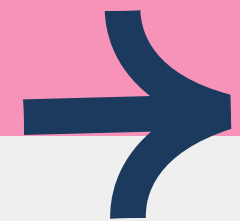
4

You’re allowed to change what balance means *week to week*.



# REDEFINING BALANCE

“LET’S STOP CHASING THE MYTH AND START BUILDING WHAT WORKS FOR YOU.”



# THOUGHT PROVOKING ACTIVITY

**TAKE A MOMENT AND THINK ABOUT WHAT  
AREA(S) FEEL THE MOST OUT OF BALANCE  
RIGHT NOW.**

# UNDERSTANDING GUILT

**"GUILT IS A SIGNAL - NOT A SENTENCE."**



**GUILT CREEPS IN WHEN YOU CARE DEEPLY. THAT'S NOT A FLAW - THAT IS YOUR COMPASSION SHOWING UP.**



**UNCHECKED GUILT BECOMES A WEIGHT WE WERE NOT MEANT TO CARRY.**

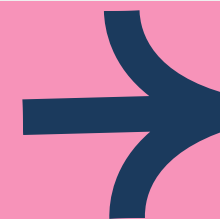




# RECLAIMING YOUR GOALS

**"YOU HAVEN'T LOST YOUR AMBITION - YOU'VE JUST BEEN IN SURVIVAL MODE."**

- Leadership and life can coexist - but not on autopilot.
- Goals don't have to disappear - they just need to be reimaged in light of your real life.
- Small progress still counts. Tiny wins build a legacy.
- Don't give up on the goal - give up the guilt around wanting more for yourself.



# GOAL AUDIT

# PRACTICAL TOOLS & SMARTER SYSTEMS

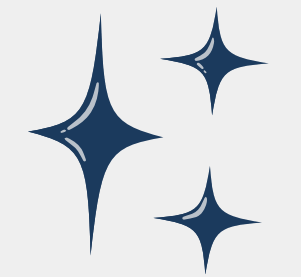
## 3 KEY TOOLS

1. **The Reset Ritual**
2. **The Priority Grid**
3. **Energy-Based Planning**

**"LET'S STOP WINGING IT AND BUILD SOME SYSTEMS THAT WORK WITH YOUR ENERGY."**



# REFLECTION & Q&A



## REFLECT

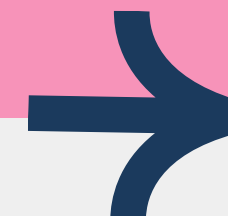
Reflect on the one shift you can commit to after this session

## ENCOURAGE

Be kind to yourself in the process

## RESTORE

Know that success isn't a straight line  
—it's a series of conscious,  
compassionate pivots





**THANK  
YOU!**

**FOR YOUR**

**ATTENTION**



*Let's Stay Connected!*

