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Aligning Process, Structure & People For Results

You too can be a project
manager with a LIFE!

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PMI Olympia Chapter Meeting

Diane Vasarkovy, Wolf Consulting



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It's NOT a Joke!

- Let's talk about:
 - Understanding our needs.
 - How do we strategize to get them?
 - Ideas that we can actually use.



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Conscious Choice

- Are you living to work or working to live?
- Do you know why you've made the choice?
- Do you want to make a different choice?
- How much do you want to make it?



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What Is A Real Life?

- Look, feel, taste, smell, hear
- Who defines it?
- Who evaluates it?
- Who benefits or pays the price?
- Who makes the choice?



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Understanding Needs

- What would you do if time and money weren't an issue?



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Understanding Needs

- Needs versus wants
- May be hidden
- May evolve
- Deserve continual exploration



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Getting Our Needs Met

- Decide their priority (trick question)
- Attitude adjustment (tricky task)
- Accountability awareness (neat trick)



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Getting Our Needs Met

- How might I benefit?
- Will it hurt?
- What will “they” say?
- Will I care?
- Why?



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Useful Ideas

- Let's build a list!



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Useful Ideas

- Planning Work
- Effort versus Calendar
- Issue Acceptance



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Useful Ideas

Never, never, never, EVER,

EVER

volunteer for a

DEATH MARCH



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More Useful Ideas

- Play together as a team
- Ask to be rotated
- Mention pace in Charter
- Careful monitoring of yourself
- Know your energy cycles
- Realistic schedule with adequate contingency time



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And More Useful Ideas

- Block out planned “off” time first
- Healthy snacking
- Validate taking care of self
-
-
-



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The Business Case (bor---ing)

- Research supports
- Best ideas come to relaxed people
- And they make fewer mistakes
- Causing less rework
- And they may actually want to come back to work tomorrow.



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Unexpected Benefit!!!

If you model...
they will follow...!!!

So what do you got to lose?
BURNOUT



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Why Bother?

