



*“Work-Life Harmony
Living Consciously.”*

– Pollyanna Lenkic

POLLYANNA LENKIC

EMPOWERING PEOPLE PERFORMANCE

Juggling our lives, our work loads resulted in exhaustion. Multiple projects, long hours and reduced productivity.

We sought balance, building our core to have the strength to maintain this. This too has failed to deliver, resulting in guilt, more exhaustion and a loss of focus on what's important.

The benefits of living mindfully and consciously has seeped into our culture as a norm, not something reserved for a few.

The data is in, when we create space for mindfulness, when we seek harmony, our personal and professional lives coexist without damaging each other.

I believe that we all have a right to live healthy lives, getting conscious of how we are living is a first step.

Assessing if you have harmony across your life can provide insight into how we operate on every level, the choices being made and what is contributing to the results we are either getting or not getting.

What are 3 things you can do today to bring more harmony into your life?

Pollyanna