



# Modeling the Better Version of Yourself

The work / life tightrope of a woman  
in tech leadership

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...and some context :)



## Individual WLB

- Know who you are + your core values



## Individual WLB

- Know who you are + your core values
- Understand company culture



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- Leave room for change



## Individual WLB

- Know who you are + your core values
- Understand company culture
- Leave room for change
- Recognize limitations + trust peers
  - DO NOT internalize



# Modeling WLB

- Understand company culture



# Modeling WLB

- Understand company culture
- Get to know your team





# Modeling WLB

- Understand company culture
- Get to know your team
- Understand + respect boundaries
  - Recognize at-risk
  - Use tools

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## Modeling WLB

- Understand company culture
- Get to know your team
- Understand + respect boundaries
  - Recognize at-risk
  - Use tools
- Value time away from work

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## Modeling WLB

- Understand company culture
- Get to know your team
- Understand + respect boundaries
  - Recognize at-risk
  - Use tools
- Value time away from work
- Learn about all cultures you touch



# Modeling WLB

- Assume relationship with WLB



# Modeling WLB

- Assume relationship with WLB
- Judge 'work ethic'

A man with a beard and a blue baseball cap, wearing a dark blue jacket with red accents, is gesturing with both hands raised in a shrug-like motion. He is in an office setting with various charts and documents on the wall behind him.

**All people are different people.**

Coach Beard, Ted Lasso season 2 episode 1

# Modeling WLB

Remember to be self-aware!



**DO!**









**“When something goes wrong in your life just yell 'PLOT TWIST', and move on”** - Molly Weis

Your work/life  
balance



COVID-19



# Individual WLB

- Give yourself a break



# Individual WLB

- Give yourself a break
- Separate space
  - physical



# Individual WLB

- Give yourself a break
- Separate space
  - physical
  - mental + emotional



# Modeling WLB

- Pay attention to your team
  - DO NOT assume their circumstances



# Modeling WLB

- Pay attention to your team
  - DO NOT assume their circumstances
- Communicate expectations



# Modeling WLB

- Pay attention to your team
  - DO NOT assume their circumstances
- Communicate expectations
- Foster remote community







**“When something goes wrong in your life just yell 'PLOT TWIST', and move on”** - Molly Weis



# Modeling WLB

- Pay attention to your team
  - DO NOT assume their circumstances
- Communicate expectations
- Give everybody\* a break!

\*yes, including yourself :)



- **Figure out who you are and understand your personal boundaries**
- **Communicate company culture, values, and role expectations**
- **Accept that lives change, either temporarily or longer-term**
- **Get to know your people: their culture, their motivation, their baselines**
- **Understand that all people are different people - even in similar roles**
- **You're a model - be aware and try to do no harm**

# Thank you!



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