



A Balanced Approach to CRAZY

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A vibrant tropical beach scene. A colorful striped hammock hangs from a palm tree on the right, overlooking a turquoise ocean. A small boat is visible in the water, and a green island is in the background under a clear blue sky. The text "Life of an AD" is overlaid on the left side of the image.

Life of an AD

The ultimate
balancing act

Reality



What others, especially parents, think you do



<https://www.youtube.com/watch?v=2X1z92bBsCI>



What is
success?

WOODEN ON LEADERSHIP™

PYRAMID OF SUCCESS

"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."

John Wooden, Head Coach

SUCCESS

Success is not a destination, it is a journey.

ACHIEVEMENT

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.

COMPETITIVE GREATNESS
"Perform at your best when your best is required. Your best is required each day."

POISE
"Be yourself. Don't be thrown off by events whether good or bad."

CONFIDENCE
"The strongest steel is well-founded self-belief. It is earned, not given."

CONDITION
"Ability may get you to the top, but character keeps you there – mental, moral, and physical."

SKILL
"What a leader learns after you've learned it all counts most of all."

TEAM SPIRIT
"The star of the team is the team. 'We' supercedes 'me'."

SELF-CONTROL
"Control of your organization begins with control of yourself. Be disciplined."

ALERTNESS
"Constantly be aware and observing. Always seek to improve yourself and the team."

INITIATIVE
"Make a decision! Failure to act is often the biggest failure of all."

INTENTNESS
"Stay the course. When thwarted try again; harder, smarter. Persevere relentlessly."

INDUSTRIOUSNESS
"Success travels in the company of very hard work. There is no trick, no easy way."

FRIENDSHIP
"Strive to build a team filled with camaraderie and respect: comrades-in-arms."

LOYALTY
"Be true to yourself. Be true to those you lead."

COOPERATION
"Have utmost concern for what's right rather than who's right."

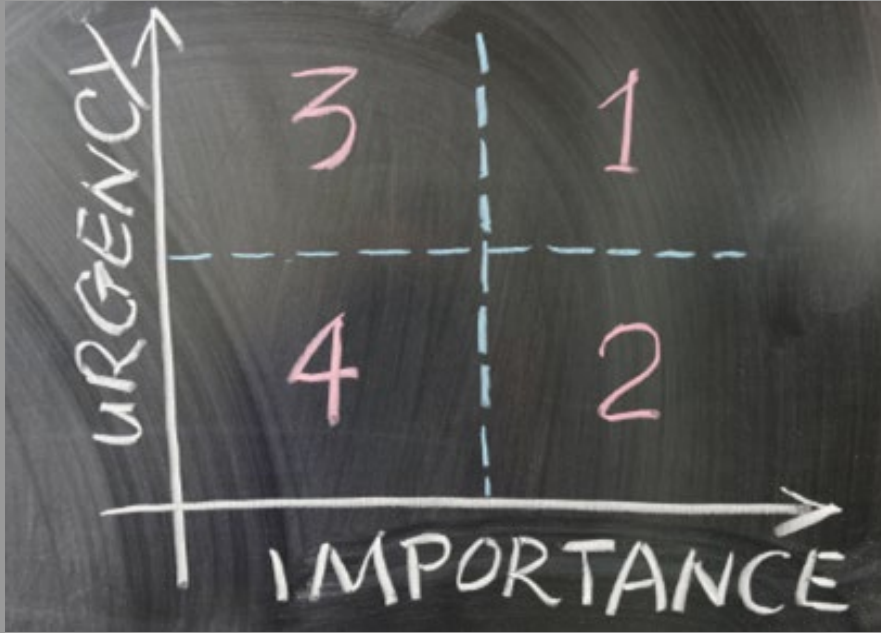
ENTHUSIASM
"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."

12 LESSONS IN LEADERSHIP

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset

www.CoachJohnWooden.com

Prioritize Your Needs at Work



How does it affect:

- kids?
- relationship with coaches?
- relationship with school admin / teachers?
- professional relationships?
- relationships with parents?
- relationships with boosters?
- relationships with community?

Prioritize Needs at Home or for Yourself

No need to discuss

- Either it has a positive impact or a negative impact
- Family and self care should take priority



Seriously?

I KNOW ALL THIS!

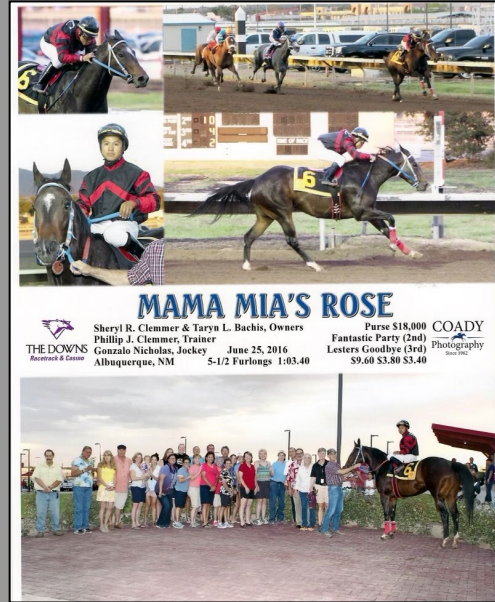
How do I make it happen?

“Career Awakening”



LinkedIn Poll: 6 out of 10 people are having a career awakening

Charisse Jones USA Today



Re-evaluate lives and where does work play a role?

Combining passion with skill set?

What's fulfilling?

Pursuing what you love!

Jeff Donovan-fishing

Taryn Bachis-horses

Plan and Organize



Plan what is important

Be ready to change gears

Don't overcommit yourself

Don't be afraid to ask for help

Trust in others

Do not procrastinate

Complete the dreaded jobs first -
sense of accomplishment

Educate Yourself and Don't Be Afraid to Borrow



Take LTI classes whenever you can
- every good idea makes your life easier

Attend conferences, league meetings, state meetings

Find a Mentor

Don't be afraid to try new things

Borrow ideas and use them

Goal Based Decisions for Use of Your Time

Personal goals

Professional goals

Department goals

What decision helps you meet
these goals?



Engaged or Unhappy Workaholic



Engaged workaholic

someone who works constantly on their job because they truly love what they do.

Example: a prolific writer who gets great joy from telling stories.

Unhappy workaholic

someone who is addicted to work and works constantly on their job driven by an unhealthy compulsion.

Example: someone who obsessively thinks about how they can free up more time for work.

Two Approaches to Work-Life Balance

How to tell if your team members are **work-life integrators** or **segmentors**



Work Life Balance is all the rage.

People enter that term into search engines over 22,000 times each month in the U.S. alone!

Also 9,900 times a month in India, 3,600 times a month in Australia, and 18,100 times a month in Germany.

Two basic approaches to work-life balance:

- how that affects what different team members need from you
- ways to accommodate both styles without losing your mind.

Integrator



Work-life integrators...

Transition fluidly from work to personal life and back again

Don't mind answering emails and chats after hours (within reason, of course) because they popped out for that CrossFit class in the middle of the afternoon

Like to “talk shop” outside of work, and are happy to chat about their personal lives with colleagues

Integrator Needs

What work-life integrators
need from their manager

Flexibility (and trust)

Team events

Success measures



Segmentor

Work-life segmentors...

Have well-defined times when they are working – once they're done for the day, they're done

Tend to personal needs like errands and fitness outside of working hours

They don't get into "bring your kid to work" days, and in extreme cases, don't even keep photos of family and friends on their desks



Segmentor Needs

What work-life segmentors
need from their manager

Stability

Respect for boundaries

Space to vent



<https://www.youtube.com/watch?v=-oJLJhTQUZ4>



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