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FAMILY

**Time Management
Tips to Avoid Burnout**





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Time Management Tips to Avoid Burnout



Go to www.Menti.com and enter
code 6742 1191

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 Mentimeter

Who's in the Room?



We can't do this alone

Hire some help:

- Assistant ADs
- Interns
- Volunteer Staff





Share the Load

Delegate Tasks

- Gateworkers
- Admin
- GameManager





Take Advantage of Technology

- Google Drive
- Calendar
- Digital Tickets
- Meetings





What are other ways you use technology to save time?





Caring for Yourself

- Family
- Exercise
- Meditation
- Vacation





How do you take care of yourself?





Communication Tips

- Use your Email and Phone effectively
- Set Boundaries





Time Management at Home

- Routines
- Meal Prep





What are some of your routines at home?





Questions?



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What did you take away?

