

# BALANCING PERFORMANCE & WELLBEING

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# TODAY WE WILL DISCUSS

## **01** BOTH SIDES OF PERFORMANCE

What does performing really look like?

## **02** REALISTIC GOAL SETTING

How to create goals that prioritize you

## **03** THE REAL BALANCING ACT

How integration creates balance

# 01

## BOTH SIDES OF PERFORMANCE





# PER ◦ FOR ◦ MANCE

noun

1. the action or process of carrying out or accomplishing an action, task, or function.

**HOW MANY  
CAN YOU  
RELATE TO?**

# HOW MANY CAN YOU RELATE TO?

1. Responsible for solving a problem?
2. Found the drive to get something done that would make a difference?
3. Completed something on your own without little to no direction from others?
4. Didn't give up, even though you wanted to?
5. Found an alternative way to complete a task?
6. Believe that you are good at what you do?
7. Spent time trying to expand a skill or understand a task to move forward?



# HIGH

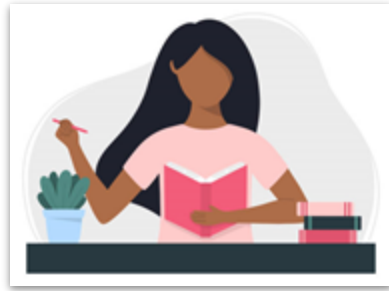
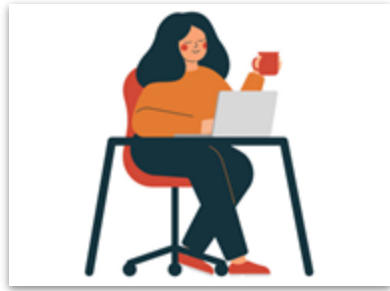


# PER ◦ FORM ◦ ER

noun

1. consistently going above and beyond to accomplish or excel an action, task, or function.

# HIGH PERFORMER



## COMMON TRAITS

- Problem-solving
- Drive
- Self-direction
- Strategic thinking
- Initiative



# THE EXPERT



## THE ONE WHO..

- Has to be the best at everything
- Hunts for new information
- Can be quite hard on themselves

# THE LIST PERSON

## THE ONE WHO...

- Makes a never-ending list of task
- Needs to cross “all” items off the list
- Only feels accomplished at the end



# THE YES PERSON



## THE ONE WHO...

- Takes on everything
- Feels the need to support everyone
- Has a hard time saying no

# THE DO OVER

## THE ONE WHO...

- Feels like it is never good enough
- Who needs to check it over and over
- Ruminates on what might be missing



# WHICH ONE RESONATES WITH YOU?

- The Expert
- The List Person
- The Yes Person
- The Do Over

# PERFECTIONISM

Perfectionism is when you have exceptionally high standards and expectations for yourself.

# 02

## REALISTIC GOAL SETTING



# HOW MANY HOURS DO YOU THINK THE AVERAGE PERSON SPENDS WORKING IN THEIR LIFETIME?

**70,000**

**A**

**90,000**

**B**



**IN THE LAST 48HRS  
WHAT HAVE YOU DONE  
FOR YOURSELF?**

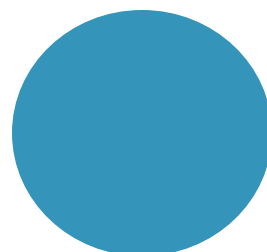
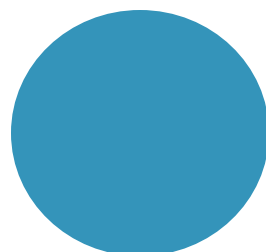
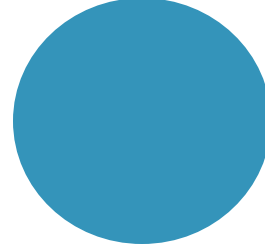
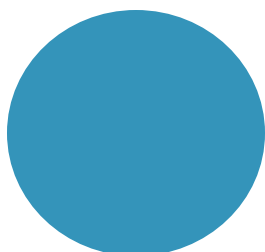
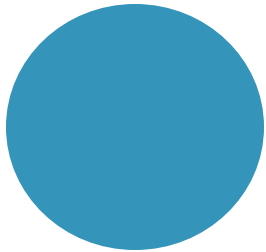
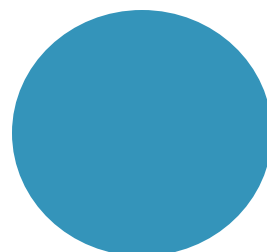
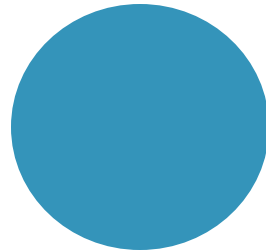
# WHAT TAKES UP MOST OF YOUR TIME?

- Work
- Family Obligations
- Chores



# WHAT TAKES UP MOST OF YOUR TIME?

GRAB A PEN: Remember you only have 10 circles.



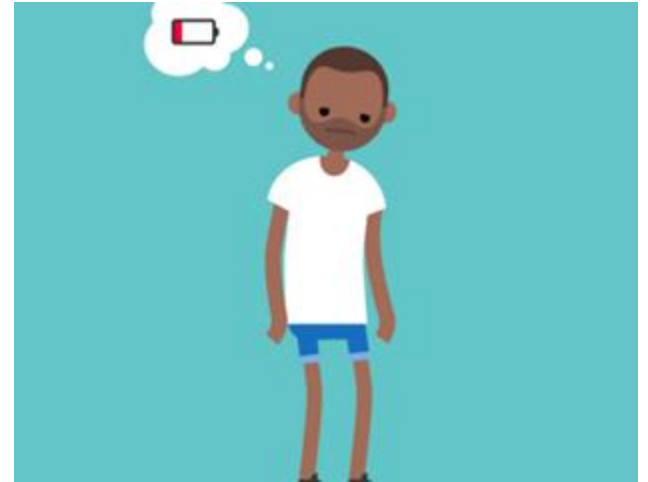
# WHAT TAKES UP MOST OF YOUR TIME?

How many of you needed more circles?

How many of you allocated a circle to yourself?

How many of you wrote yourself first?

How many of you forgot yourself all together?



A man with short brown hair and glasses, wearing a blue and white striped shirt, is shown in profile. He has his hands pressed against his face, covering his eyes and nose, which is a common gesture of stress, frustration, or exhaustion. The background is a bright, out-of-focus indoor setting with warm, bokeh light spots.

**WHERE DO YOU  
FEEL STRESS?**

# WHERE DO YOU FEEL STRESS

## EFFECTS OF STRESS ON THE BODY



### SKIN:

Changes in Skin Texture, Loss of Skin Tone, Loss of Moisture, Thinner & More Delicate Skin

[Learn More >](#)



### IMMUNE SYSTEM:

Decreased Immunity

[Learn More >](#)



### HORMONES:

Hormonal Imbalances, Increased Cortisol

[Learn More >](#)



### BONES:

Decreased Calcium Absorption, Weakened Bones

[Learn More >](#)



### BRAIN:

Fatigue, Reduced Concentration, Decreased Mood

[Learn More >](#)



### HEART:

Increased Heart Rate, Elevated Blood Pressure

[Learn More >](#)



### GUT:

Decreased Nutrient Absorption, Alterations in Gut Motility, Changes in Microbiome, Leaky Gut

[Learn More >](#)

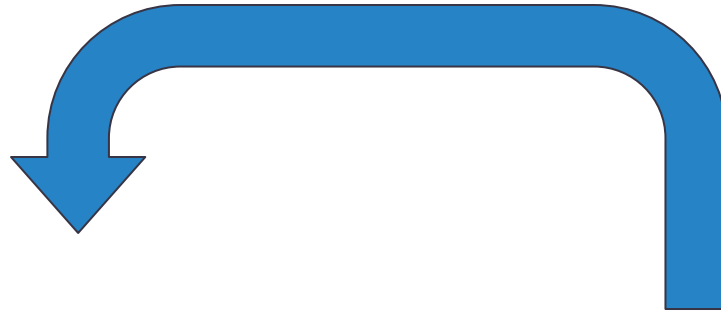


### MUSCLE:

Muscle Protein Breakdown

[Learn More >](#)

# PLACE THE PERSON IN FRONT OF THE WORK



WORK



PERSON

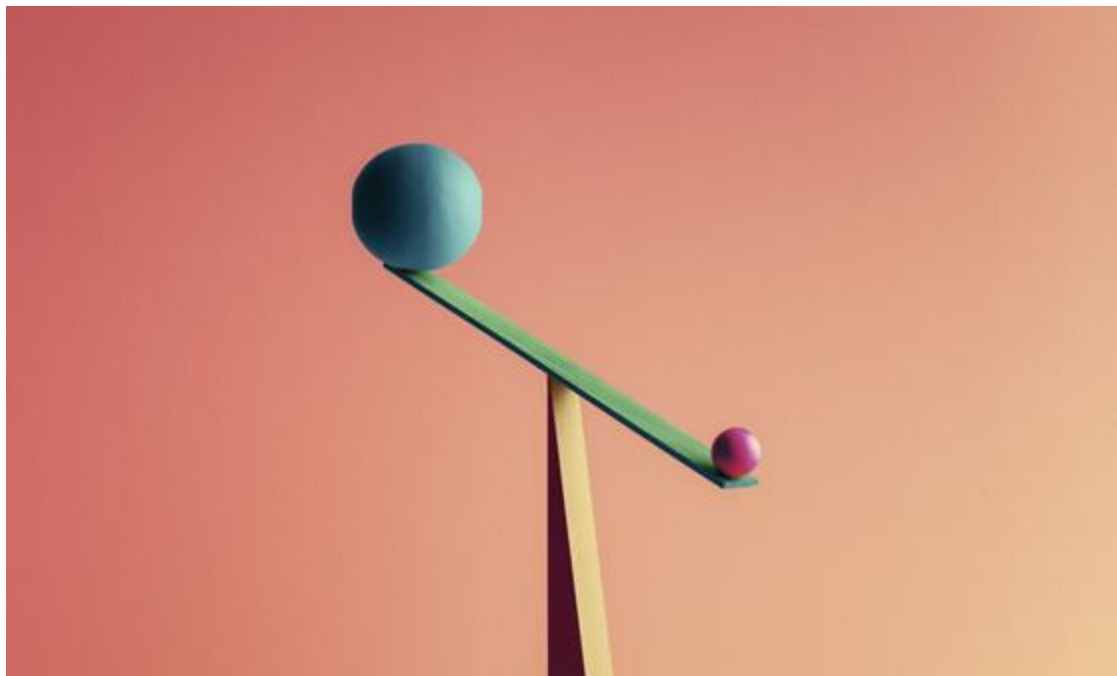
# START HERE





# 03

## THE REAL BALANCING ACT



# THE SECRET INGREDIENT



•

**INTEGRATION**

# THE EXPERT



## THE SOLUTION

- Start practicing just-in-time learning
- **IT'S OKAY TO ASK FOR HELP**
- Be patient. No one is expecting you to master a skill on your first try

# THE LIST PERSON

## THE SOLUTION

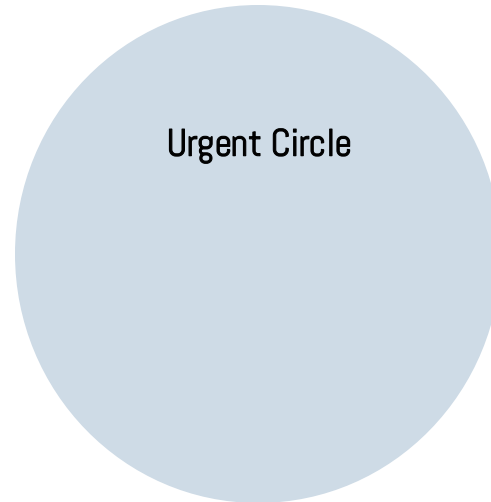
- Determine what NEEDS to go on the list
- Add what YOU need to the list
- Create a more dynamic list



# THE LIST PERSON

1. Pick three larger projects or things you are working on
1. Break it up
1. Only put one thing from that project that you need to complete today

Project	Task
Conference:	Research
Workshop:	Add Images
Client:	Send Resources



# THE YES PERSON



## THE SOLUTION

- If you say YES to someone else, are you saying NO to yourself?

# THE YES PERSON

## OTHER WAYS TO SAY NO

- “Let me get back to you”
- This gives you time to decide if you want/can do what is being asked.
- “I gave it some thought...”



# THE DO OVER

## THE SOLUTION

- This is as good as THIS version gets
- Remind yourself that you can keep pursuing excellence
- See things as a work in progress



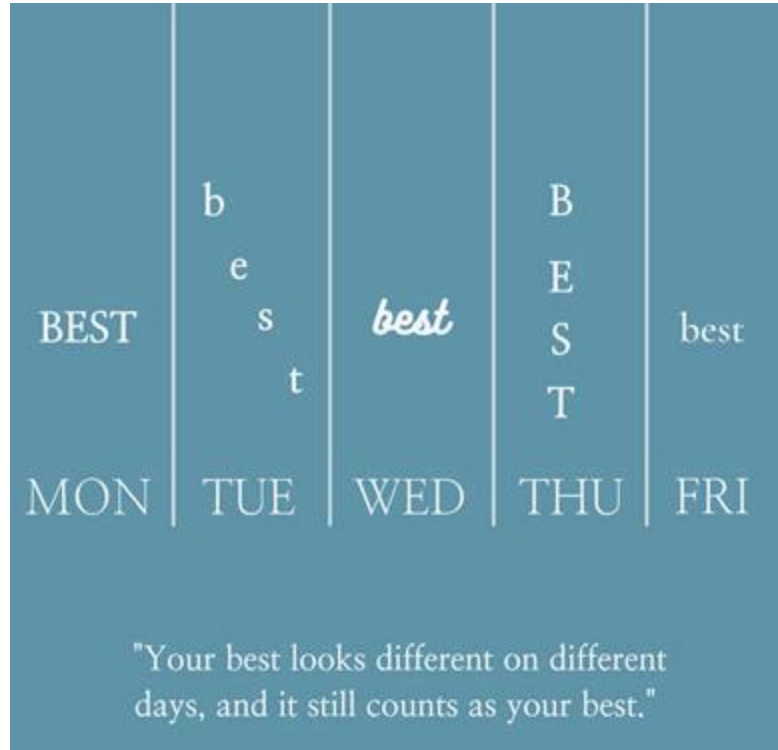


# HOW TO BALANCE IT ALL





# IT'S STILL YOUR BEST



**WHAT DID YOU TAKE  
AWAY FROM THIS  
DISCUSSION?**





# THANK YOU

Does anyone have any questions?



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