



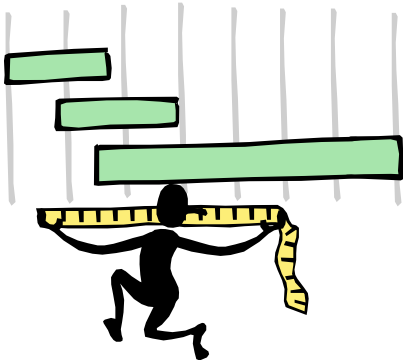
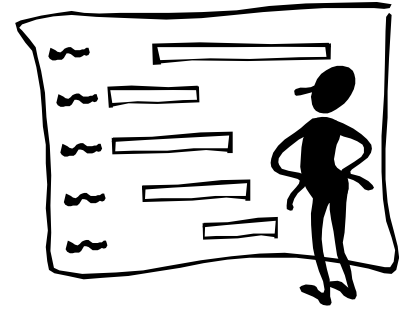
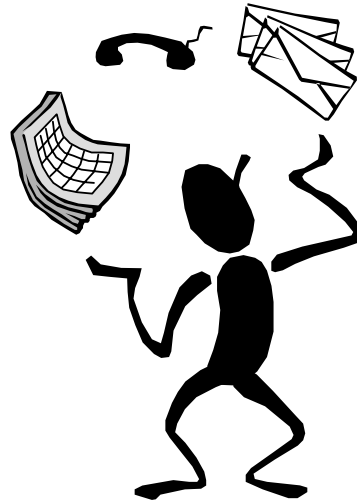
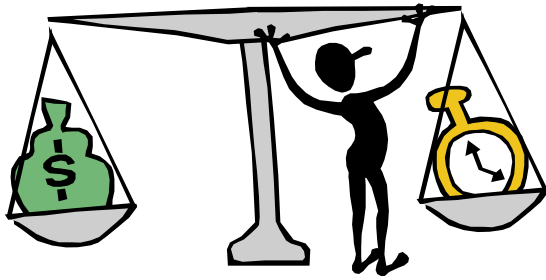
“Treadmilling”

one program manager’s view
on balance

Catherine Peddie

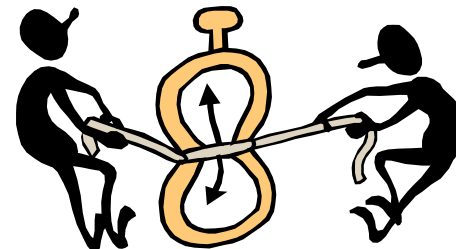
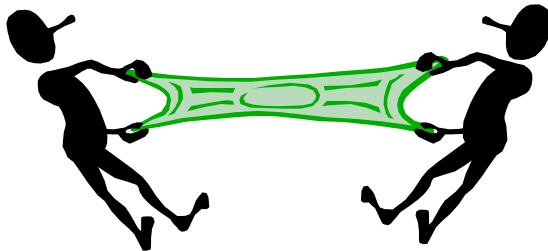
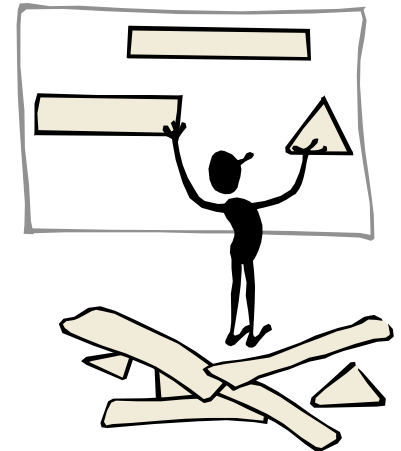
5th Annual Forum of Master Project Managers

August 19, 2002



Program/Project Management

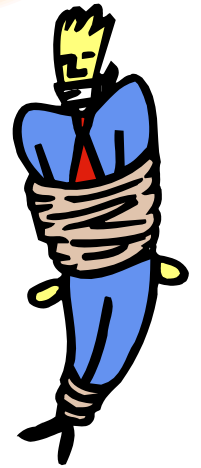
the 'accepted' view





Program/Project Management

the 'rest' of the story



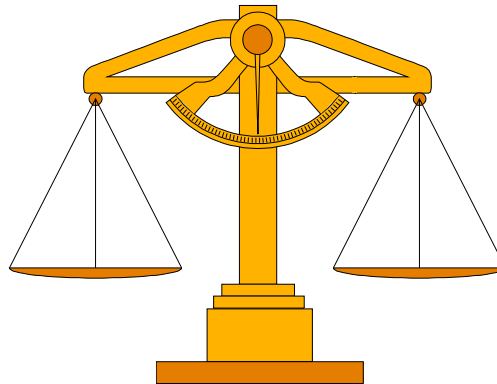
All Work and No Play



All Play and No Work

Achieving Balance

starts with you...



What do you want?

What do you need?

What's important to you?

Mindfulness

Take care of
Health

Mindset

Support
System

Time
Maintenance



Breathe

