

# LEADING with FOCUS



Balanced Focus

## Speaking Program Perspective is Everything

THE QUEST FOR WORK / LIFE BALANCE



WINDMILLS OF BALANCE, PATMOS, GREECE

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**Session Benefits:** *participants in this program will be able to:*

- Identify the three key areas of life balance
- Discuss strategies on how to achieve more work life balance
- Find constructive ways to reduce stress
- Design an individual action plan for life balance

**Program Overview:** Are you being the most effective in your leadership or executive role? Do you want more time to exercise and to eat healthy, to build relationships and to understand your work and your life better? In the quest for work life balance, you will learn about getting and then maintaining a proper perspective. Photographers have a tool called a perspective control lens to achieve a balanced photograph. Having a balanced life is critical to seeing your ideas implemented and for enjoying the process. The Perspective is Everything program is the third and stabilizing leg of the Leading with Focus tripod. When your life has stability, you can achieve more in the form of new ideas and effective communication. You will also understand the connection between your leadership potential and the life balance journey. In this program, you will learn how to focus your energy into the three key areas of a balanced life, find constructive ways to reduce stress, and begin achieving work/life balance right away!

**About Mark Sincevich:** Mark Sincevich works with organizations to develop leaders with more focus and creativity. He does this through a unique photography angle in his speaking programs and writing. As a result of Mark's programs, his customers gain a fresh perspective, generate new ideas, sharpen the focus and create more business. Mark is the chief perspective officer of his company, *Leading with Focus*, the founder of Staash Press, a member of the National Speakers Association and the executive director of the Digital Photography Institute. Mark is also the author of three books including *The Leadership Lens*, and he is frequently quoted in the media. In between assignments, Mark can be found spending time with his family in the Washington, DC area or writing in cafés with character.

"The program was fantastic and your presentation added so much. ... I hope you realize the great difference you have made in the lives of these participants. Thank you so very much."

**Adam Stubits**  
Partners of the Americas

"Following your presentations I heard several participants mention how much they enjoyed your seminar. They totally concurred with the need for leadership to demonstrate passion in the workplace, support risk taking, treat people with respect and for the importance of self-reflection. The participants also spoke about their desire to refocus their own lives, in order to create a better balance between their work and their personal lives."

**Garry Monjo, Chair**  
South Carolina State Government  
Improvement Network

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