

Thursday, September 14 | 8:30 – 10:00 a.m.

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# The Joychiever Journey

Body of Knowledge: Marketing Management & Leadership

Presenter

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## Session Overview

Do you wish you could achieve all your goals and have more joy in your life? Don't wait to be happy. Change your life today.

“High achieving professionals often fall prey to the ‘Once I...’ syndrome. Once I work hard enough to land the right job, get promoted, send the kids to college, and make enough money, THEN I can relax and enjoy my life.”

As a high achiever, you have developed so many valuable skills. You know how to set goals and achieve them. You practice discipline and hard work to propel yourself forward. You are motivated to learn and grow skills. You can make tough decisions when required.

What if you applied those skills also to the pursuit of joy? Rather than simply being a high achiever, could you become a “Joychiever?”

It is possible to achieve AND have joy simultaneously.

With a deep understanding of what makes you uniquely joyful, you can make choices that facilitate living your best life—both work and personal.

Through ‘7 True Self Stops’, The Joychiever Journey provides a roadmap for you to learn when to choose for work and when to choose for joy. It helps you to find balance, rather than automatically choose work by default.

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## Session Notes

Overachieving need is so strong it takes over. We don't always take a break to acknowledge what we have achieved.

You can achieve and have joy simultaneously.

Joy is the accumulation of small choices you make every day!

1. Perceptions Vista—cornerstone of all joy, how you perceive the world
  - a. PROMOTE a positivity bias
  - b. It's about the quality not the quantity when it comes to gratitude
2. Values Village—values awaken the WHY in your life
  - a. Get solidly clear about your values
3. Strengths Mountain
  - a. Make the best part of your job the biggest part of your job
  - b. 3 questions to consider:
    - i. Which strengths invigorate you?
    - ii. What contexts do you enjoy most?
    - iii. Does your work provide meaning for you?
  - c. Find most joyous strengths—let them take up at least 30% of your time
4. Leisure Cove
  - a. Benefits of play
  - b. Keep a hobby file
5. Body beach—stress, sleep, exercise
  - a. Stress is a silent killer.
  - b. Take a break from technology
  - c. Sleep: insufficient sleep will shorten your life. Focus on quantity, quality, and consistency when it comes to sleep
6. Relationships Harbor—joy-inducing or joy-robbing relationships
  - a. Not all friends are supposed to last forever, that's why it's a harbor
7. "Me" Moments Market
  - a. "Me" time is a gift for others. When your reservoir is full, you are able to show up
  - b. Schedule "me" time—doesn't have to be long

Have clarity around yourself and what makes you joyful.

96% of people fail when they try to better themselves.

This is a journey, not a reformation. It is not easy.