

# Facilitator CHIPS



## Constructive, Helpful, and Informative Practices

Prepared by the ORO Facilitator Program to help enhance individual and organizational excellence

### *Balance in Your Life*

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*Facilitation Services Available:*

- ◆ Process Improvement
- ◆ Team Building
- ◆ Change Management
- ◆ Strategic Planning
- ◆ Customer Focus and Assessment
- ◆ Baldrige Quality Award Criteria
- ◆ Valuing Differences
- ◆ Problem Solving, Decision Making, and Consensus Building Tools
- ◆ 360° Feedback Instruments
- ◆ Conflict Mediation
- ◆ Problem Identification and Clarity
- ◆ Reengineering
- ◆ Integrated Organizational Renewal
- ◆ Facilitator Skills Training for Supervisors

For more information about facilitator services or to suggest a CHIP topic, e-mail or call:

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or

[Donna Riggs](#) (865) 576-0063

Visit the [Facilitator Program Web Page](#)

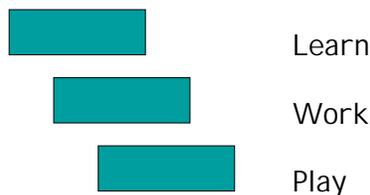
As the summer vacation season comes to a close, the ORO Facilitator Program would like to share with you the positive message conveyed in the book, The Three Boxes of Life, by Richard Bolles.

The Three Boxes of Life explains how our lives are compartmentalized into stages. Most of us go to school for the first 20 or so years of our lives. Then we work for 30 to 40 years. We then live the remainder of our years in retirement. So life looks like this:



Unfortunately, people usually have MAJOR problems with each of these changes or life transitions. All we know how to do is "learn" when we go into "work" mode, and retirement is really a dilemma - how do you play when you have worked most of your life?

His solution is simple, and the key is to have and maintain balance in your life. You should learn, work, and play all throughout your life. The transitions will no longer be major culture shifts, and you will be happier and healthier as well.



Happiness is the only thing one should ever be resigned to.  
- Alfred Capus (a well-balanced, happy Frenchman)

Bolles is also the author of What Color is Your Parachute? that matches careers with personal interests.

In our next issue: *Tools for Increasing Communication Effectiveness*