Work-Life Integration
Tips to Persisting in an Intercollegiate Athletics Career

NCAA Equity and Inclusion Forum
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8:30am – 9:30am

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Minneapolis, MN
Panelists

• **Stevie Baker-Watson**: Associate Vice President for Campus Wellness and the Theodore Katula Director of Athletics and Recreational Sports at DePauw University
• **Vince Baldemor**: Athletics Director at Hawaii Pacific University.
• **Jacqie McWilliams**: Commissioner of the Central Intercollegiate Athletics Conference
• **Kyle Rechlicz**: Head Women’s Basketball Coach at the University of Wisconsin—Milwaukee.
Agenda

• Overview of Life in the Center
• Panelist Discussion
• Q and A
• Summary
Learning Objectives

As leaders and role models in Intercollegiate Athletics:

• Examine “Work in the Center” versus “Life in the Center” and the potential impact on life and work

• Challenge you to proactively be the author of your life and live an integrated life
  – See your possibilities and recognize your resilience

• Gain tips to persist in an Intercollegiate Athletics Career
Life in the Center

Financial
• Work
• Approach to money

Physical
• Work
• Overall health
• Nutrition
• Exercise

Life Purpose
• Work
• Values and purpose
• Making a difference

Intellectual
• Work
• Learning/Creativity (play)

Emotional & Social
• Work
• Emotional Health—attitude, passions
• Relationships—social support, fun
Approach

• Hear from our panel as they consider putting “Life in the Center” for themselves as leaders and ideas around being:
  – Proactive, resilient, and purposeful in choices and transitions around life and work
  – Helpful with individuals they influence (athletes, coaches, staff) to achieve their life and work goals
Life in the Center Exercise

• Identify key events in your life (positive and/or challenging) at different life stages using the Life in the Center Chart

• Name 2-3 experiences, or times in your life, when you were so engrossed in an activity that you lost track of time ("flow experience")
  – Use both life and work related examples

• Name 2-3 very challenging experiences or times in your life
  – Use both life and work related examples

• Identify any themes that emerge across life stages, life categories, or both
# Life in the Center Chart

## Life Categories at Various Life Stages

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
<th>Life Purpose</th>
<th>Emotional and Social</th>
<th>Intellectual</th>
<th>Physical</th>
<th>Financial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1: Childhood and Adolescence</td>
<td>0 – 12, 13 – 22</td>
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<tr>
<td>Stage 2: Early Adulthood</td>
<td>22 - 40</td>
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<tr>
<td>Stage 3: Adulthood</td>
<td>40 – 60</td>
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<tr>
<td>Stage 4: Late Adulthood</td>
<td>60 – 80, 60 - 65</td>
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<tr>
<td>Stage 5: Late, Late Adulthood</td>
<td>80+</td>
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Summary

• Consider “Life in the Center” with respect to our impact at work and life overall

• Examine our own lives by putting “Life in the Center” in order to be even more effective/impactful in our Intercollegiate Athletic roles

• Recognize how we can get in our own way, limit ourselves and not recognize how resilient we are by proactively being the author of our lives

• Gain tips to persist in an Intercollegiate Athletics Career