



Balance is Bullsh*t

How to Thrive in the Tension of Municipal Life and Leadership

Presented by Seth Winterhalter
HaltingWinter Municipal Solutions





Balance is Bullsh*t





The LIE

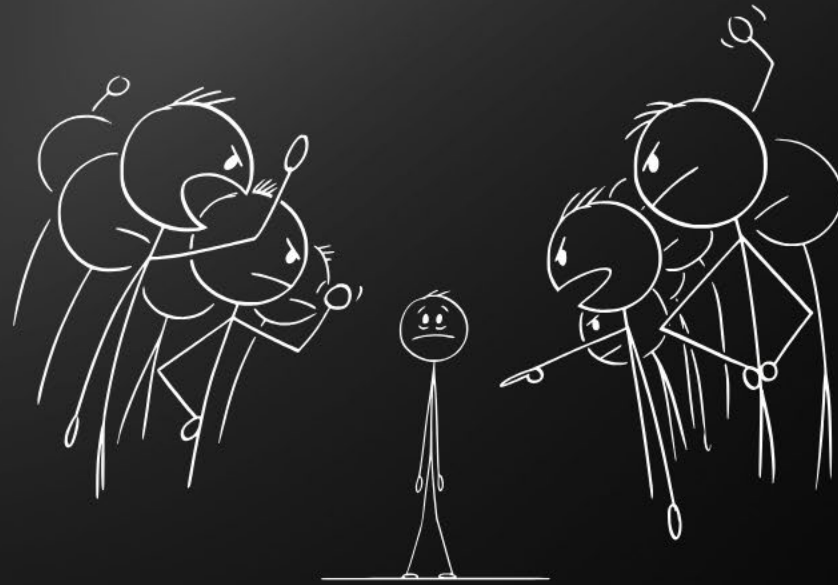


TRUTH-LIE



**Because thriving isn't about dividing your time evenly;
it's about living your life meaningfully.**

The SHAME





**Loving your work isn't the problem.
Letting others shame you for it is.**

**You don't need less passion.
You need better permission.**

The JUGGLER





Three Spheres of Life



Personal

Relational

Vocational

The Rubber Band Exercise



From Balance to Intention



Three Steps to Thrive in the Tension

1. Face Your Reality — Own the Weight You Carry

Three Steps to Thrive in the Tension

- 1. Face Your Reality** — Own the Weight You Carry
- 2. Name Your Tension** — Identify the Pulls That Matter Most

Three Steps to Thrive in the Tension

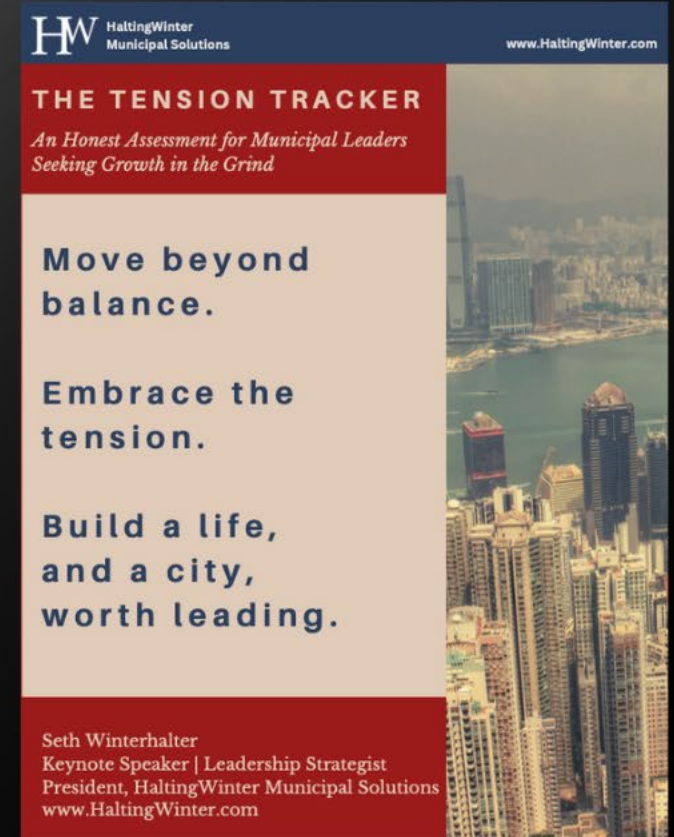
1. **Face Your Reality** — Own the Weight You Carry
2. **Name Your Tension** — Identify the Pulls That Matter Most
3. **Claim Your Intention** — Design a Life That Aligns

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The Rubberband Rules

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2. Every stretch requires a sacrifice
3. Your capacity is finite
4. Tension is not the enemy. Aimlessness is.
5. You're not stretching alone.





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Presented by Seth Winterhalter
The HaltingWinter Podcast