



CENTER FOR ARKANSAS
LEGAL SERVICES



LEGAL AID of ARKANSAS
Equal Access to Justice

2018 Statewide Conference for the Legal Services Providers of Arkansas
The 2-Year Old's Guide to Work-Life Balance and Compassion Fatigue

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Paul Artale is an award-winning, work-life and motivational speaker and author who helps organizations that want to light a fire in people on how to perform at their peak and create healthy balance between work and home. Paul is the author of "The 2 Year Old's Guide to Work-Life Balance" a book that tells how he re-centered his life and career through 9 simple lessons his young son taught him.

Paul's motivational keynote "Hit Hard: 3 Must Have Mindsets to (re)Design Your Life has inspired international audiences. Hit Hard tells the story of how Paul overcame physical challenges to achieve his dream of playing college football. Program attendees state that they leave Hit Hard feeling inspired and educated with tools that will allow them to achieve their goals. An accomplished speaker Paul has twice appeared in the semi-finals in the World Championships of Public Speaking and placed in the final 30 out of over 35,000 contestants in 2018.

An emerging scholar Paul is completing his PhD in Higher, Adult, and Lifelong Education with a focus on Human Resource Management at Michigan State University and has twice earned the Wilson Fellowship for his work that examines work-life balance. Paul has contributed a chapter in the book "Beyond the Privilege: Stories of Doctoral Students and Work-Life Balance", has written work-life articles and blogs for Perspectives Magazine, Campus Programming Magazine, and various newsletters for several national associations.

Session: The 2-Year Old's Guide to Work-Life Balance and Compassion Fatigue

What can you learn about work-life from a 2-year old? The answer: plenty. Based on his book, *The 2-Year Old's Guide to Work-Life Balance*, author and motivational speaker Paul

Artale will share with you 3 simple but powerful work-life lessons as they were revealed to him by his 2-year old son, Alessio. These simple lessons changed Paul's life, and turned around his work-life-balance. In this session you will learn how, in law firm setting, to:

- Tinker with the building blocks that construct your work and professional boundaries
- Play hide and seek with your values system and how it interacts with your work-life situation.
- Engage with energy giving life choices.
- Handle compassion fatigue.

Pre-conference Materials: None.

Powerpoint Presentation: [Link to file here.](#)