

# Wit, Fit and Balance... Strategies for Success



PRESENTER:  
MEG SOPER RN

**T**he opening plenary session provided attendees with an enlightening and entertaining look at living life to the fullest, and achieving optimal work/life balance. Meg Soper applauded the audience for their efforts in their day-to-day jobs, and noted: "From coast to coast, you improve your patients' quality of life – you make a difference!"

As healthcare professionals, we have an opportunity to create a positive environment, both at work and at home, she continued: "When you work and support each other as a team, you can do the best job possible and still have energy left at the end of the day."

How can we do it all, and keep it all together? "After 20 years," noted Soper, "I know that what you need to survive life is a sense of humour."

There is much that we have to balance between work and family. However, positive energy and a sense of perspective will help us to get through. Soper defined positive energy as a combination of 2 elements: positive spirit from the heart, and positive attitude from the head. As the pace of our lives continues to pick up speed, we not only need to adapt to change, we must embrace it. "Your mind and body are connected – change one

and the other will follow," she added.

So often when we're getting through our to-do lists at home or at work, we don't think about our wishes and dreams. It is crucial that we do so – and then take an extra step. Soper noted, "You have a 50% greater chance of doing something by telling someone else; you have an 80% greater chance of

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doing something when you write it down." She added, "If you think it, that's where it stays, so if you want to make a shift, tell someone or write it down. No matter what it is – whether personal or professional – you make it happen!"

Soper concluded the session by offering the following pearls of wisdom:

- Be good at what you do.
- Communicate effectively.
- Live with balance.
- Always strive for humour and perspective. ☺

**Meg Soper** is a professional speaker and comedienne based in Oakville, Ontario.