

Work Life Balance

We all get to define much of our work lives as well as our personal lives. Oftentimes we might not feel like we are in the driver's seat. We all know that constantly operating in "overwhelm" mode can affect our health, attitudes and productivity. We also know that each of us has our own balance point and it's constantly in flux. In this Learning Exchange we will examine the upside and downside of that sometimes elusive balance point as well as actions you can take that might help you stay there. This will be a highly interactive session and will ask mentoring partners to share your thoughts and experience about what works for you.

Melissa Kostich

Melissa received a B.S. in Natural Resources from the University of Michigan in 1993 and became a biological technician at the Great Lakes Science Center in Ann Arbor, MI shortly thereafter. She has been involved with a variety of projects ranging from fish behavioral studies, extensive culturing of Great Lakes fish, fish diet analysis, various procedures in the genetics lab and all sorts of biological field sampling from shore and on the water. She shares her home with 2 mischievous ferrets and 2 spoiled cats.

Alan Ward

After receiving a B.S. from the University of Idaho in Cartography, Alan began his federal career with the Defense Mapping Agency in 1986 in San Antonio, Texas. He joined the USGS in 1988. After a lengthy detail as a Training Officer he received a Master's in Management from Regis University in Denver. Alan joined OED in 2002 as the Mentoring Program Manager and is currently OED's Deputy Chief and leads the Science, Technical and Instructional Systems group. He resides in Boulder with his wife Stacie and Jinx the wonder-dog. The family spends most of their free time sliding and pedaling up and down the Rocky Mountains.