



President's Message – Lisa Chappell, CFM, FMP

Work/Life Balance – Is There Such a Thing?

I'm three months into my presidency with IFMA San Diego and a bit tardy in posting my President's message, despite the regular reminders from the Communications Committee. Sorry, team. :-) Life is busy, as you all know too well. Which brings me to the topic of this post: Work/Life Balance.

I continue to be amazed by the high level of passionate contributions made by our chapter leaders and members, knowing full well they have full time jobs, families and other commitments. Everything we do through IFMA San Diego is the result of volunteers. Our only paid employee is our part time administrative assistant, the fabulous **Caryn Worcester**, who does more work part time than most can produce in 40 hours!. In the short time that I've been president we've held two Leverage Your Beverage events, two luncheons, a joint Expo with BOMA, an educational breakfast, developed a new sponsorship program, and started the planning for World Workplace 2016, which will be held in San Diego. Whew! I'm exhausted just writing this!

I used to observe highly effective professionals and wonder how they successfully "balanced" work and life. Then I came to the realization that "balance" is bogus! There is no magical time line or cut off point where all things work related end and life begins. In fact, in today's world of technology and connectivity Work and Life swirl around each other, the balance constantly shifting depending on priorities.



So in this post, I'd like to acknowledge a few people and teams who have put IFMA San Diego at the center of their "swirl" over the past few months:

Most past presidents would take a break from the demands of the role and sit back for a few months and recover. Not **David Suter**! Before David's presidency even ended he stepped up and offered to chair the World Workplace San Diego 2016 committee. This is a tremendous undertaking and I am so thankful for his leadership.

Our first ever Join Expo with BOMA was an unqualified success! Over 90 exhibitors and 200+ attendees who braved the crazy wind and rain to partake in the fun. Putting on an event of this size and scope is no small feat. **Jessica Kalloch, Stephanie Kozlowski** and **Lydia Reyes** put in hours of planning, research and plain old sweat equity, and they've already started the planning process for the next joint expo.

Leverage Your Beverage has been a great addition to the IFMA portfolio of educational and networking events, thanks to the Leadership of **Marcy Harold** and then entire **Special Events Committee**. November's collaborative event with Biocom and ISPE at the stunning Farmer and the Seahorse resulted in a record 225+ attendees. I know we can look forward to more interesting LYB venues and opportunities to connect.

IFMA San Diego highly values the support of its annual sponsors. A lot of thought goes into the development of our sponsorship categories and opportunities. The 2017 Sponsorship Program will be released shortly and I think associates will be pleased with the changes that **Katie Blizzard** has implemented. She considered feedback from existing sponsors, other industry groups and Golf Committee Chair **Paul Fitzgerald** and team to produce a fresh offering.

Of course there are so many others that deserve to be thanked for their efforts, but that's all I have room for today. My work/life "swirl" is shift a bit now so my next post shouldn't be three months out.