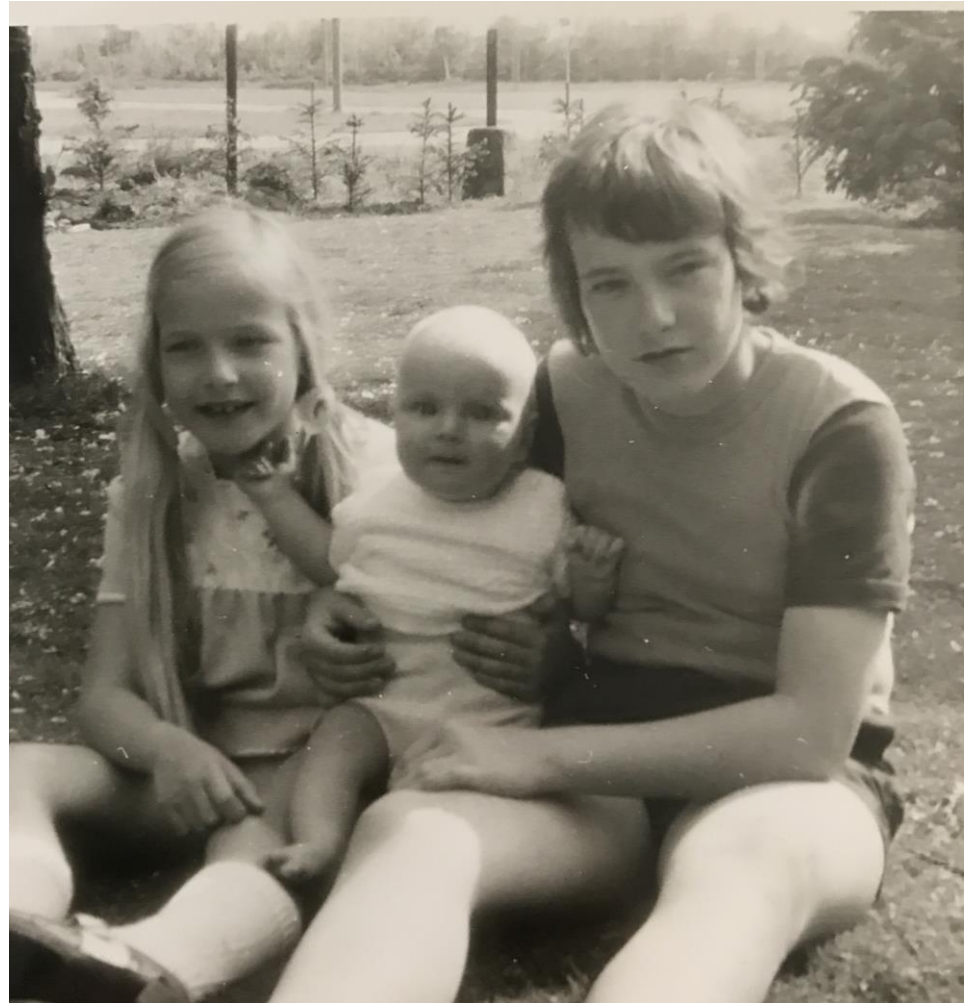
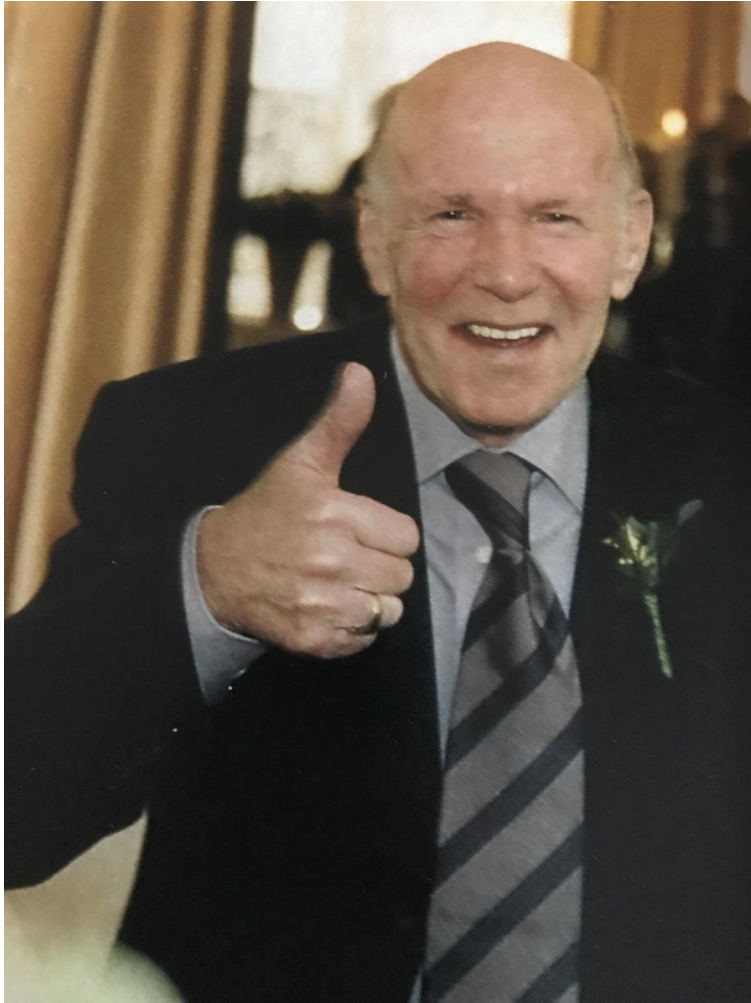


# Life Balance

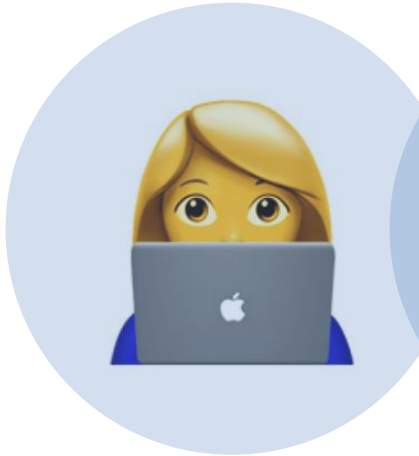
(Not “work-life” balance)



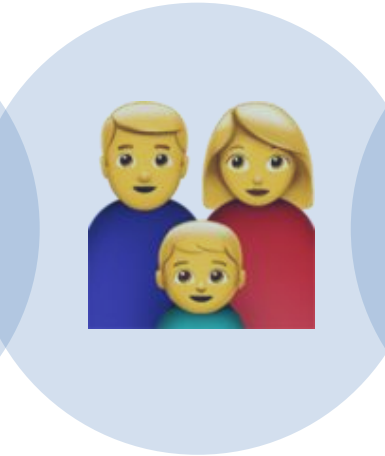
Manuel Sessink  
Vice President Technical Integration  
INPEX Australia







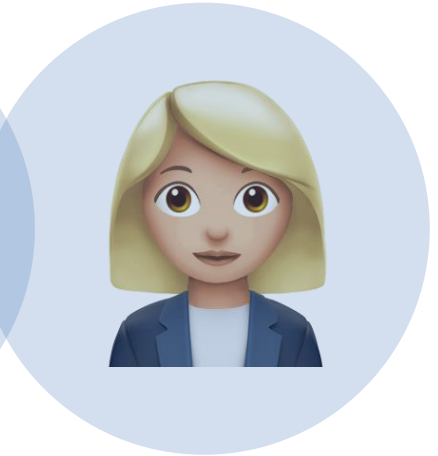
Work



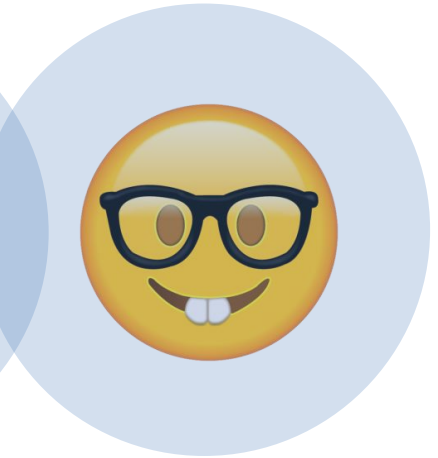
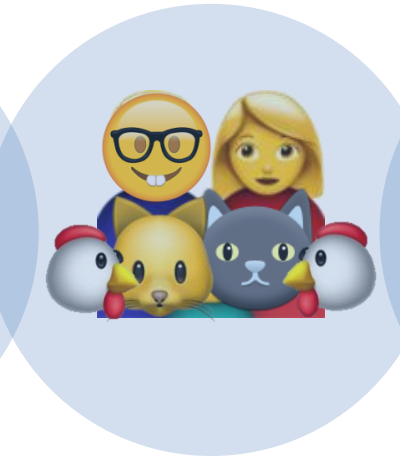
Home

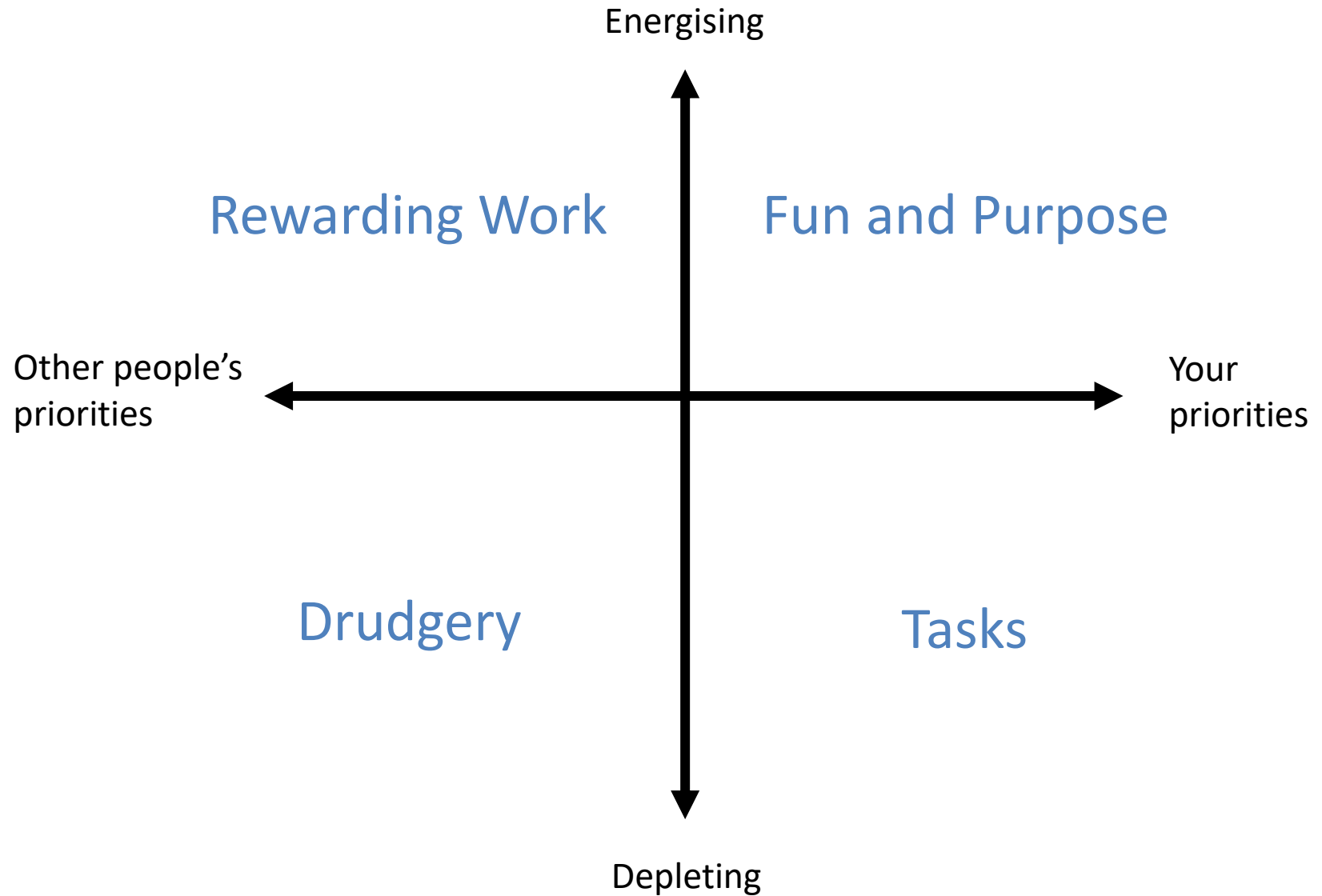


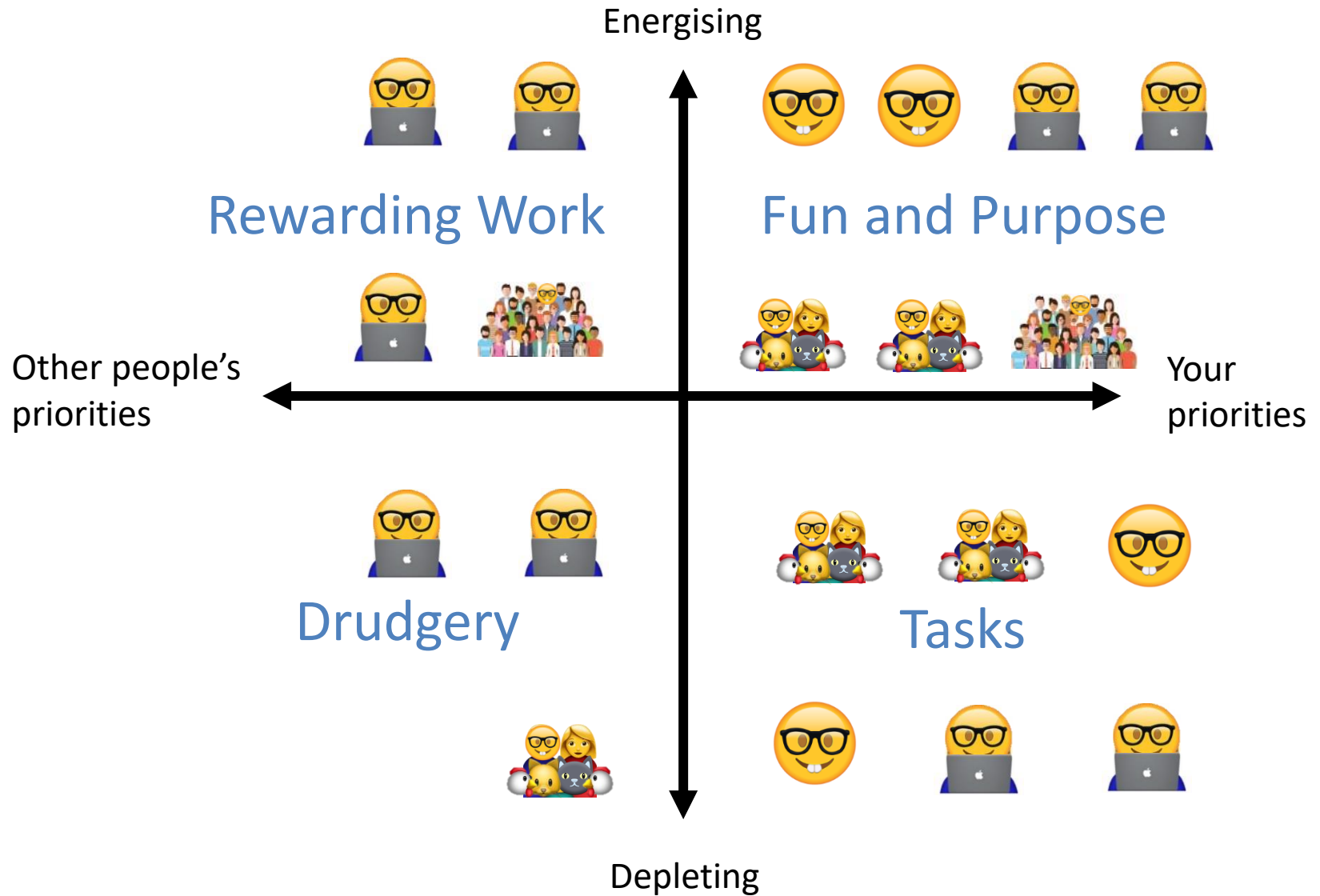
Community

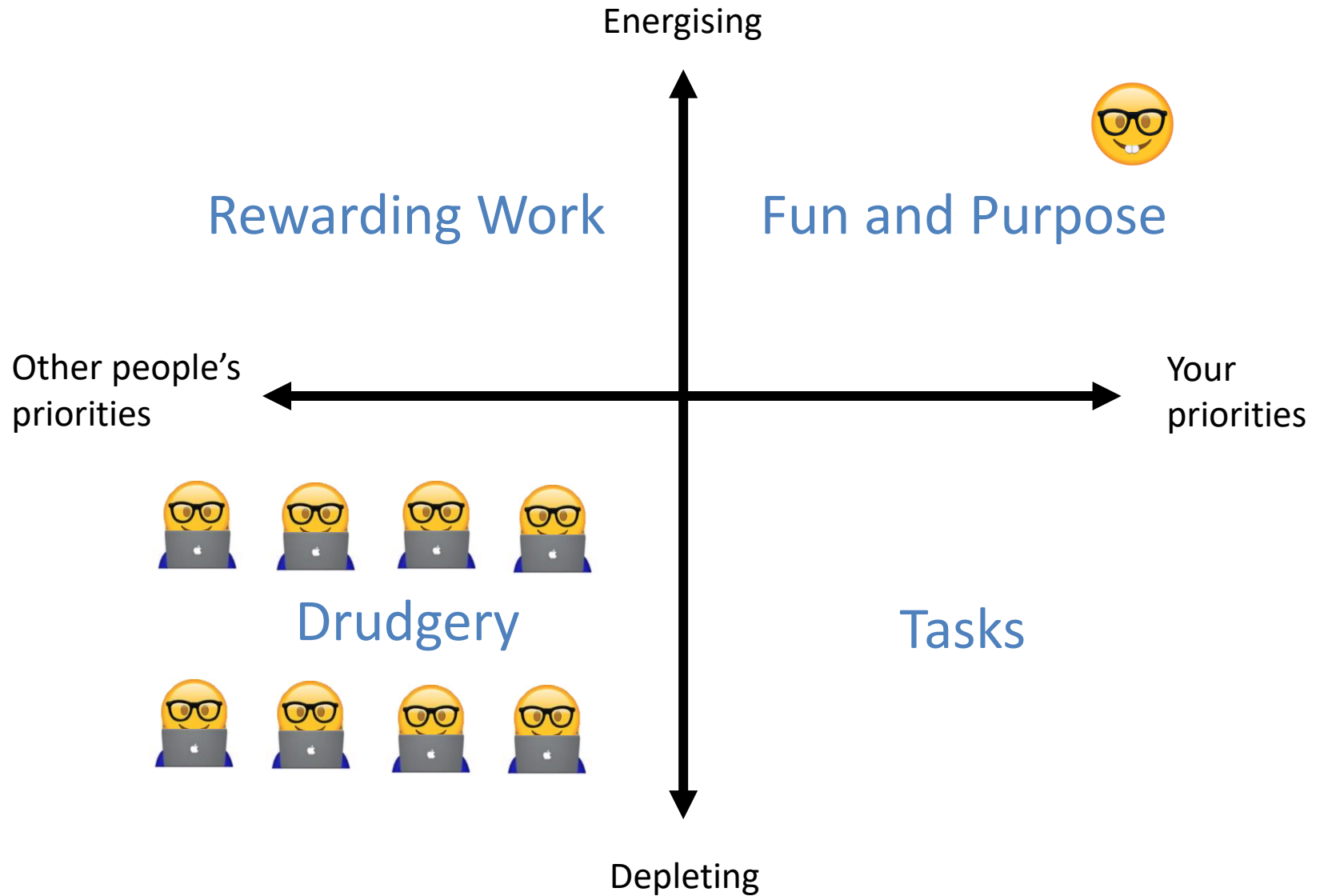


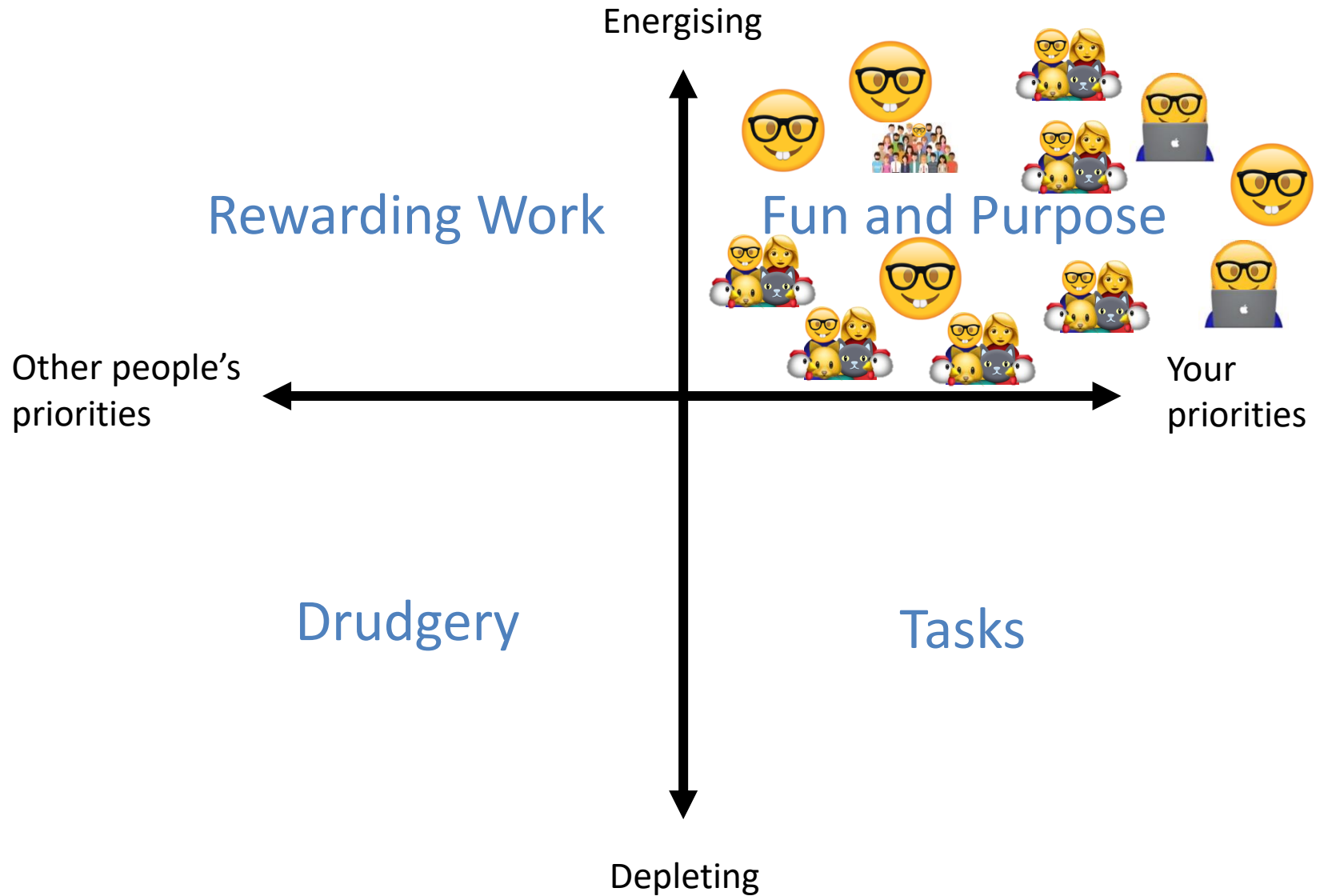
Self



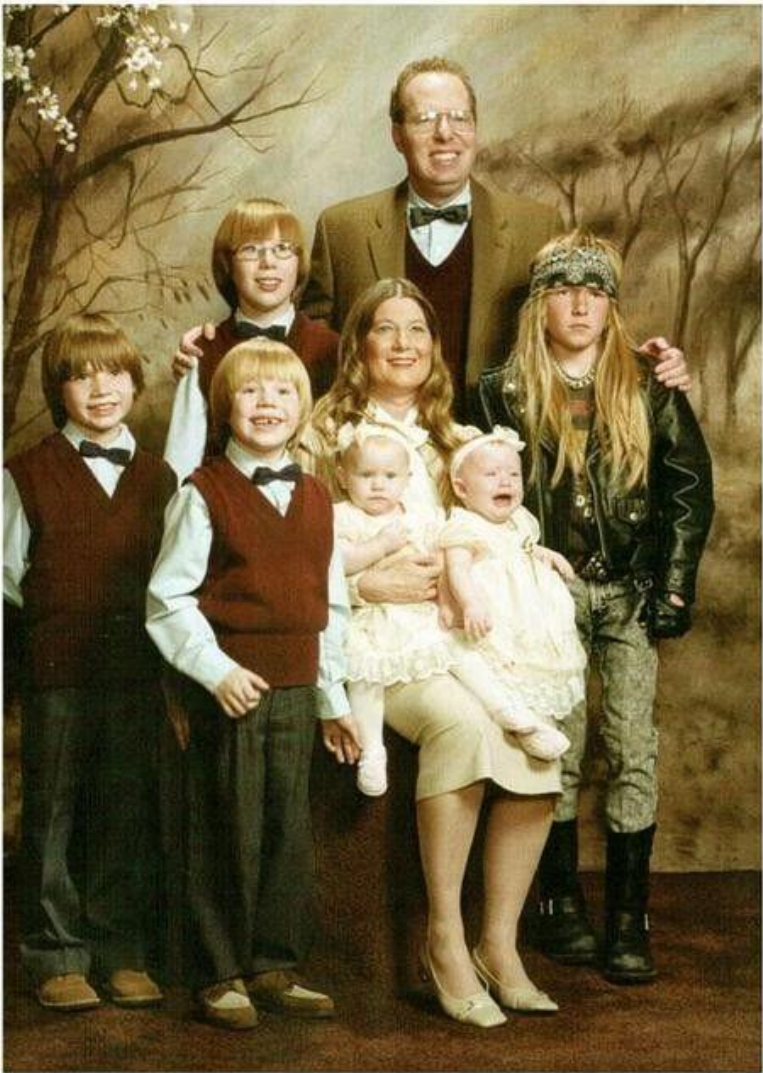












**EXIST**  
**ON YOUR OWN**  
**TERMS**

**BE A (BIT OF A)**  
**REBEL**  
**BUT DO IT WITH**  
**PURPOSE**



Make time  
to listen



Be aware  
of your mood



Radical  
self care



Mental Health  
(..not Illness)



Connect  
with empathy



Give people  
purpose



Build an open  
and connected  
community



Know the  
warning signs



Share your  
own stories



Understand the  
support  
resources

Mental health leadership will increase employee engagement, give teams a deeper sense of belonging....and you may even save a life!

