

RUNNING YOUR BUSINESS

**How to Improve Productivity & Work Life Balance
While Working From Home**

Presented by: Denecia A. Jones



NAHU
PROFESSIONAL
DEVELOPMENT

BIO

Denecia Jones is the founder of Jadestone Solutions, is an Business & Life Coach, an Insurance Broker, and a Mediator. Denecia is also the Host and Co-Producer of the Soul-Well Business YouTube Channel. She has owned and operated a home-based business for over 20 years.



A grayscale photograph of a man wearing a fedora-style hat, sitting in an office chair at a desk. He is looking at a computer monitor which displays two circular charts. A dog is sitting on the floor next to him, looking up at his hand. The background shows a window with a view of trees.

AGENDA

➤ **Improve Time Management**

➤ **Increase Productivity**

➤ **Improve Work-Life Balance**

TIME MANAGEMENT

Focus

Distractions

Work/Play

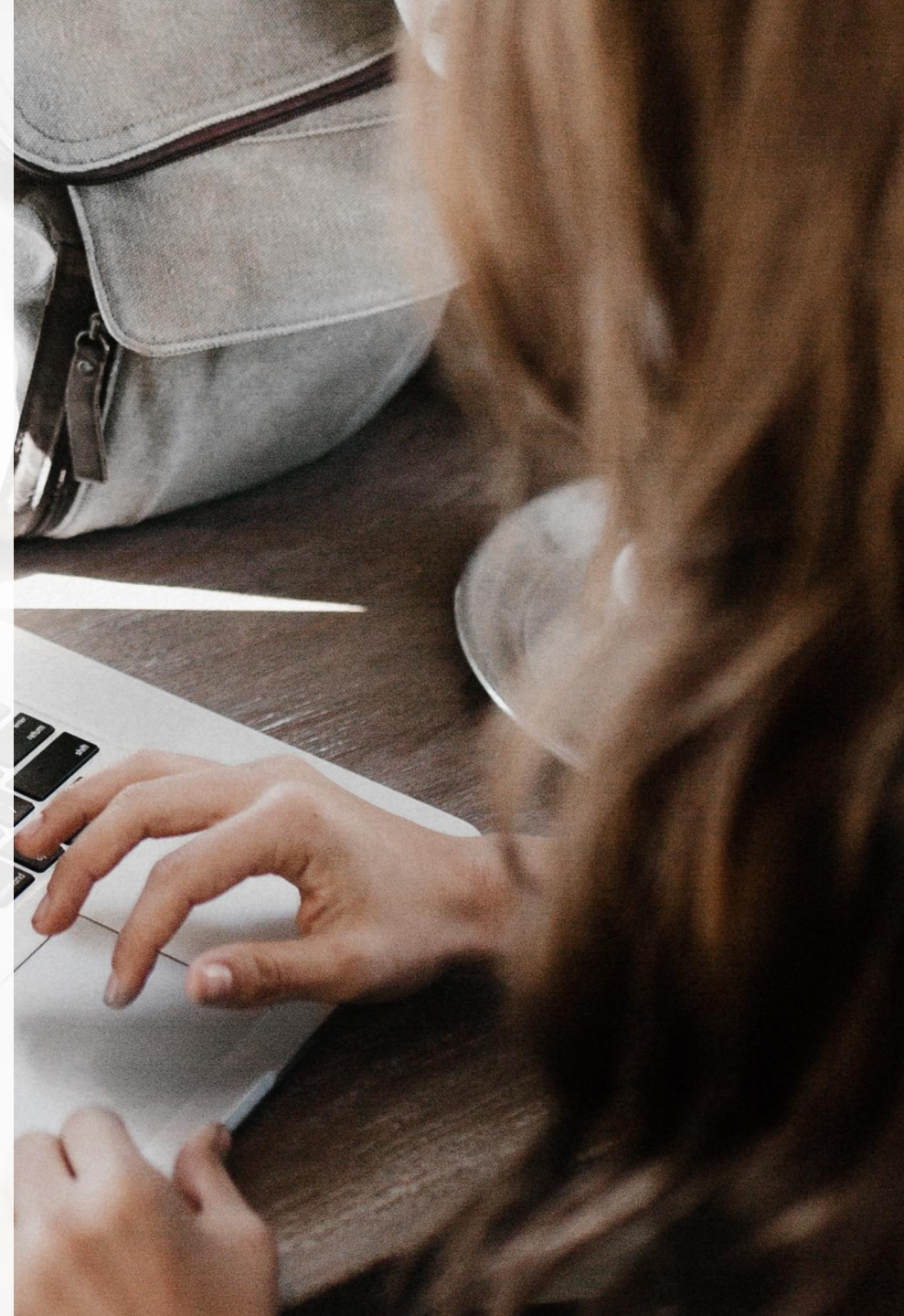


PRODUCTIVITY

✓ Morning Routine

✓ Schedule

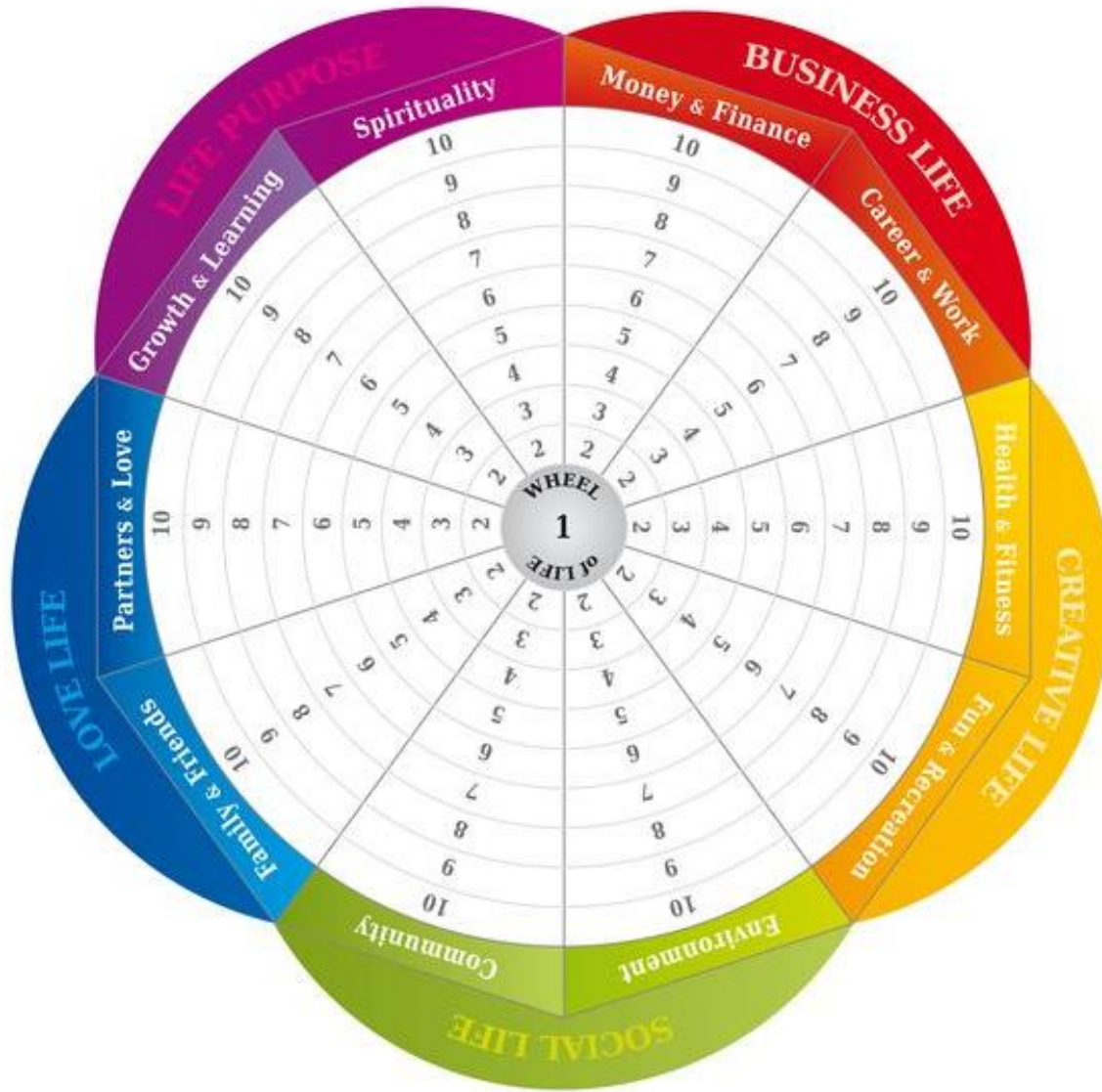
✓ Ask For Help



WORK-LIFE BALANCE

- ✓ Play To Your Strengths
- ✓ Make Healthy Living a *Must-Do*, **NOT** a *Should-Do*
- ✓ Prioritize & Diversify Your Time





WHAT'S YOUR SCORE?

QUESTIONS





CONTACT INFO

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Soul-Well Business You Tube Channel, Host

Work-Life Balance Guide

DeneciaJones.com/get-started

