Toni Stewart of Fortitude Plethora Offers Advice on Staying Balanced

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After returning from a trip to her home country of Ireland, Managing Director of Fortitude Plethora Toni Stewart recently revealed how she maintains a healthy work-life balance.

Entrepreneurs need to relax and recuperate like everyone else to avoid burnout. Sustainable long-term success requires a good amount of personal intuition, managing external stressors and fine-tuning a work life balance, explains Fortitude Plethora's MD, Toni Stewart. Taking a break from her daily routine, Toni Stewart cleared her diary to focus her time and energy into her personal relationships, and enjoyed catching up with friends and family in Northern Ireland. Toni Stewart found the trip relaxing and a great opportunity to clear her mind and consider future business moves.

About Fortitude Plethora: http://www.fortitudeplethora.com/about-us/

A common issue with not taking breaks is that when a person works non-stop, they face the risk of burning out. The Mayo Clinic defines burn out as "a state of physical, emotional or mental exhaustion combined with doubts about your competence and the value of your work". They suggest that burn out not only affects job performance (and thus the well-being of the company), but also health. Most small business owners consider their businesses as their babies, especially when they love what they do. That's why it can be so challenging to get away from work, even for a little while. As hard as it is, though, everyone needs to walk away sometimes in order to stay at the top of their game.

Toni Stewart often coaches young entrepreneurs through guest speaking at conferences, and encourages those looking to improve their work-life balance, to fine-tune their time management. By creating daily and weekly to do lists, activities can be prioritised and allocated a completion time. In the early days, Toni Stewart found this reduced stress and improved focus during busy periods. Another tip she offers is to become strict at setting deadlines. When young entrepreneurs start managing their own time, it is easy to mismanage time allocated to various projects. By setting clear deadlines, Stewart finds her productivity is maximised and free time becomes available to focus on personal enrichment activities.

Fortitude Plethora looks to encourage their contractors to strike a balance between office activities and external commitments. The firm frequently host social nights where workers are encouraged to relax and enjoy a host of planned activities. The firm encourages a positive culture and consider it a part of their extremely successful journey so far.

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