



Lions, Tigers & Clowns, Oh My! Improve Your Work-Life Balance and Manage the Three Rings

Judy Sailer
Primepoint

How do we balance it all?! According to recent studies, women now comprise nearly half of the global workforce, with a growing number taking on leadership roles in various industries. Despite this progress, women continue to face challenges such as the gender pay gap, lack of representation in senior positions, and the disproportionate burden of caregiving responsibilities. By prioritizing work-life balance, building strong support networks, and advocating for gender equality, women can overcome these challenges and thrive both personally and professionally.

About Judy

Judy Sailer is the Director of Learning and Development for Primepoint HR & Payroll. She holds a Masters Degree in Management & Organizational Leadership from Springfield College, received her Human Resources Cert from Rutgers University, and is a certified SHRM CP and PHR. She has presented for NJBIA, CCSNJ, NJACP, Tri-State SHRM and Garden State SHRM and has been featured in Forbes and Jersey Matters. She is well-versed in all aspects of management and leadership; her passion is people development.