

Finding the Balance

6th May 2022

ADITI SACHDEVA



SUMMER 26 APR - 6 MAY
SCHOOL+ 2022

APi
The Australian
Power Institute

VICTORIA
State
Government

Department
of Transport

A little About Aditi...

Monash University

2012 - 2017

Bachelor of Electrical Engineering and Computer Systems (Hons)

Swinburne University of Technology

2015 - 2017

Bachelor of Business Management

Industry Experience

Telecommunications
(2013 – 2020)



SAMSUNG

Mining
(2017)



Transport
(2017 – Present)



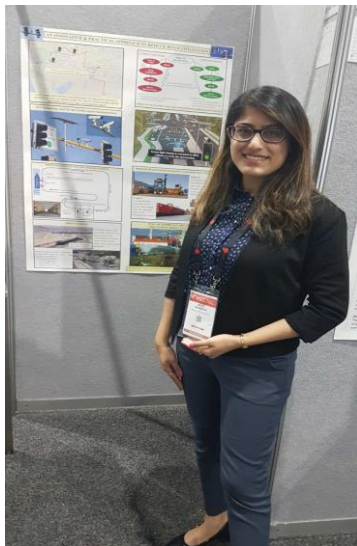
Connected



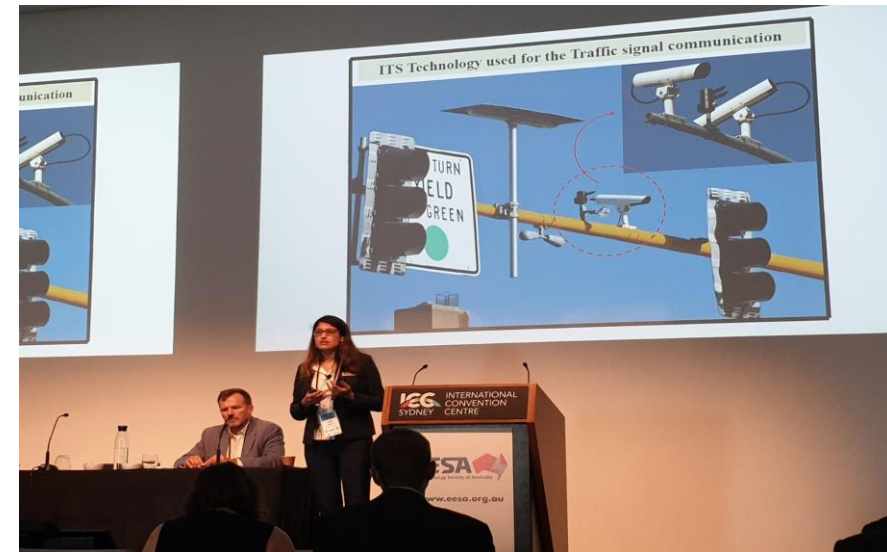
An Innovative & Practical Approach To Reduce Road Congestion

Dr. Manoucher Pajouhesh Kia (Ph.D.) & Aditi Sachdeva

World Engineers Convention 2019 (WEC)
20 - 22 NOV | Melbourne, Australia



Electric Energy Conference 2019 (EECON)
26 - 27 NOV | Sydney, Australia



Climate Smart Engineering 2021 (CSE)
16 - 17 NOV | Sydney, Australia



Unclear Priorities



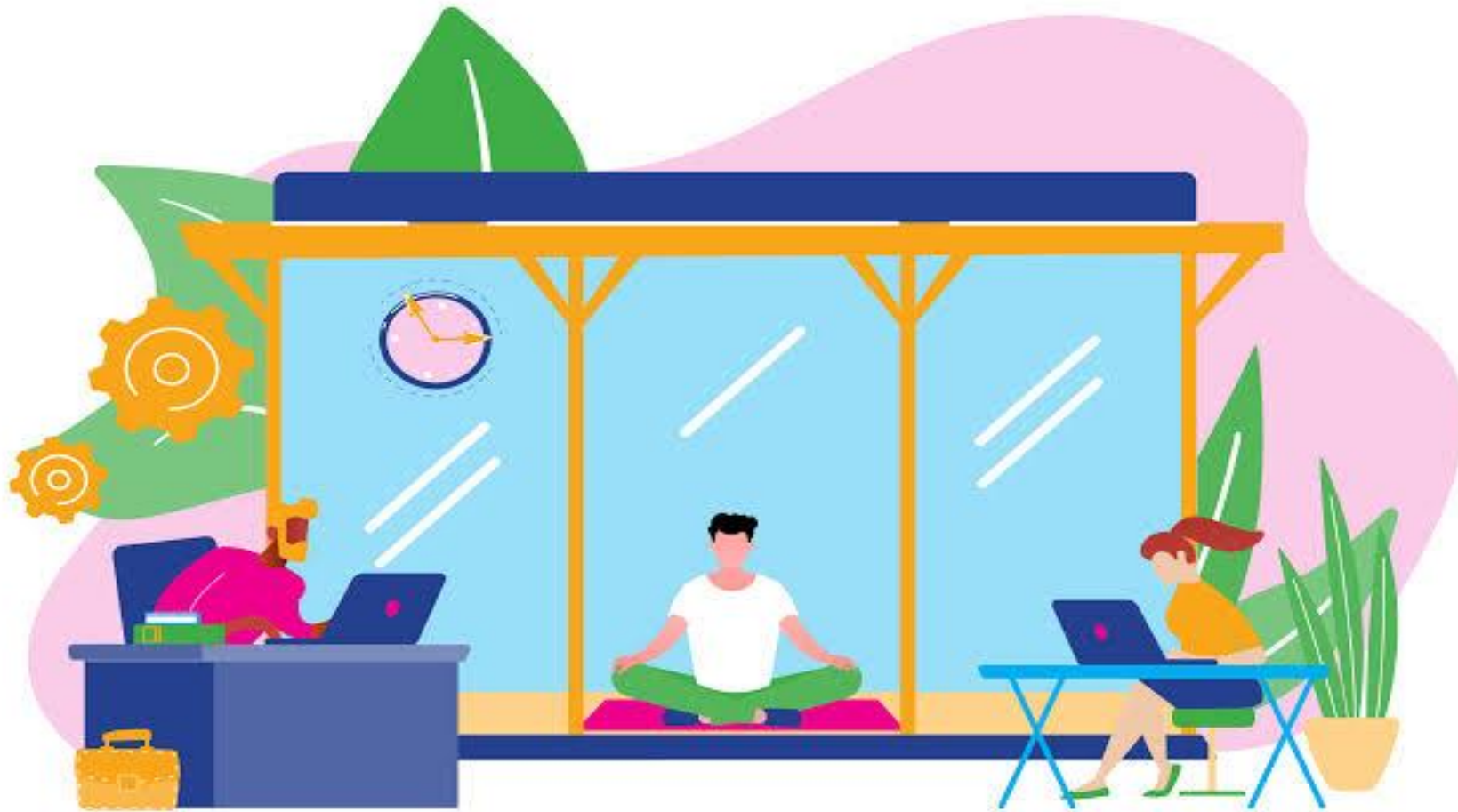
Lack of Boundaries



REMINDER

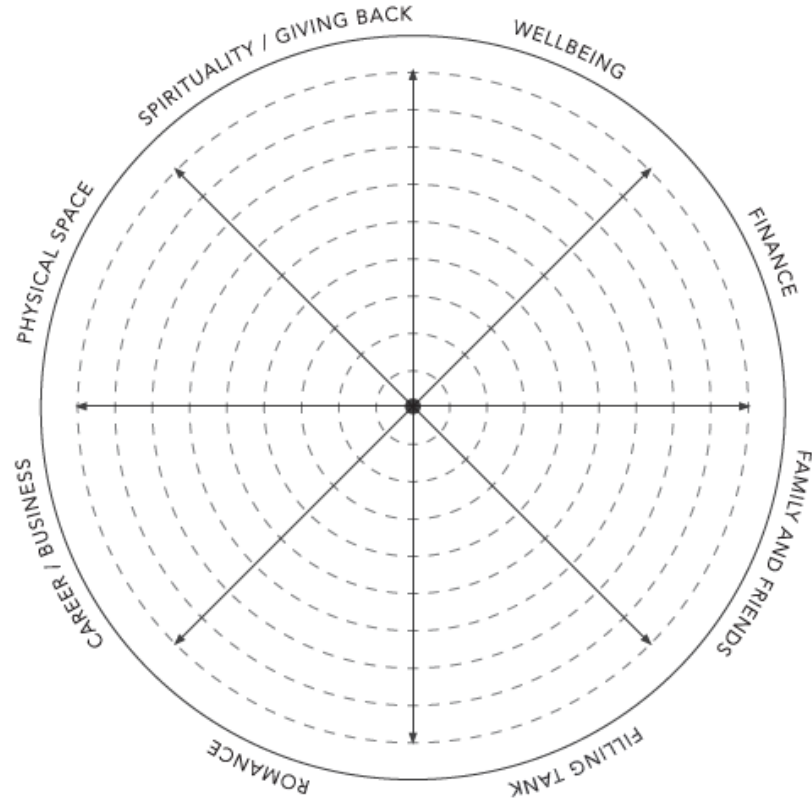
Each time you say yes to others,
make sure you're not saying no
to yourself #boundaries

Hesitant to Pause





THE WHEEL OF LIFE



...Make it happen!



THE WHEEL OF LIFE

TOP 3 AREAS OF MY LIFE
RIGHT NOW:

1. _____
2. _____
3. _____

WHY IS THAT?

- _____
- _____
- _____

LOWEST 3 AREAS OF MY LIFE
RIGHT NOW:

1. _____
2. _____
3. _____

1 THING TO GET CLOSER TO 10

- _____
- _____
- _____

...Make it happen!

Key Learnings

- ✓ Prioritise
- ✓ Set Healthy Boundaries
- ✓ Practice Power Pause



Let's connect...

**DRIVEN TO LEAD,
INFLUENCE, MOTIVATE
AND HELP PEOPLE GAIN
MEANING, NOT JUST
ANSWERS.**



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