

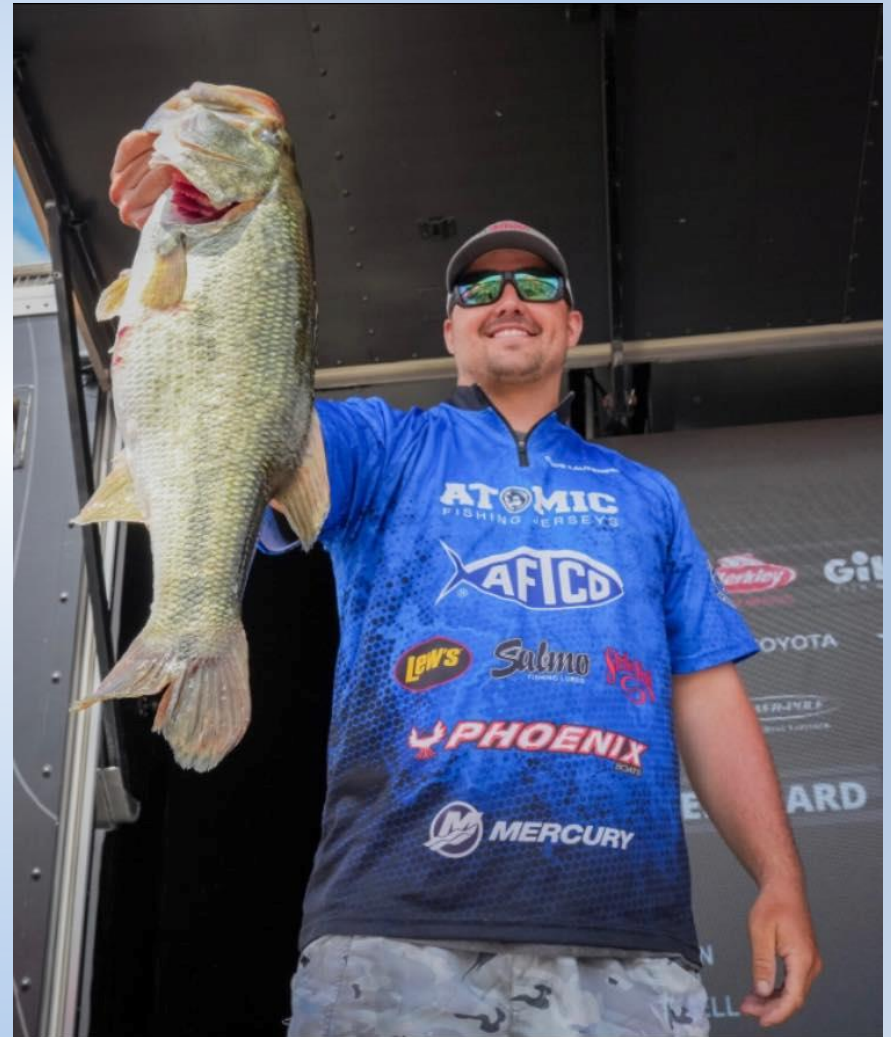
# Mental Health and Work/Life Balance



Cade Laufenberg

# About Me

- 32 Years Old (1991)
- Born in La Crosse, WI
- Graduated 2010 from Central High School
- Attended Winona State 2010-2015
- Worked as a Cook/Kitchen Manager 2013-2019
- Worked at SDLAX 2019-present





# The Win that Started it All

- 2009 (17 Years old)
- Detroit River, Michigan
- 1<sup>st</sup> Place Co-angler Champion
- Won a 17 foot Ranger Bass Boat



# Riding Momentum

- Won a two day team tournament that fall
- Confidence very high
- Arrogance.... Also high.



# Hard Knocks

## 2010 - Phoenix Bass Fishing League - Great Lakes



Event	Place	Total Weight (Fish)	Winnings
<a href="#">Lake Winneconne</a> Jun 19, 2010	67th	6 - 12 (3)	
<a href="#">Mississippi River/La Crosse</a> May 15, 2010	95th	3 - 09 (2)	

## 2011 - Phoenix Bass Fishing League - Great Lakes



Event	Place	Total Weight (Fish)	Winnings
<a href="#">Mississippi River/La Crosse</a> May 7, 2011	112th	5 - 12 (3)	

Close



# Hard Knocks Cont'd











# Picking Up the Pieces

- Took a year off from fishing BFLs
- Focused on College Fishing
- Signed up for a BFL in 2013, finished 7<sup>th</sup>
- Focused on College until 2016, fished all BFLS since then



# Putting it all Together



- Won 2 Major College events
- Won first BFL in 2017
- Won BFL Angler of the Year 2017
- Success Here to stay, humility and wisdom major factors





# Slipping a Little

- Kitchen Manager job becomes unbearable
- Finances bleak
- Boat hanging by a thread



# It Takes a Village

- Parents helped me see potential in something I never thought would work
- Pushed me to apply at LAX SD
- Provided un-wavering Support





# The New Path

- Custodial job provided financial freedom
- Lowered stress
- A continuation of time freedom to be able to fish



# 2020, Worst year for the world... Maybe my Best?

- I've seen the overcoming adversity script before
- Sold boat for \$4200 (barely usable condition)
- Borrowed Boats to make it through the season
- Purchased a used boat in July
- Qualified for Regional Championship in La Crosse.....





And *won* it.



# Triumph

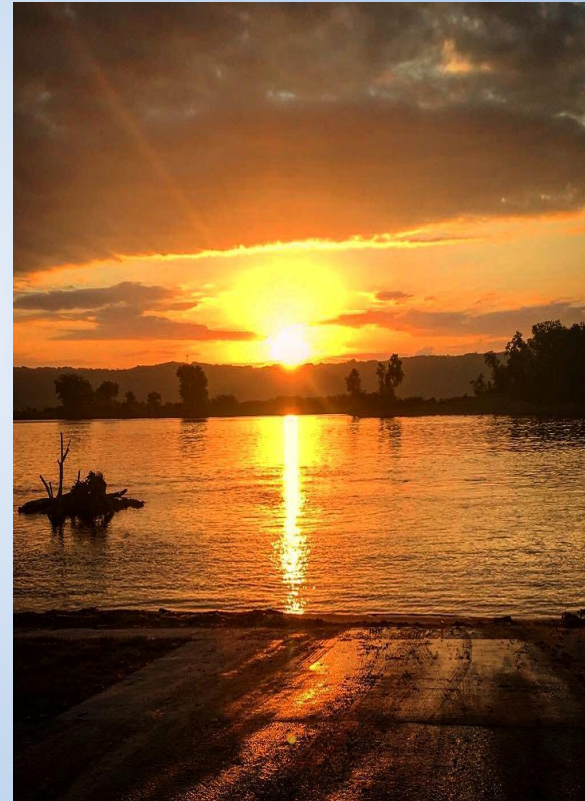
- Winning a new boat breathed new life into fishing career
- Won Angler of the Year following season
- Won 3 BFL Tournaments since
- Leveled up in all facets of life





# The Juggling Act

- Work 12:45-8:45PM
- Tournaments Saturdays and Sundays
- Practice 5:30AM-12:20PM
- Work-Rinse-Repeat



Catching a beautiful sunrise during a pre-work tournament practice session

# Traveling Tournaments

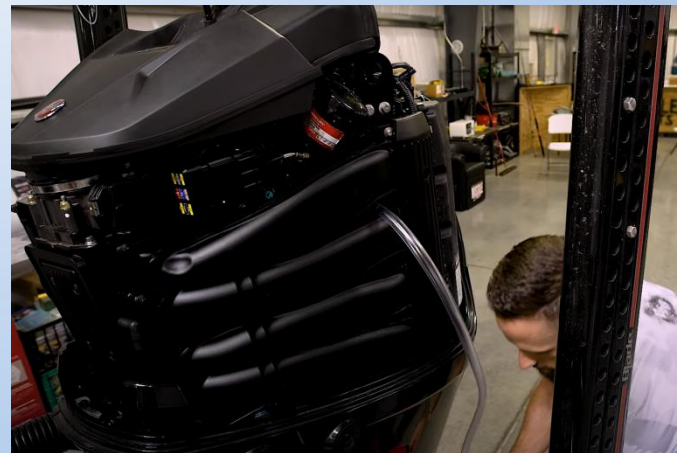


- Usually take a week off
- Drive Friday/Saturday
- Practice Saturday-Wednesday sun up-sun down
- Tournament Thursday-Saturday
- Drive home overnight
- Rest Sunday
- Back to work Monday



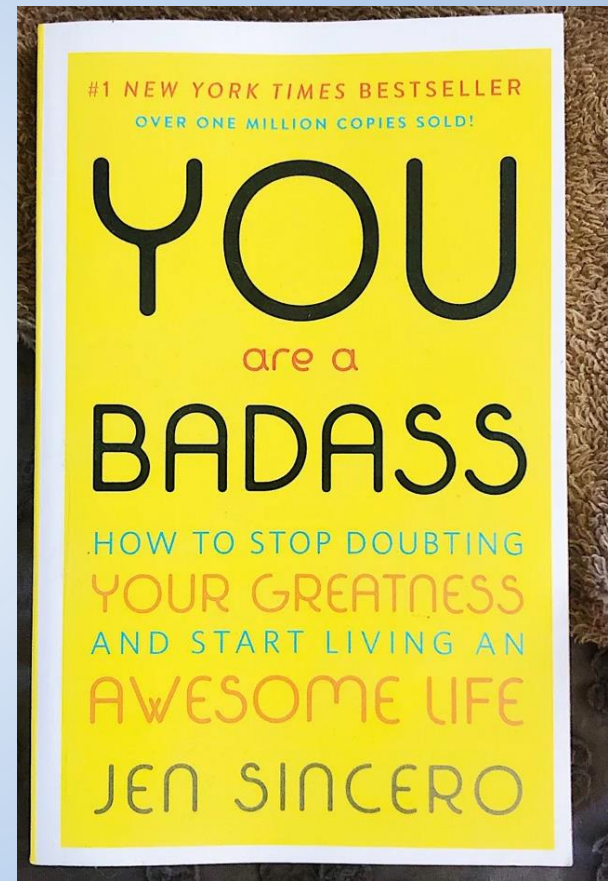
# Finding Balance

- Takes a lot of discipline
- Knowing when you need to take a break
- Planning ahead- meal prep, laundry, staying on top of boat and truck maintenance and other gear



# Mental Health Matters

- Being a successful fisherman is 75% Mental
- Being successful in life is no different.
- Do not be afraid to seek help
- Taking care of mental health is admirable, not shameful





# EAP Program

- La Crosse Schools offers EAP to all employees
- 5 free sessions with licensed therapist
- Utilizing this service greatly helped me address areas where I was struggling and got me firing on all cylinders again



# Positivity in the Workplace (and beyond)

- Attitude > Aptitude
- Manifestation Techniques
- Positivity and Negativity are both contagious. Which “bug” are you spreading?





# Thinking “Differently”

- Fishing and life are like a game of chess
- To win, you sometimes need to think outside the norm to find a breakthrough
- Being different is a good thing
- Major technological and societal advancements didn't come from thinking within the status quo.



# Thinking “Differently” cont’d

## Do:

- Look for alternative ways to accomplish the same tasks, assess best practices
- Consider the cost/benefit of what you’re doing
- Be willing to adjust course on the fly
- Find healthy ways to laugh at yourself and learn from mistakes.....

## Don’t:

- Take a riding sweeper on a turf football field

# How to “Think Differently” as Facility Manager

- Allow your employees the freedoms to pursue their goals outside of work
- Be understanding and compassionate about each individual’s circumstances
- Allow your staff to make mistakes, but make sure they learn from them and grow
- Instill confidence in your employees by believing in them and trusting that *they’ve got this*.



# Mentorship

Every Adult has a responsibility to lead by positive example.



Some youth may not connect with their parents or teachers, but **you** can bridge that gap.

# Valuing My Position

- I've learned not to establish a social "class system" within the work place.
- I Treat teachers/admin as colleagues/equals
- Get involved with other staff, participate in staff activities, become part of the work family
- The more you put yourself out there the more you can dissolve the "we're just the janitors" mentality

# Fishing Pet Peeves

- Casting off/being “piked” on a brand new expensive lure you just tied on
- Braided line wrapping around rod tip
- Backlashes
- Someone fishing “your” spot
- Wind
- No wind
- High water
- Low water
- A lack of something to complain about



# Custodial Pet Peeves

- When the Vacuum chord gets unplugged
- Paper Towel in the Toilet
- When you get a puke/toilet job the second you start to eat lunch
- Glitter. No explanation needed
- Milk leaking in trash can
- Puke all around but not in toilet/trash
- Having to listen to some guy ramble about fishing for an hour at a custodial conference



# Questions



**PHOENIX**  
EST. 1972

**WS 1370MB**

**XS**





WS 18700

PHOENIX  
BOATS

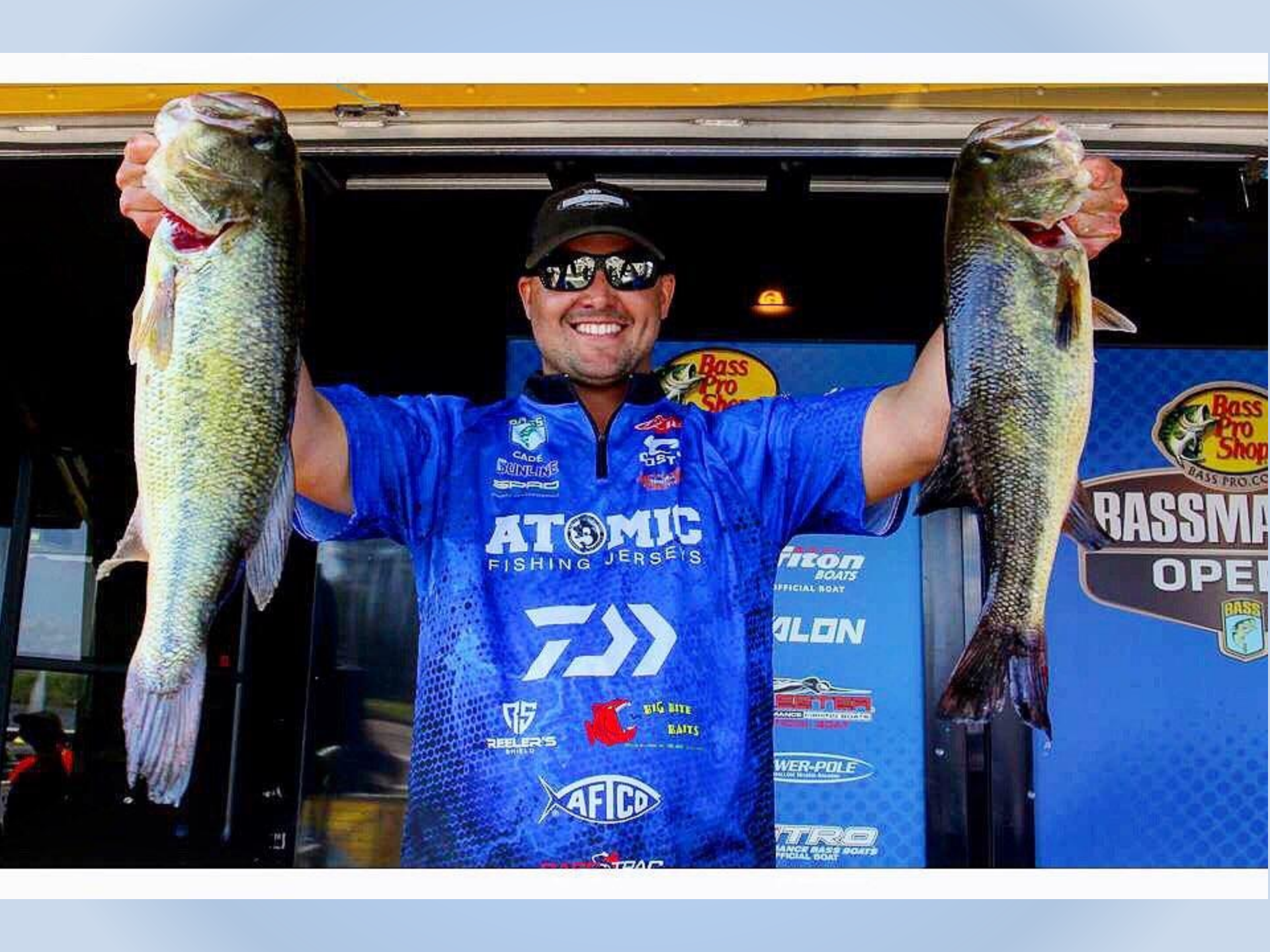
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ATOMIC  
FISHING JERSEYS

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PHOENIX  
BOATS

MERCURY

AR...fishing

...NG TEAM













CADE LAUFENBERG

**PHOENIX**  
BOATS

WS1370VB

PHOENIX KOTA







- 9 AUSTIN DUBUQUE
- 10 CURTIS V ROCHELLE
- 11 MIKE BR LACROSSE
- 12 FRANKIE CARTMAN

FAVORITE

TOYOTA

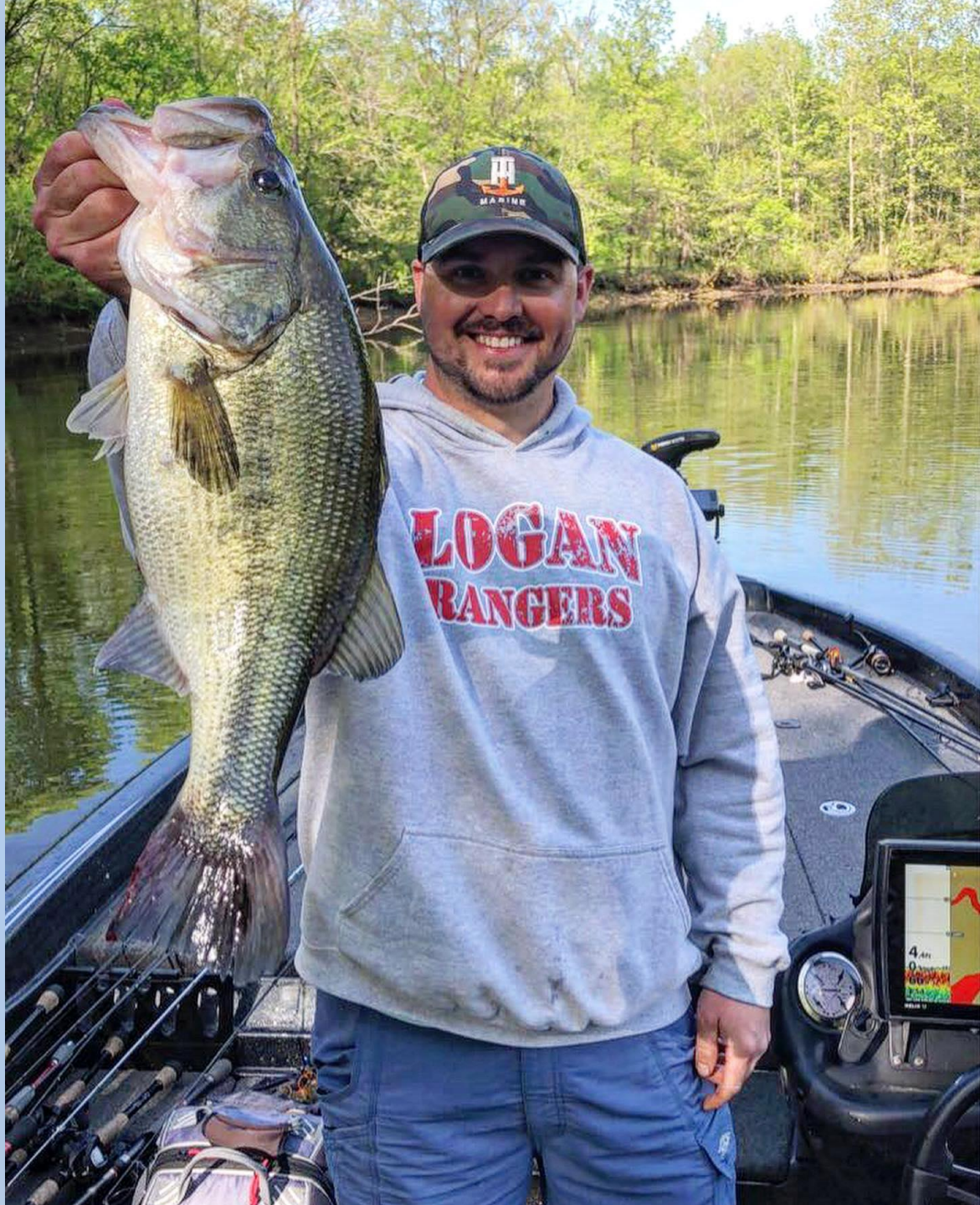
MAJOR

CHAMPION  
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2023

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2023

















ATOMIC FISHING

CADE LAUFENBERG

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FISHING JERSEYS

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Levi's

Salmo  
FISHING LURES

Strike King

PHOENIX  
BOATS

MERCURY

FISHING

Microphone









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ULTRAX

115 1870 LB

PHOENIX





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