

FOR IMMEDIATE RELEASE

EXECUTIVES FINDING IT TOUGH AT THE TOP OFFERED SOLUTIONS TO THEIR WOES

If you're a senior executive who hates going to the office and feels trapped, Rosalinda O'Neill, founder-president of CEO LifeMentor, has a piece of advice: pause and take stock of your role in the mess; you may be part of the problem. If you are, she warns, better face up to it before it's too late.

Invariably, says O'Neill, a man or woman who finds life at the top tough and unsatisfactory is a person who is not sufficiently demanding and not practicing life balance and smart confrontation.

O'Neill maintains that achieving "success with life balance is the most powerful event than can happen to an executive". A common deterrent in that pursuit, she suggests, is "multi-tasking" and denial of what they need around them to be successful. "Taking on an excessive volume of responsibilities without enough competent support directly undermines capability and contributes to high levels of stress, forgetfulness, mistakes and physical problems, according to recent data," O'Neill says.

She offers a handful of advice to suffering executives tired of unnecessary struggle:

1. "Remember you're the gate-keeper of your day and life. Look seriously at your options and plan and prioritize all of your activities on one schedule – daily, weekly, monthly, etc. Include your personal, fitness and other activities with your business schedule. Plan what time of the day and how much time to allocate to each activity. Unless you plan, you are in trouble and can be overwhelmed."
2. "Look around you. What resources do you have access to that can help you succeed in the life you want to lead? What additional resources do you need to meet your expectations? Your success does depend on those around you being committed and capable to help you succeed. Delegate as much as you can but have good people to whom to delegate and depend upon. No excuses are tolerated here. Reduce or eliminate drains and distractions to your peace of mind, clear thinking and productivity. Good support helps you do that. Be honest and gently ruthless in this effort, with everyone, including yourself."

3. “Take care of your body. Get rest and relaxation. Fitness is not a luxury. It is critical for creative problem solving, clear thinking, successful work and personal relationships. You’ll thrive in your demanding schedule when you do things you enjoy. There is always time for a walk, sit-ups and/or climbing stairs. Your body needs support if it is going to keep taking you where you want to go in your life.”
4. “Always keep uppermost in mind my definition of a successful life. It is a life you enjoy living, supported by work you look forward to daily.”

O’Neill cautions that the quest never ends. “There is not enough time to do all we want soon enough,” she says. But by planning and pacing themselves, the CEO LifeMentor President believes, the stressed executives of today “can win the Triple Crown race of their lives tomorrow.”

About CEO LifeMentor: Based in Calabasas, California, CEO LifeMentor is a mentoring and training firm. It maximizes the return on human capital. Unlike most corporate coaches, its focus goes beyond the executive suite and company results. Its goal: making business as well as personal lives less stressful and more profitable. In serving organizations, CEO LifeMentor improves leadership strategic thinking and teamwork and reduces people management nightmares. It works with publicly owned and privately-held companies, their senior executives, law and accounting firms, physicians and individuals to deliver quick and lasting change, both in one-on-one meetings and group training.

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CONTACT:
Paul Spindler
Paul Spindler Company
paul@spindlercompany.com
310-286-0102