



EXECUTIVE HEALTH & WEALTH INSTITUTE

ASK THE EXPERT DECEMBER 2006

Millions of Americans are thinking, planning, and scheming about how to stretch a 24-hour day into an endless and productive workday, an endless loop of "useful" time. Executives face the daily quandary of finding new ways to thrive in order to achieve higher goals, to meet increased competition, and to function with progressively limited resources. Busy executives now need to work more hours to maintain their lifestyles. As they move up or across the corporate ladder, they find escalating challenges to remain level-headed and even-tempered.

The Balancing Act. Working women and men currently face greater responsibilities. They have access to higher positions in their workplace, endlessly juggling tasks and attempting

MANAGING WORK IN LIFE DURING THE HOLIDAY SEASON©

by Gabriela Corá, MD, MBA

The beginning of the holiday season is much anticipated for its festive air and warm feelings. For business owners and busy executives, it adds some juggling to the everyday challenges. Road warriors multi-task to the extreme to finalize some great business deals. For those who conduct business with other cultures, this may mean getting all the needed signatures and contracts ready as some will close their businesses until the following year. While many of us may see a significant increase in work activities and sales during this time of the year, others see a drastic decline depending on their line of work. High emotional levels are the norm, marking anniversaries of families regathering or being apart, longing for the departed, or the intensity of seeing people we hadn't seen for a long time. All of these situations make this a delightful time with strong feelings of friendship, love, and joy for one another.

These are some strategies I have found helpful as I've worked with others and as I have stayed ahead of the challenges myself:

Strategy #1: Plan ahead:

This is a time to be spent with family and friends and, at the same time, as business owners, you will strive to stay ahead of the game. Anticipate the family visits as well as your wanting to spend time with your loved ones. Do not postpone doctors' visits if you had these scheduled or if you are not feeling well as this is a time of stress even if you are having a great time. If you do not have visitors, make an effort to visit your loved ones instead. Make an effort to foresee your work needs, whether your work season will be busy or slow.

Strategy #2: Avoid "guilt" shopping:

Establish your holiday budget ahead of the season. Avoid over-spending for gifts to "make-up" for missed time with family and friends. Make sure that you are including good quality time with your significant others to avoid last-minute roller-coasters running all over the place to purchase that rare gift when you hardly interacted with your loved one throughout the year... Avoid other excesses such as overeating or overdrinking. Many of us end up with extra pounds in our body with less cash in our pockets by the end of the season...

Strategy #3: Stay focused:

Prioritize your work activities, strategically planning your goals as others (colleagues, employees, and clients) will be facing similar challenges. Lay out your plan till the end of the year and start planning for 2007 if you haven't started yet. Time will fly during this busy season.

Strategy #4: Share the wealth:

to master productive interactions. At the same time, they face household duties as they arrive home tired after an exhausting day at work. Although some succeed in balancing and integrating this complex situation, others end up dreading the once-wonderful new opportunities.

Dr. Corá's chapter on **LIFE-WORK MANAGEMENT** is soon to appear in **GETTING THINGS DONE: Keys to a Successful Business**, with lead author and business guru, Ken Blanchard. The chapter is already available on The Executive Health & Wealth Institute website under "Resources." Dr. Corá's upcoming book, **LEADING UNDER PRESSURE: Strategies to Maximize Peak Performance, Productivity, and Wellbeing**, addresses managing work in life and more.

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Thank everyone who has assisted you and your work throughout the course of the year. If your business has had a rough time, make sure you thank everyone who has helped you row against the current during stormy weather. If you have experienced successes, thank everyone for their support in reaching your goals together. Either way, thank everyone for supporting you and your work as you build a greater company.


Strategy #5: Enjoy!

Allow for time to gather and rejoice. Spend quality time with your family and friends regardless of whether or not you tend to be extremely busy during this time of the year. Focus on your intent to spend a wonderful holiday season with your loved ones while you maximize your work and interaction with your colleagues, employees, and clients.

If we all carried the holiday spirit into 2007 and extended warm feelings, good intentions, and the joy of sharing, 2007 may be even a better year for us all.
ENJOY!

 Dr. Gaby Corá is President of The Executive Health & Wealth Institute®, Inc. Discover: *The Power of Wellbeing®*. Her expertise in managing work in life during times of *status-quo* as well as in times of crisis inspired her to design a powerful program assisting executives and corporations in **Leading under Pressure**, providing for effective strategies to maximize peak performance and productivity while maximizing health and well-being. **Leading under Pressure** is available on Amazon.com. She is a licensed medical doctor, trained mediator, corporate consultant, has a master's in business administration, and is a professional member of the National Speakers Association.

To learn about our Dr. Gaby Corá's programs please visit: [link: EXECUTIVE HEALTH](#). Feel free to email your questions and comments directly to [email: Dr. Gaby Corá](#).

 Dr. Gaby Corá's chapter on **LIFE-WORK MANAGEMENT®** is already available via pdf download. The chapter is available in **LEADING UNDER PRESSURE: Strategies to Maximize Peak Performance and Productivity while Maximizing Health and Wellbeing** In this chapter, Dr. Corá addresses key concepts to success, including the healthy individual lifestyle, the healthy organization, common pitfalls, successful strategies, and the "AIM I AM" system of constant improvement for individual and organizational well-being®. To learn more about LEADING UNDER PRESSURE, please visit: [link: LEADING UNDER PRESSURE](#).

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—GABRIELA CORÁ, MD, MBA
President, Executive Health & Wealth Institute

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