



EXECUTIVE HEALTH & WEALTH INSTITUTE

ASK THE EXPERT JANUARY 2007

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 AND THE NEW YEAR'S RESOLUTION©

by Gabriela Corá, MD, MBA

The end of the year and beginning of the New Year marks "the time" to implement our long-awaited plans for the future. High expectations abound as many kept putting off major life changes until the beginning of the year. Needless to say, this strategy, although useful in a way (it is always helpful to assign a date to start a new venture), may just reflect an endless list of impossible things "to do." Having too many of these will create a sense of failure difficult to divert midway. It is very important to set up small, achievable goals first, so as to create a positive feedback loop each time we succeed.

Whether it is the beginning of a job, a relationship, a year, or right after our birth date, we give plenty of power to these start dates as they offer us the opportunity to start over: whatever happened is past, and there is nothing we can change about it. Yet, whatever is to come will hopefully be better than ever before.

As you prepare for your new year, consider focusing on each and every dimension of your individual experience:

Physical Dimension:

Maximize the four pillars of your Biological Health ([link: MANAGING WORK IN LIFE: MAXIMIZE THE FOUR PILLARS OF BIOLOGICAL HEALTH©](#)). Take steps to improve your overall health by improving your nutrition, exercise, sleep, and relaxation. Clean up the holiday extra pounds and watch-out for any alcohol excesses. If you haven't been exercising, get started now and build up your plan gradually. Ensure your sleep is back to normal, and that you practice relaxation exercises on a regular basis.

Emotional Dimension:

The holiday season is a time of intense emotion both positive and sometimes challenging. Make sure you continue to connect with family and friends throughout the course of the year. Propose yourself to improve your meaningful relationships so as to have a better time together throughout the course of the year and a better time when you re-gather in the future.

Intellectual Dimension:

Challenge yourself by intending to learn something new. If you (truly) believe you already know it all, teach others, as this will enhance your skills even further. Consider learning a new skill, a new language, or new software that you could use. Learn new management skills to further improve yourself and assist those who work for you. Improve your business skills to further improve your department or company.

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 available at: **LEADING UNDER PRESSURE: Strategies to Maximize Peak Performance, Productivity, and Wellbeing**, addresses managing work in life and more.

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 **Social Dimension:**

Establish a plan to network with colleagues and other organizations. Create new connections and strategic alliances with other companies as this could further enhance your business relationships and expand your business.

 **Spiritual Dimension:**


Carry the holiday spirit by sharing the wealth of your knowledge and experience with others. Design a plan to challenge you further: go back to playing an instrument, or start playing a new instrument, start a new artistic hobby. Include time for yourself in your busy calendar and give yourself this sacred time on a regular basis. Meditate or relax on a regular basis. Make sure you feel fully connected with who you are as you look forward to fulfilling your mission for 2007.

And, most of all: **ENJOY** a wonderful year!

 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](#).

THE EXECUTIVE HEALTH & WEALTH INSTITUTE®

The Executive Health & Wealth Institute, Inc. is an international consulting firm based in Miami, Florida. Our experts provide consulting services, executive coaching, corporate advice, training workshops, seminars and consensus building meetings, assisting executives and corporations in Individual and Organizational Health & Wealth.

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"OUR MISSION IS TO PROMOTE INTEGRATED HEALTH, PERFORMANCE AND PRODUCTIVITY, THUS ADVANCING INDIVIDUAL & ORGANIZATIONAL WELLBEING FOR THE BENEFIT OF SOCIETY."

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

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