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## 5 Ways to Be Less Stressed at Work

You are stressed at work, overwhelmed on the daily, anxious about everything, and constantly feeling unaccomplished. Guess what? It's not unique to you. So many people are feeling this way. The struggle is real, and it's universal. But how do we fix it?

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Lessons from Leaders - In-depth Profiles

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## How do you turn around the culture of a 130,000-person company? Ask Satya Nadella

A 5'11", cricket-loving engineer from Hyderabad, India, Nadella had built a reputation as a mild-mannered manager who spent his free time taking online classes, had become CEO of the world's fourth most valuable company, but the Microsoft he inherited was a far cry from the one he had joined in 1992...

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Coaching Corner – Joel's Article of the Week

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## Want the Best Corporate Training for Your Company? Follow This 3-Step Process

Hiring a top-notch speaker with the right expertise can change the game by shifting workplace culture. A skilled trainer can help employees break free of any understandable patterns and fully leverage their company's collective talent...

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Career Central - Tips for Career Changers

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## The Resume Isn't Dead Yet

There is no question that the recruiting process has changed dramatically over the past few years. More and more companies - particularly in the tech and creative worlds - are putting less emphasis on the traditional resume...

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Joel In The News - Interviewed by Top Media Outlets

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## Shining A Light on Self Awareness

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In a study titled "Pushing in the Dark: Causes and Consequences of Limited Self-Awareness for Interpersonal Assertiveness," the researchers found significant disconnect between how people see themselves and how they're being perceived when it comes to their assertiveness..

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### Upcoming Speaking Engagements

**Executive Presence:** Convey Confidence and Command Respect as a Leader  
The Institute of Management Studies

June 12<sup>th</sup>, 2019 - Pasadena, CA

[View Details](#)

**Stop Avoiding Difficult Conversations:**  
Practical Tactics for Crucial Communication

June 28<sup>th</sup>, 2019 - Webinar 1:30pm EST

[View Detail](#)

### Current Executive Coaching Engagements



Learn more about hiring Joel for your [Executive Coaching](#) or [Corporate Speaking and Training](#) needs.



- **Salary increase for talent retention:** 80% of organizations have an annual salary increase budget to stay market competitive and reward individual performance (77%), but less than half do so for talent retention. (Mercer)
- **Pet friendly workplace:** 91% of employees that work in pet friendly workplaces feel fully engaged with their work vs. 65% of those that don't work at a pet friendly workplace. (Nationwide)

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***"There is a troublesome humor some men have, that if they may not lead, they will not follow; but had rather a thing were never done, than not done their own way, tho' other ways very desirable". ~William Penn***

***"The best years of your life are the ones in which you decide your problems are your own. You do not blame them in your mother, the ecology, or the president. You realize that you control your own destiny". ~Albert Ellis***

Books Authored by Joel A. Garfinkle

## Gain the Competitive Edge In Your Career



Garfinkle Executive Coaching - The top online resource for creating fulfillment at work.  
**Recognized as one of the best:** Acknowledged as one of the top 50 executive coaches in America.  
Global Gurus named Joel #15 on its list of [top 30 global coaching experts](#).

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