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## The Best Ways to Relieve Stress Based on Your Personality

Relaxation has never been so complicated. From acupuncture to Zumba, the health world today is filled with ideas for de-stressing. Sorting it out can be a stress-maker in itself. How are you supposed to know where to begin?

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Lessons from Leaders - In-depth Profiles

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## Leadership Moments Make Sure Your Strengths Don't Become A Weakness

Paul Block has held numerous CEO and board roles, including running Revlon International, and working extensively in China and Brazil. Here's a conversation had (edited for space) with Block, in which he talked about the challenges of jumping from an operating role to a strategic one, the art of listening, and the importance of being open to change and new perspectives...

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Coaching Corner – Joel's Article of the Week

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## 5 Tips on How to Become A Better Boss

Tom had been working as a manager for almost a year. He was good at evaluating people's performance, pointing out areas for improvement, and saying "thank you" often. To him, those were the things that a good boss did. However, when Tom sat down with his mentor to talk about his progress, his mentor told him that those things are just the tip of the iceberg...

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Career Central - Tips for Career Changers

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## 4 Questions to help answer the big one: "Should I take this job?"

Searching for a job can be frustrating. There are only so many jobs you can apply for, and interviews happen seemingly at random. So, when a job offer finally comes through, it may feel like you've got to strike when the iron's hot and say yes. But should you?

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Joel In The News - Interviewed by Top Media Outlets

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## 3 Steps to Leverage Your Past Success in Your Current Job Search

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Job seekers who think in-depth about their past successes set themselves up for further success. Prepare to make an outstanding impression by taking the steps below to leverage your past successes in your current job search...

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### Upcoming Speaking Engagements

**Leadership Presence: Convey Confidence and Command Respect as a Leader**

Otsuka Pharmaceutical

Dec 4<sup>th</sup>, 2019 - Princeton, New Jersey

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

December 10<sup>th</sup>, 2019 – Webinar 12:00pm PST/3:00pm EST

[View Details](#)

### Current Executive Coaching Engagements



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- **Length of employment:** 59% of employees say they've been with their current employer for more than 3 years and among older millennials (ages 30-37), 22% have been with their current employer for more than 7 years. (Udemy)
- **Love it or Hate it:** Nearly 60% of Americans would take a job they love over a job they hate, even if the preferred position paid half the amount of salary they would earn at the job they dislike. (Lexington)

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***"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand." ~Woodrow Wilson***  
***"Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be." ~Zig Zigler***

Books Authored by Joel A. Garfinkle

## Gain the Competitive Edge In Your Career



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Global Gurus named Joel #15 on its list of [top 30 global coaching experts](#).

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