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I've used distance running as an analogy often and while it's a useful analogy as it evokes the need to face difficulties with perseverance and sustained energy over time, after that it breaks down...

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- **Workload stressors: 79% of professionals found a heavy workload to be less stressful than not having enough work to do, and 74% would prefer a heavier workload and more pay to less pay. (KornFerry)**
- **How does your workload experience measure up. 10% of employees said their overall work experience has significantly exceeded their expectations, and 38% consider their employee experience awesome or great. (Alright Solutions)**

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"No leader sets out to be a leader. People set out to live their lives, expressing themselves fully. When that expression is of value, they become leaders. So, the point is not to become a leader. The point is to become yourself, to use yourself completely - all your skills, gifts and energies - in order to make your envision manifest. You must withhold nothing. You must, in sum, become the person you started out to be, and to enjoy the process of becoming."

~ Warren Bennis

"Think of success as a game of chance in which you have control over the odds. As you begin to master concepts in personal achievement, you are increasing your odds of achieving success."

~ Bo Bennett

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.
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