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Food For Thought



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"It's a Jungle Out There" for healthcare providers.

Times are tough. The regulations keep piling on and reimbursement rates have been cut. Competition is fierce and costs are rising. Successful healthcare leaders know they must stay ahead of changes in the marketplace and continue to seek out innovative new revenue opportunities. Navigating through the maze is a challenge and leaders often don't have other leadership resources for help in strategizing the direction of their business.

Now, for the first time, Clint Maun is offering consulting and executive coaching for healthcare leadership and management. Imagine being able to confidentially discuss daily challenges, opportunities and receive immediate ideas, information and action recommendations for an affordable

monthly fee. Essentially, you'd have a personal consultant and life coach on retainer for much less than his on-site fee, with no expenses.

Clint would be available via live webcam, phone conferences and email to discuss and coach on the challenges successful healthcare leaders face, such as:

- Reimbursement Issues
- Tough employees
- Strategic opportunities
- Methods to improve teamwork
- Revenue strategies
- Merger and acquisition opportunities
- Partnership with other health care providers

If you are interested in having Clint on retainer as a personal and professional advisor and coach, please contact Kathy Cain, VP, 800.356.2233.

Finding Balance in Your Life

If you're feeling overworked and finding it more challenging than ever to juggle the demands of your job and the rest of your life, you're not alone. Most healthcare professionals maintain extremely busy and demanding schedules. Add the nearing holidays to the mix, and your daily routine becomes that much more challenging. But even if you don't have much control over your schedule and the upcoming holidays, there are manageable ways to bring greater enjoyment and balance into your life. The key lies in focusing your time and attention on the things you can control.

Here are three key areas that you have total control over—follow these tips to bring harmony to your life, even as the hectic holidays draw to a near:

1. **Make time for downtime.** When you plan your week, make it a point to schedule time with your family and friends with activities that help you recharge. Remember, if you don't write it into your schedule, time will slip away, and you won't have the chance to do the things you really wanted to do.
2. **Take out the "garbage".** Many people waste their time on activities or people that add no value. This could include spending too much time at work with a colleague who is constantly venting and gossiping. Take stock of activities that aren't enhancing your career or personal life and minimize the time you spend on them.
3. **Get up.** It's hard to make time for exercise when you have a jam-packed schedule, but physical activity may ultimately help you get more done by boosting your energy level and ability to concentrate. Indeed, research shows exercise can help you to be more alert. Get moving and get more done!

Lastly, don't get overwhelmed and assume you need to make big changes to bring more balance to your life. Set realistic goals and slowly build more activities into your schedule that are important to you. If you try to overhaul your life, you will probably end up more stressed than when you started! Maybe you can start by spending an hour a week on a favorite activity or hobby or by planning a weekend getaway with your spouse once a year. Just remember that small steps can help to make a big difference.

*"Happiness is not a matter of intensity but of balance, order, rhythm and harmony."
—Thomas Merton*

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