



BALANCING
THE EXECUTIVE LIFE

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Executive Case Study

I've worked with Kelley Black for the past 4 months and have found her work to be so invaluable and helpful to my life, I felt the need to share my opinion with others. For several months I felt like I was living life by default, not design. I've always been a planning individual with every aspect in my life. Hobbies, people, daily tasks, all that mattered most to me and had shaped my entire life suddenly became of less importance. Insomnia had been an issue in my life and was currently being remedied by sleeping medicine. Production at work had tailed off and I felt complacent in my job. I work in the financial services business which is very demanding, time consuming, fast paced, self induced stress environment.

A friend of mine suggested I speak with Kelley Black to create an Action plan to bring back balance to my ever crazy life and find passion about the important things in my life that recently were lost. From the first meeting I had with Kelley, I noticed a difference. I walked out of her office feeling positive about life, having a plan of attack, thinking bigger, and most importantly: thinking clearer & having purpose. One of the first action plans called for the elimination of sleeping pills, which was implemented and completed in 1 month. Secondly, we focused on simple breathing & meditation exercises that I implemented as stress management tools, thirdly we worked on stretching and balancing exercises to help with my ever so volatile golf game.

To this day, my expectations of what I've accomplished have immensely been exceeded. In my wildest dreams, I never would have thought working with a balance coach could have solved my

sleeping problems, given me laser sharp focus on the job, increased my productivity at work tenfold, made me more interested in conversations, and got my golf game into the 80's. With this being said, each day is a joy with this new profound balance & perspective I've gained from working with Kelley Black, and I have a constant excitement for the future.

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