



EXECUTIVE 03

JAY

Your wife or your life

SITUATION: Jay, the successful CEO of a Fortune 50 company, had it all. In his fifties, he had earned the means to retire in luxury, but his passion for building corporations kept him in the business world. He had been so immersed in work that he felt his children had grown up without his participation. Though he experienced anxiety, Jay only knew that things were amiss because people close to him told him he was out of control. His doctor warned him that he had all the indications of an impending heart attack. Jay's wife demanded he either do something different to support their marriage, or she was filing for a divorce. This is the situation that prompted Jay to make his first appointment with Jody Michael Associates.

RESOLUTION: A no-nonsense person, Jay found coaching was more attractive to him than psychotherapy. He valued the multi-disciplined approach Jody Michael Associates employed in their coaching practice. Further, he appreciated Ms. Michael's corporate experience and her understanding of the necessity of confidentiality when working with the corporate executive. His work colleagues needn't know he kept weekly appointments by phone to work on his own issues. And due to its convenience, the meetings did not raise suspicion.

Within the first few sessions, JMA understood that Jay was talented at ignoring his own body's feedback. Stress, anxiety and personal loss indicated that he spent too many of his resources working. Indeed, he enjoyed the rest of his life, but work didn't

leave much time for pleasure. With this information, Ms. Michael helped Jay observe his own feedback. She asked him questions that developed insight and self-reflection.

After an initial breakthrough, JMA demonstrated how he could find more time in the hours he had, and prioritize to even the balance between family, self, and work.

OUTCOME: Jay determined a schedule that included more time with his wife, his children, and a new exercise regimen. JMA observed Jay's behavior and was able to point out his avoidant habitual behavior. No one else had been willing to do. He received coaching around reducing the time pressure he had assumed was a part of corporate life. In coordination with his doctor, a nutritionist, and a travel agent, JMA implemented a program that included regular exercise, heart-healthy meals, and long frequent vacations.

As he observed how recreation improved his health, his relationships, and his effectiveness at work, Jay experienced that finding the time for leisure was not the zero-sum game he had previously imagined. The biggest reward Jay walked away with was a rekindled relationship with his wife and kids. Near the end of our work, Jay's wife called and left the following message:..."I don't know what you've done or how you've done it, but I just wanted to call thank you...I feel like I got my husband back and the kids got their father back...we've actually scheduled our first two week family vacation instead of our usual long-weekend getaway...Thank you."