

**Here's what smart business leaders
find when working with us:**



Transforming You and Your Business

"After hiring Ted in March, we've seen a tremendous growth in business as well as a dramatic reduction in the amount of stress we all worked under. I learned to communicate effectively with ANYONE. From a leadership and operations perspective, the company now has a core foundation of ethics that creates an environment of accountability, responsibility and ownership...being able to learn and adapt faster than anyone else in the industry. The original revenue has more than doubled after only six months, with the number of employees increasing by only 57%."

Tom, Owner of a Technology Firm

"Today, I am proud to say that through my relationship with Ted Sun and by implementing a number of the self-reflective, organizational, and communication recommendations, I am not so overwhelmed. We are adding value...making steady progress, achieving individual and team goals and having small but significant little epiphanies every day. Our little part of the world is a happier place to be. It took Ted Sun to help me find order in the Chaos. The good news is, I am not alone."

Debbie, Manager of a Corporate Training Firm

Dr. Ted Sun, President & CEO of Executive Balance is trusted and respected by many organizations. Major publications / media such as the LA Times, Entrepreneur magazine, ABC, INC. magazine, Columbus CEO, Business First, NBC, and the International Journal for Business and Economics rely on Dr. Sun's expertise.

Why not you?

Some of the possible avenues or services to which we might guide you are:

- Entrepreneurial skill building
- Somatic therapy and body awareness work
- Organizational development
- Psychotherapy
- Meditation/mindfulness practice
- Nutrition counseling
- Personal training for the body
- Communication skill building
- Leadership methods and skills

Call Executive Balance today and find out how this interdisciplinary approach will change your life forever. 614-538-1664



The challenges that face executives and business leaders are complex and strenuous. Research has found that "job stress and burnout are costing the U.S. economy more than \$200 billion per year" (Business Source Premier). How much is it costing you and your organization?

Executive Balance is a team of professionals, facilitating a process so that:

- Your leadership skills are improved
- Your quality of life is enhanced
- Your overall levels of stress is reduced
- You have more free time and capacity
- You enjoy a relaxed and challenging environment filled with trust

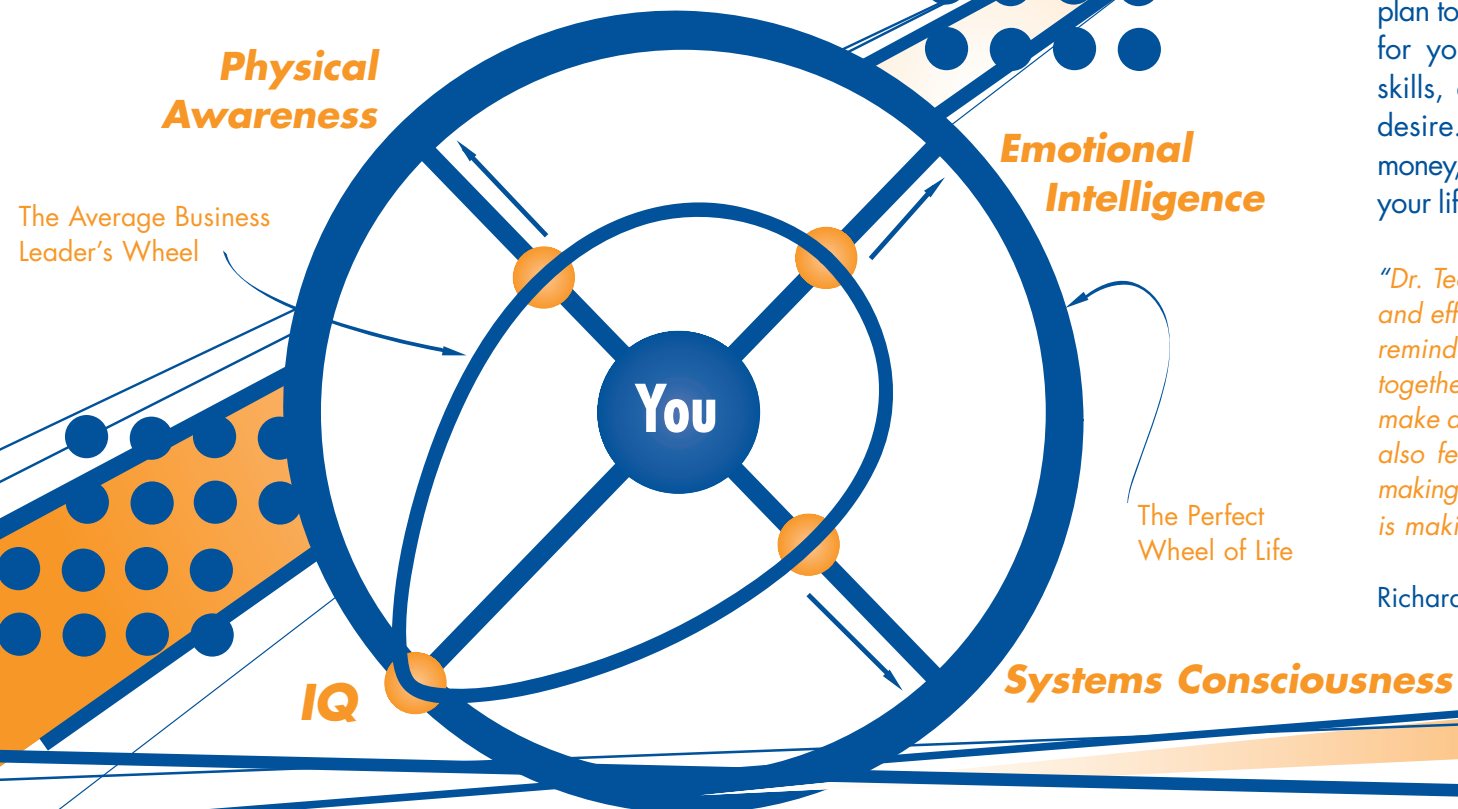
Using the expertise of a variety of professionals in the community, the intention of Executive Balance is to address your physical, emotional, mental and organizational needs in an effort to bring balance, overall wellness and ease to how you live. Executive Balance draws on current research in practices and processes that make your business successful and offers a holistic approach to leadership development.

As a multidisciplinary approach, we work with you to cultivate your balanced intelligence by working to enhance these four primary areas:

- Emotional intelligence
- Physical awareness
- Systems consciousness
- IQ balance



Your Wheel of Life



After an initial assessment meeting with you, the Executive Balance team will design a customized plan to strengthen your areas of challenge or discord for you and to develop your knowledge base, skills, and behaviors to achieve the success you desire. If your goal is to have more time, more money, greater inner peace, and more freedom in your life, Executive Balance will help you achieve it.

"Dr. Ted Sun is my coach. I can attest to Ted's unique and effective perspective on business and life. He also reminds you to make sure your heart and head are together when you make decisions. By doing so you make decisions that not only sound and look good, but also feel good for you and the others involved. Ted is making a difference in my life and for many others. He is making a more effective and caring world."

Richard Gottlieb, President of Gottlieb & Associates