

ENTREPRENEUR

Holistic approach goes beyond the office

BY CINDY BENT FINDLAY
■ FOR BUSINESS FIRST

Grabbing time to decompress has become such a part of today's busy world that the term "me time" has become a cliché.

But are you making the most out of those few precious moments? One local leadership consultant can help you make every moment of your day work for you.

Ted Sun's business, Executive Balance, is a Columbus leadership coaching firm that takes time to look at the whole executive.

"We look at everything that's going on within their organization and lives and pull together the best in class individuals to deal with every area," Sun says.

He works with a team of experts to examine interpersonal dynamics in the workplace, physical awareness, efficiency on the job and other leadership skills to help teach executives to make the most out of every work relationship, every appointment or even Sunday off with the family.

"Individuals have multiple intelligences. Traditionally, we have been educated mostly on logic but not much in the way of spiritual or emotional IQ - knowing how we impact the people we work with or what your body is telling you," Sun says.

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HOLISTIC: Don't neglect mind

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He says that research shows that most heart attacks occur at 9 a.m. on Monday mornings and the least at 5 p.m. on Fridays.

People just aren't listening to their own bodies, he says, until they break down.

Lowering stress by, for instance, learning what situations put you on the defensive, and how to read the people around you and understand where you both are coming from not only can keep you healthy, he says, but also make you more effective in business.

Kathy Donovan, owner of Key Difference Technology, a Columbus consulting firm, says she has learned from Sun.

"I get it all in one package - the business aspects, the health and spiritual aspects" Donovan says.

Sun helped her streamline her business and personal life, shop for professional services such as an accountant and even line up a massage therapist who could help Donovan get back to work sooner after a debilitating shoulder surgery.

"If I'm not doing well at work, I'm not feeling good at home and vice versa, so your successes build your mind and you can commit to do better the next day," Donovan says.