



**You are the CEO and Chairman of the Board of YOU, Inc!
Who is on your Board of Advisers?**

While BOD's are typically a business concept, more and more people are realizing the advantages of a personal Board of Advisors. When people spent their whole careers in only one or two companies, mentors often emerged who played influential roles in the lives of career-minded individuals. And sometimes, they didn't. Or, sometimes mentors are appointed, but the relationships are not meaningful. Usually these relationships focused on the success of the individual within a given company, while occasionally they had the benefit of extending beyond one company or the workplace.

Today, loyalty and longevity in one company are increasingly rare. Potential mentors are moving on and so are the mentees. This makes meaningful mentoring relationships in the workplace difficult to establish, develop and maintain. Further, a balance of both inside and outside perspectives can increase the effectiveness of mentoring relationships and help reduce bias.

I spent 22 years in public accounting. I had some great mentors along the way that came and went. My husband and my father (both accountants) were steady influencers with career and financial decisions but came from the same world as me and weren't likely to really challenge my perspectives. My life really changed when I realized stress was taking a toll on my health and I started working with a personal trainer who challenged me not only both mentally and physically, but also with a 'whole-life' perspective. Fast forward to working with my executive coach and put both career

and 'whole-life' mentorship on steroids! Today, I also consider my personal physician and several special friends to be on my Personal Board of Advisers.

My advisers help give me:

The **courage** to make bold moves

The **faith** to trust in myself

The **peace of mind** to honor my values

The **fortitude** to stand true to my integrity

The **permission** to pause and reflect

The **objectivity** to stand back and see the big picture

The **creativity** and **foresight** to think big and envision what I want

The **challenge** to challenge myself

The **strength** to keep climbing to new heights

The **discipline** to focus on what I aspire to

The **nudge** when I could be on the wrong path

The **reminder** to slow down and enjoy the journey

The **appreciation** of a sunrise, a sunset, nature, a smile, the smell of rain, an ice-cream cone ...

The **comfort** of a hug

The **joy** in celebrating things we might overlook

But most of all, they give me their **gift of believing in me!**

So why not be proactive in deliberately and intentionally hand-pick individuals for your Board of Advisers. Consider people who will be influential in your career as well as with finances, personal growth, family relationships, spirituality, and your health.

Pick people you respect and trust.

They will likely feel honored to help you.