# Helping Successful People Get Off the Tightrope and Stand on Solid Ground

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### Does this sound familiar?

You are on top of your game!  You worked hard in school, in your career path, you have a leadership position and yet…..something is out of balance.  The reason for that pang you get in your inside doesn’t always make itself known.

### Something is missing!!!

Or maybe: Your health is out of balance; Your relationships feel shaky; You are afraid you will be seen as a fraud.  And there’s more…………  **It doesn’t have to be this way**.

## So How Do You Handle This?

You may think you must change jobs, or just work harder, change your marital situation, take some courses, take a vacation…now that’s a good idea. You must get in touch with yourself: what you are really passionate about, good at, happy doing. What will give you the self-satisfaction you thought would be here by now? But we can’t all do that so simply.  It takes the right questions from the right person to stimulate and uncover issues to help them surface to start the process to produce **a more successful you**. And how do **you** define success??? Success comes with benefits and deficits-it all depends on how you define it for yourself.  Perhaps your definition could be altered. Perhaps what you thought would be success is simply not what it is all cracked up to be.

### What Men and Women Need to Know

**Only 4% of CEOs are women.  Women must work harder to get the same accolades men get in the same positions.  Women are singled out negatively for making recommendations men do on a daily basis.  We read about this often and recently.  How much more can a woman do!!!!!  How can a woman WIN in a man’s world?**

#### "Women Take care, Men take charge": Catalyst (Non-profit focused on women's issues)

"Perceptions are rooted in gender stereotypes-perceptions that maintain the gender gap in leadership itself."

### What Male and Female Leaders Can Do

* Be present to stereotypical behaviors and address them in your organization
* Lead in uncovering attitudes that demean women as having leadership potential
* Mentor women to allow for upward mobility
* Empower women to support your organization
* Give more women the opportunity to "Take Charge" so you can "Take Care" of "balancing" your work and life.

http://www.rochester.edu/sba/100years/PDFs/Women%20Take%20Care%20Men%20Take%20Charge.pdf ***“By working faithfully eight hours a day you may get to be a boss and work twelve hours a day.”-Robert Frost***

#### How will you do this happily, satisfied, and allow for work/life integration, because balance is just not something we can all do each day.  We must learn to set our priorities so we feel we are improving our daily lives, at home and at our job.

## How To Get Started

[Click here to set up a complimentary consultation](http://uniquepathways.com/free-consult/" \o "Get Your Free Complimentary Consultation).  After all, we need to get to know each other. Aren’t you curious to know more?  **Curiosity is a foundation of coaching**.  Curiosity yields deeper feeling and  emotions.  Let’s tap into your curiosity about me and what we can do together and we can then go from there.