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## Food For Thought



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***"It's a Jungle Out There" for healthcare providers.***

Times are tough. The regulations keep piling on and reimbursement rates have been cut. Competition is fierce and costs are rising. Successful healthcare leaders know they must stay ahead of changes in the marketplace and continue to seek out innovative new revenue opportunities. Navigating through the maze is a challenge and leaders often don't have other leadership resources for help in strategizing the direction of their business.

Now, Clint Maun is offering consulting and executive coaching for healthcare leadership and management. Imagine being able to confidentially discuss daily challenges, opportunities and receive immediate ideas, information and action recommendations for an affordable monthly fee. Essentially,

you'd have a personal consultant and life coach on retainer for much less than his on-site fee, with no expenses.

Clint would be available via live webcam, phone conferences and email to discuss and coach on the challenges successful healthcare leaders face, such as:

- Reimbursement Issues
- Tough employees
- Strategic opportunities
- Methods to improve teamwork
- Revenue strategies
- Merger and acquisition opportunities
- Partnership with other health care providers

*If you are interested in having Clint on retainer as a personal and professional advisor and coach, please contact Kathy Cain, VP, 800.356.2233.*

### **Resolution Dissolution: Will You Be Successful in the Upcoming Year?!**

It's that time of year again—you along with scores of other Americans are probably mulling over a New Year's Resolution. Indeed, every year, millions of adults promise to better themselves in one way or another — and fail miserably. So what gives? Some research has found that individuals who fail or give up on their resolutions tend to:

- Focus on the downside of not achieving their goals
- Suppress cravings, temptations, rewards, etc.
- Rely on willpower alone

On the other hand, those who stick to their resolutions tend to:

- Break their large goals into small steps and create small changes that, over time, add up
- Celebrate their milestones
- Share their goals with friends
- Focus on the benefits of success (i.e., how their resolution would improve the quality of their life)
- Keep a diary of their progress

When it comes to resolutions, it's safe to say that creating a realistic plan and remaining positive are critical to success. Whether you're focusing on professional or personal goals, be sure to keep a tight focus on these strategies as you work toward them.

*"Cheers to a new year and another chance for us to get it right."*

*—Oprah Winfrey*

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