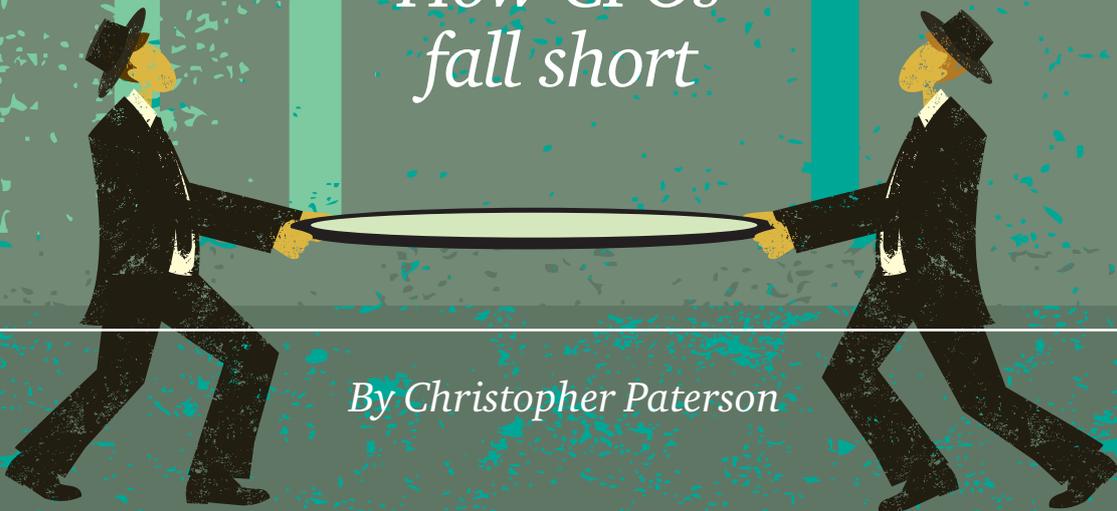




# LIFE BALANCE *and* EFFECTIVENESS:

*How CFOs  
fall short*



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72% of working Australians are currently experiencing a level of pressure which is negatively impacting their health [i]. While there are many variables that account for this, one factor that we consistently see with CFOs is information overload.

As a measure, it is said that we now process the equivalent of 180 newspapers worth of data each day. In fact, we are now being asked to produce the same amount of information in 1 day that our 1986 counterparts produced in over 6 months. This is impacting the quality of both our input and output.

*Unfortunately, most CFOs are not at their best in or out of the office because they lack core coping skills to manage this high paced and fluid environment.*

Back in 2009, ALCHEMY studied those executives who were able to navigate these challenges with poise and confidence and specifically, what separated these individuals from the norm.

This analysis, supported by a body of empirical research, highlighted that there are 6 areas of our life where we need to be making good decisions if we are to be at our best.

*We call these the 6 cylinders of wellness and they are Nutrition, Activity, Sleep, Social Connections, Time Out and Outlets.* ”

The evidence supporting these elements along with a guide and personal scorecard can be found at [www.alchemycm.com.au/wellness](http://www.alchemycm.com.au/wellness).

These are the behavioural elements which we can control and when combined with cognitive tools, we have found significant improvements to executive wellness outcomes. Our 2014 research paper showed that by making small changes to the 6 cylinder profile, stress reduced by 8% and workload

pressure reduced by 16% in only 6 weeks. Memory also increased by 5%, as did focus and concentration.

Further, a senior leadership team of a financial services company experiencing significant change chose to support the executive group with a Wellness@Work program. Even though this was a challenging time for the firm, overall wellness outcomes were boosted by 10% in only 8 weeks including a 16% increase in focus, 12% greater work fulfilment, 11% increase in happiness and 8% boost to energy.

It's clear that the external factors causing workplace pressure are not going to provide relief, in fact the pressure is getting more acute. As such, executives need to respond in more advanced ways to survive and to perform at their best. Improving your wellness profile by following these 6 Cylinders is an excellent start.

[i] *Stress and Wellbeing in Australia (2014).*  
Australian Psychological Society