



Just in case it matters to you:

CLIENT / CONTACT BULLETIN 10-08

- THE POST-FINANCIAL-CRISIS ERA IS DUBBED, BY SOME, AS THE 'NEW NORMAL' STAGE FOR PRIVATE BUSINESS. Forecasters predict a business environment which "may entail slower or no domestic growth; higher levels of government involvement thru increased regulation, taxation and direct judicial intervention; a relatively weak dollar; long-term inflation risk; and overall increased aversion to business risk... Continued blurring of the line between public and private sectors will, particularly, mean that a company's relationship with, and connections to, its regulators and legislators will become increasingly important to a private enterprise's financial success, and 'Boards' will need to focus on how to best manage these relationships and connections in the context of applicable ethical and legal requirements." DCG member firm *Boardroom Performance Group* specializes in "macro perspectives on how best to make strategic and business decisions that are in the best interests of shareholders." Call us for a courtesy consult. [CORPORATE COMPLIANCE INSIGHTS – FEB 1, 10]
- 'NATURAL' LEADERS ARE NOT GOOD FOLLOWERS. They are typically Alpha types who evolve to 'informal' leadership roles "because they are completely unsuited to any other roles" and often passed over for executive positions once viewed as "mavericks, innovators or troublemakers." Meanwhile, the formal exec roles instead go to people who are "most often competent, devoted, loyal and non-threatening" but are aware of their own leadership limitations and thus "prompted to feelings of insecurity and anxiety, frequently developing a case of 'imposter syndrome' – the unspoken belief that their promotion is a mistake and it will not be long until others find this out," then resulting in demotion back to the level they belong. All leaders, natural or not, can improve effectiveness by: (1) not allowing 'control freak' tendencies to preclude delegation of responsibilities to others; (2) *listening* and learning to understand the reasons for others' resistance, versus demanding to be understood; (3) being secure enough to include contradictory ideas for team analysis before decision-making; (4) setting clear boundaries, consistently maintained; (5) modeling the behavior expected of followers. "Self-knowledge and willingness to break out of patterns that feel most natural are critical to success." [TEXAS LAWYER – Feb 10, 10]
- A STAND-UP WORKSPACE ATOP A PERSONAL TREADMILL instead of a chair is now being tested at Univ. of California - San Diego, to facilitate work production and "help reduce sedentary lifestyles on the job. The information age has created an epidemic of slothful office workers, increasing risk of cardiovascular disease and other health problems. One solution is to create a more physically demanding work environment that does not detract from knowledge workers' productivity." The *ActiveDesk* may our society's answer to "overcoming the desk potato syndrome." [THE FUTURIST – Mar/Apr 10]
- GENDER IDENTITY DISORDER, TRANSVESTIC FETISHISM, HYPERSEXUALITY, BINGE-EATING DISORDER and EXCESSIVE GAMBLING may soon qualify as 'mental illnesses,' while bipolar disorder may be soon off the list. Presently, 297 'disorders' are identified in the Diagnostic and Statistical Manual – an encyclopedia which represents the way that "society draws the line between normal and not normal, between eccentricity and illness, between self-indulgence and self-destruction." Last updated fifteen years ago by a committee of the American Psychiatric Ass'n (APA), this Manual influences how and whether someone gets diagnosed, treated, and/or qualifies for insurance. For the last decade, the APA has been working on an update based on a "new paradigm which recognizes that many conditions, such as anxiety and depression, tend to overlap... with a dimensional component that considers the severity as well as nature of symptoms." Expect to see "many more diagnoses based on symptoms that would previously have placed an individual in the normal range," leading to more stigmatized people, further expansion of prescription medication, more Disabilities Act complaints, and certainly more money for psychiatrists and psychologists. [LBNElert.com and THE ECONOMIST – Feb 6, 10]
- "HANDS-ONLY C.P.R. WORKS AS WELL AS STANDARD C.P.R. (requiring mouth-to-mouth breathing)...except for kids, drowning or trauma victims," and is lots easier. According to the American Heart Association, newest studies show that continuous manual pumping, to keep oxygenated blood flowing through the body and to the brain, is THE critical factor in cardiac pulmonary resuscitation. Two-compressions-per-second, without stopping at all, is the right pace – which happens to match the rhythm of the Bee Gee's classic 'Stayin' Alive.' [MENS' HEALTH – Mar 10]
- THOUGHT FOR THE WEEK:
The odds of winning a powerball jackpot are around one in 196 million, but 14% of men who play the lottery admit they get their numbers from a fortune cookie. In 2005, one did actually hit, paying around \$19M.