

# STOP Doing It!

So much of what we do in business is about the things we need to get done. I need to write a report. I need to send e-mails to my clients. I need to create a budget. I need to put a plan together for the next quarterly meeting. On and on it goes with stuff we need to do in order to make progress in our business. Nothing is wrong with this, especially when it creates progress. Progress has been determined to be the number one motivator of both business owners and employees.

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## Leadership exposes issues...what are yours?

A few weeks ago I had the pleasure of hearing notable business coach [Marshall Goldsmith](#) speak at the [Fortune Growth Summit](#). Marshall's work helps to make people better and is both educational and enlightening. He has successfully coached several of the [Fortune 500](#) leaders, and has done so by helping them in areas that required improvement. As we've all heard time and time again, the first step to recovery is admitting you have a problem.

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# Team Building

Last week I talked about how nature and group activities inspire creative thinking. I also talked about my E0 Forum's zip line experience and how it builds a connection between people to help them know and understand each other on a higher level. A lot of people seem to think these kinds of team building exercises are a waste of time and don't help, but I disagree. Although they may not always provide you the level of results you are seeking, I do think they help move you in that direction. Bestselling author and business coach Marshall Goldsmith recently sent me a paper on how to do team building more effectively, without wasting time.