

[March 30 member candidates]

Subject line: Beat burnout with 5 self-care habits of peak performer CEOs

Hi Chelsea,

As CEO, you are often pushed to a high stress level. Leadership demands hard work, creativity and long hours. But science shows us that **lack of rest and relaxation leads to diminished productivity**.

To beat burnout, practice these 5 self-care habits of peak performer CEOs. CEOs and executive coaches from our community share what they do to maintain their physical and mental health so that they can continue to do what they do best — be great leaders.

A growing number of executive leaders and business owners are prioritizing self-care habits. Join the ranks!

To your success,

Team Vistage

VISTAGE

Private advisory groups for CEOs,
executives and business owners.

