



We develop leaders



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Joe Scarlett

Good Health and Career Success are One Topic

In the research to build our original leadership programs a few years ago we counseled with 35 CEOs. They all concurred that a good balance between business and personal life is essential to long term success. One essential component in achieving a good balance is good health. If you are not healthy, you will have difficulty achieving success.

Taking care of yourself should always come first, for if you are not healthy you will have a hard time providing direction and support at work and love and guidance at home. Plus if you are not healthy

you will likely become a burden on others. So, do what you already know are the right things to keep yourself healthy:

- Eat right – you know what to do – you have heard it a million times
- [Read more...](#)

Joe Scarlett, joe@scarlettleadership.com
Retired Chairman of Tractor Supply Company
Founder of the Scarlett Leadership Institute

Individual Wellness Programs Pay Off

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At Barge Waggoner Sumner and Cannon, we believe in building the whole professional. Knowing our employees spend a great deal of time in the workplace, work-life balance is not just a theory; it is something we actively support through our wellness program and by building a healthy-living culture across all our offices.

Work-life balance has to start with each individual and that person's situation. We invest a great deal in the training of our employees, whether it is skill training or leadership training, and we take that a step further and offer programs that build individual wellness. The payback for both training and wellness is a workforce that is engaged, healthy and happy.

Wellness is multifaceted, impacting our spiritual, family and work lives. As a company, there are some really basic things that we can do to encourage our employees to seek wellness and work toward an overall improvement in their quality of life.

It begins with our leadership team participating in the various health programs we offer and encouraging their employees to participate, as well. Each employee begins with a health assessment. We have found this accountability to be a great motivator. And we make wellness activities accessible and convenient to our employees. By hosting a boot camp and yoga classes on-site or near the office, we make it easier for employees to participate and work exercise into their schedules.

[Read more....](#)

Bob Higgins, PE
CEO of Barge, Waggoner, Sumner and Cannon Inc.



Emerging Leaders

Session #1
April 24-25
Last chance to [register](#) for Spring program.

Signature Executive Program

Session 14 begins this fall:
Orientation Sept 10
Retreat Oct 14-19
[Click here](#) for full schedule and details.



FREE Conference Call:

[Click here](#) to listen to a replay of our call on Corporate Culture, with guest Kate Herman, President and Editor of Nashville Business Journal.

Next call is 12noon May 23.
[Click here](#) to register for this free call.

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." ~ Edward Stanley



Recommended Reading on Health & Wellness:

[UltraLongevity. The Seven-Step Program for a Younger, Healthier You](#), Mark Liponis
[What Happy People Know](#), Dan Baker

In addition to all the books that are available on a variety of leadership topics, we strongly encourage regular reading of current events. Find something local as well as a national publication to keep you apprised of current trends and issues.

[Harvard Business Review](#)

[Wall Street Journal](#)

[Nashville Business Journal](#) (find one local)

[Nashville Post](#)

What are you reading? Send us your recommendations: info@scarlettleadership.com

Leadership in action:

Michael Fluck, SEP 7 graduate, has been promoted to Director of Digital Marketing for Bridgestone Americas.

Jim Heyer, SEP11 graduate, has been promoted to AVP at HealthTrust Purchasing Group.

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