

Optimizing physical health means to continually improve one's physical wellbeing, even in the absence of illness.

"Sense of accomplishment is important"
~Joe Kulas~



Hopefully we can all agree, that we are all at risk for a career change at some stage of our life. Knowing changes can bring about stress, we spoke with our friend Joe Kulas, Vice President of Career Transition Services & Operations at The Schegg Group.

We sat in his warmly lit office where I learned more about Joe and his job at The Schegg Group. Joe has a background in human resources and specializes in consulting, coaching and recruiting. Joe is a critical resource for companies undergoing downsizing. His primary focus is to support the company and their staff during this difficult period by providing executive level career outplacement services, and career counseling. Joe's resume includes working with companies such as AT&T, PerkinElmer, Sikorsky and Ascension Health.

Joe enjoys his role at The Schegg Group, providing VIP level boutique service to all his clients. With a gentle voice Joe explains how their boutique services considers many aspects their client's life: Financial status, their family, their career stage, interest in relocation and what excites the client during this point in their career. Hogan tools, psychological evaluation and standardized tests are also used in the process. However, Joe relies on his experiences to provide more personal guidance. Clients receive the honest pros and cons about their career path options which allows them to make informed decisions.

When asked how he is able to care for himself, while also focusing on the wellbeing of so many others, he explained that he spends ample time exercising and adventuring with his wife and family. Understanding yourself, and your needs, helps to maintain a healthy lifestyle. Joe shared that he understands and knows social interaction is highly important to him. He enjoys learning about people and sharing his experiences. He enjoys getting out of town for a weekend, but when at home he enjoys a simple routine.

With curiosity I asked Joe to share why a routine is important to him. He shared that a routine allows him to feel accomplished at the end of the day. By accommodating his needs, he can lead a healthier life.

Joe continued, you must also understand some life challenges cannot be solved on a day to day basis. He provided an example of his challenge of providing financially for his family. He takes this into consideration and finds ways to work on this challenging long-term goal. He incorporates it into his routine where the daily outcome is feeling confident in what was accomplished. The outcome contributes to his maintaining his mental and physical health.

About The Schegg Group:

The Schegg Group is a veteran owned career management consulting firm that provides a unique and legendary brand of proactive, personal support to individuals and groups through talent acquisition, career transition, coaching, and a full spectrum of human resources programs and services. They have dedicated over 30 years to fine tuning and customizing their programs to meet the diverse and ever-changing needs of their clients and to optimize individual and company growth. They have helped thousands of individuals at all levels of the organization to improve performance, change careers, be more professionally aware, and secure new career opportunities.

WholePerson Therapeutics LLC is in alignment with Joe's physical health practices. Physical and mental stress is decreased when a sense of accomplishment is felt. We help you identify your routine, your personal goals, your limitations, your beliefs and your capacity to improve. We collaborate with you to create a plan allowing us to be a team and make small accomplishments each day. Then we "just do it". Everything can be accomplished independently, you simply have to work on the challenging component.

Until Next time...