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For Immediate Release

EXECUTIVE COACHING FIRM DEVELOPS PROGRAM FOR HEALTH AND PERFORMANCE

Mariposa Leadership CEO Sue Bethanis hosts integrative medicine specialist Dr. Morgan Camp and executive coach Tawny Lees on live call on January 28.

San Francisco, CA - January 7, 2010 - Every New Year, gyms, weight-loss centers, magazine covers and infomercials crank up the heat in telling us get fit! And every New Year many of us dutifully resolve to eat less, exercise more and get better sleep. But how many of us will be still following our New Year's resolutions three months from now?

Join us in Mariposa's popular *Wise Talk* forum at 4pm PT Thursday, January 28 to hear how to make lasting health changes to optimize personal and work performance. Sue Bethanis, CEO and Founder of Mariposa Leadership, Inc's, will discuss good health habits with two experts: Dr. Morgan Camp, an integrative medicine specialist who helps busy corporate leaders regain their energy, focus, and stamina, and Tawny Lees, a senior leadership coach who developed Mariposa Leadership's new "*Sage Body*" program to help leaders assess and change their health-related behaviors. Questions they will discuss include:

- What are some common physical issues that plague busy leaders, the science underlying the causes and symptoms, and some specific ways to address them?
- How do long hours spent at work without times of rest and renewal affect health and energy levels, and how do these in turn affect performance at work? How can one leader's health habits affect the entire organization?
- How can a coaching program like Mariposa's *Sage Body* help executives make lasting changes in their health habits for optimum productivity and performance? How can we connect our treatment of our body with our higher goals and values? How can we turn resolutions into unconscious habit?

Smart leaders know that physical health is more than an abstract notion; it is the foundation for all that we accomplish.

Contact allison@mariposaleadership.com to sign up for the *Wise Talk* Forum.

Susan J. Bethanis, Ed.D., is the Founder/CEO of [Mariposa Leadership, Inc.](#), author of [Leadership Chronicles of a Corporate Sage](#), and host of the popular leadership forum [Wise Talk](#). Mariposa Leadership, Inc. offers premier [leadership coaching services](#) to the [hightech, biotech, and cleantech industries](#). Click [here](#) for press releases, press kit, and press clips.