



## CEO Time Mastery

Nancy MacKay is the CEO & Founder of MacKay CEO Forums.

Hi!

### What do CEOs need to do to Achieve Time Mastery?

In my new ebook, [How Great CEOs Achieve Time Mastery](#), I outline 5 strategies that save CEOs valuable time and help raise their game:

1. **Take control of your Wheel of Life** - there are 8 aspects to your Wheel of Life: career, money, health, spouse/romance, friends & family, personal growth, fun & recreation, physical environment. How satisfied you are with each? What can you do to balance it out more? Develop a 90-day plan that sets out your business, family and personal goals, and enlist others to support you on your journey.
2. **Focus on your strengths** - it is far more efficient to focus 80% of your time on your areas of strength, and delegate or outsource the other activities that someone else can do better. To discover your strengths, take the Clifton Strengthsfinder assessment; be open to feedback and ask internal & external stakeholders for their input; then reallocate and delegate your activities that don't speak to your strengths.
3. **Eliminate ego talk** - everyone has an ego, but ego talks busts trust, prevents you from hearing feedback, and will cause others to block & tackle your initiatives. Learn how to park your ego, take responsibility and accountability for all aspects of your life, show respect and value other perspectives to show up as a leader.
4. **Practice Mental Toughness** - most of the 60,000 thoughts that go through your head everyday are negative, and pull you below the line, where most people spend up to 80% of their time. The key to time mastery is to reverse this, and spend 80% of your time above the line, where you are a better problem solver, make better decisions, and are a better leader, especially when the going gets tough.
5. **Use the Happiness Formula** - leaders can waste a lot of time being miserable and playing the blame game when they're not happy. Learn to apply the happiness formula to change either your life condition or your expectations to save time and be happy no matter what.

[Read More](#)

### CEO Leadership Tip



#### Leadership Tip on Culture: Worry about the things you can't see, more than the things you can see

I am willing to bet that your company has an immune system. You can't see it but you can feel its impact whenever some new threat emerges, an innovated idea is presented or a new person joins a team. I'm also willing to bet that your company has a certain inertia or gravity to it. Again, you can't see it but you can feel its tug against your strategic

initiatives. In combat situations we used to say: you can't shoot what you can't see. Click through to read about three sets of night vision goggles for the CEO to see their culture.

[Read More](#)

Contributed by [Don Durand](#), Vancouver Forum Chair with MacKay CEO Forums, and Lead Consultant in Canada for Insigniam.

## CEO Health Tip



### Dining Out? Tips on how to keep your vegetables healthy

Vegetables can be a great side dish to complement a meal when dining out or eating on the road. But for maximum impact, stick to those dishes that are prepared with a minimum of added calories. Vegetables themselves are low in calories but can often deliver a deceptively high caloric punch when prepared with lavish sauces, butter or added sugar.

Be careful to avoid vegetables dishes that are prepared with butter, truffle oil, au gratin (with cheese sauce), battered, breaded, frittered, coated in hollandaise sauce, tempura batter or finished with drizzled oil. Request vegetable dishes that are steamed, raw, or prepared with the flavours of herbs and spices. By careful attention to the vegetable dishes you order (that ideally should fill half of your plate) you can stick to your goals and avoid unnecessary calories sneaking into your diet.

Contributed by [Copernan Healthcare](#)

## New Forum Chair Opportunities

At MacKay CEO Forums, our vision is to populate the world with better leaders and we are currently inspiring over 650 CEOs/Executives across Canada to accelerate their performance. Our BHAG is to become the dominant player in Canada by 2017 (1000+ members) and then begin the global journey to 10,000+ members around the world.

In order to achieve our BHAG, we will continue to add new forums, but we must first identify and partner with new Forum Chairs. Please consider your network and reach out to anyone you think may be interested in this dynamic opportunity.

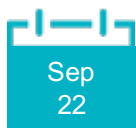
We are interested in partnering with Forum Chairs in: Toronto/GTA, South Western Ontario, Calgary, Edmonton, and Vancouver/Fraser Valley/Richmond/Surrey.

[Read More](#)

## Events



### Breakfast Events:



Vancouver 7am-9am  
**Game Changing Customer Experience Strategies**

PANELISTS:

**Mark Friesen** Principal, Beyer Brown & Associates

**Paul Hollands** President & CEO, A&W

**Greg Quandt** Vice President, BC & YT Region,  
Hemmera

**Mike Trotman** President & CEO, Trotman Automotive  
Group

Note: this event is for CEOs only

[Email Nancy for details](#)

*Co-hosted with Results Canada*



Oakville, ON 7am-9am

### Driving Sales in Today's Economy

PANELISTS:

**Kevin Brady** Director, NFP Canada & Founder, Advica  
Health

**Ray Pineda** Partner, Deloitte

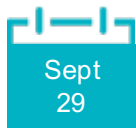
**Andy Vivian** President & Owner, Solis Foods &  
SunRise Warehousing Company

**Brad Walker** President, Callisto Integration Limited

Note: this event is for CEOs + Executives

[Email Nancy for details](#)

*Co-hosted with Jan Kelley Marketing*



Edmonton 7am-9am

### Navigating Through Turbulent Economic Times

PANELISTS:

**Paul Blais** Managing Partner, REMAX Elite

**Dean Bosch** Regional VP-Edmonton, CGI

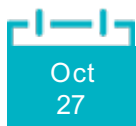
**Todd Guy** President & CEO, IEC Group

**Glenise Harvey** Principal, A&H Steel Ltd.

Note: this event is for CEOs + Executives

[Email Nancy for details](#)

*Co-hosted with Results Canada*



Calgary 7am-9am

### Strategy Execution

PANELISTS confirmed to date:

**Carol Kitchen** President & CEO, UFA Co-operative Limited

**Allan Klassen** SVP, Brookfield Residential

**Ryan Scott** President & CEO, Avalon Master Builder

Note: this event is for CEOs + Executives

[Email Nancy for details](#)

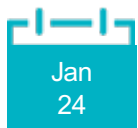
*Co-hosted with Results Canada*

## Upcoming Breakfast Events - Save the dates:



Burlington, ON 7am-9am

*Co-hosted with Mercedes-Benz Burlington*



Toronto 7am-9am

## Upcoming CEO Summits - Save the dates:



Toronto

Canada's Most Admired Corporate Cultures  
& Canada's Most Admired CEO Summit &  
Awards Gala

*Co-hosted with Waterstone Human Capital*



Toronto

Canada's Best Managed Companies  
Symposium & Gala

The search for Canada's Best Managed Companies begins September 6th! Join the exclusive network of industry leaders - **submit your application by September 30.**

Visit [www.bestmanagedcompanies.ca](http://www.bestmanagedcompanies.ca) for eligibility

criteria, winners' lists and more information.

*MacKay CEO Forums is proud to be one of the national sponsors for this event.*

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## CEO & Executive Forums

MacKay CEO Forums accelerates CEO performance through the highest impact, least time-intensive peer groups for results-oriented CEOs and top executives in Canada. If you would like to explore a forum opportunity, or refer someone to us, please contact [Nancy](#).