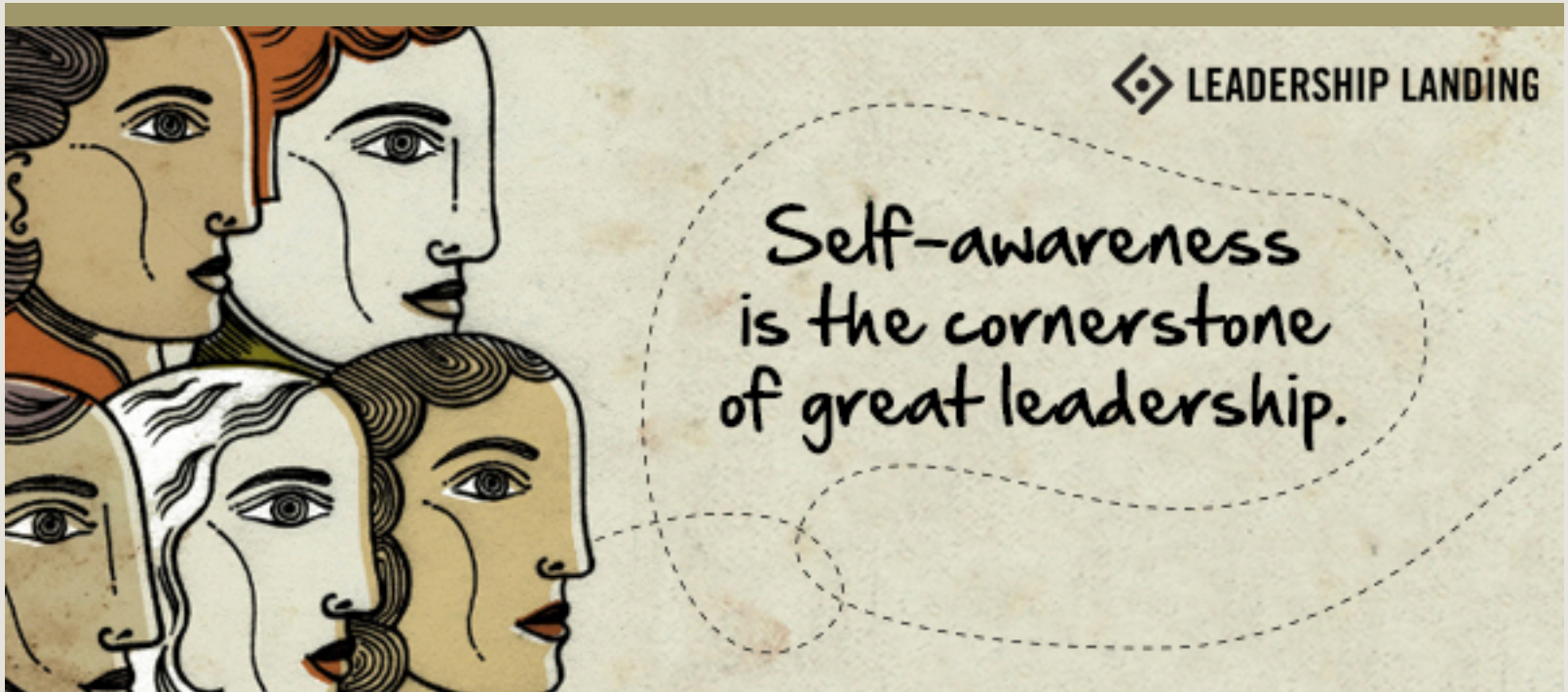


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Greetings!

2017 has been quite a year, and its end is fast-approaching. As organizations and their workforce wind-down in preparation for the holidays, many may find managing obligations both at work and home to be challenging. And some may already be feeling the crunch of the season creeping into their lives, bringing with it a huge blanket of stress.

This time of year has a reputation for generating increased levels of angst and depression, feelings that can manifest stress in every part of our lives. There are resources available on [how best to support your employees](#) with empathy and compassion, and on a more individual level how to diffuse [uncomfortable situations](#). And then, of course, there are many antidotes to counter the stress with self-care measures like meditation, long walks, practicing gratitude, and being present with loved ones, etc.

I invite you to consider a more radical approach, leaning in to understand better what lies beyond the stress. Pain is information; it lets you know when something is wrong, or awry. Now imagine exercising your self-awareness and bravery to explore what triggers these feelings of anxiety. This discovery of self is one of the greatest gifts you can give yourself to make the New Year transformative. Remember, the best presents don't come [in boxes](#).

Happy Holidays!

Hal



- [Knowing When You've Arrived](#): In our latest blog post, Hal shares with us a family tradition he's most looking forward to this holiday season.
- [Read: The Gifts of Imperfection](#), in which author Brené Brown explores how to cultivate courage, compassion, and connection to recognize that we are enough.
- Fuel your 'inner leader' with David Novak's [oGoInsider™ Leadership Podcast](#) series that reveals important insights from the world's best and brightest business leaders.



THE PATH TO GREATNESS

- Esteemed recognition for [Baker Ober Health Law Group](#) for their "AHLA 2017 Top Honors" rankings in the American Health Lawyers Association of health law firms in the U.S.
- CES 2018 has named GoPro, Inc. as an [Innovations Awards Honoree](#) for the outstanding design and engineering of its HERO6 Black and spherical Fusion cameras.

"Every success story is a tale of constant adaptation, revision, and change."

—Richard Branson, Founder of The Virgin Group



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