

The #1 Tactic Busy Professionals Need for Getting the Right Things Done and Diving Deep into What Matters Most

Ninth Book by “Essential Wisdom” Author, Randy Hain, Offers Practical Insights for Leaders Looking to Thrive in Today’s Hectic World



Atlanta, Georgia Aug 18, 2022 ([Issuewire.com](https://www.issuewire.com)) - Leaders are feeling overwhelmed and satisfied; sensation experts say has risen to new levels post-pandemic. In a world where we’re more connected than ever before, why is it that so many of us feel disconnected and out of time? The light at the end of the tunnel is illuminated in Randy Hain’s new book, “Upon Reflection: Helpful Insights and Timeless

Lessons for the Busy Professional.”

Randy, founder, and president of Serviam Partners and co-founder of leadership consulting firm The Leadership Foundry, transforms his thirty-plus years of senior leadership, executive coaching, and consulting experience into actionable steps today’s leaders, young and old, can take to become not just a better leader, but a better human being. “My hope,” Hain shares, “is that readers of this book will more frequently *pause, reflect, and think*.” Written as a follow-up to “Essential Wisdom for Leaders of Every Generation,” “Upon Reflection” challenges you to examine your past and act upon those lessons learned to develop intentionality with your time, your words, and your relationships: a skill that impacts everyone from direct reports, to our spouse and business partners, to the barista at our local coffee shop.

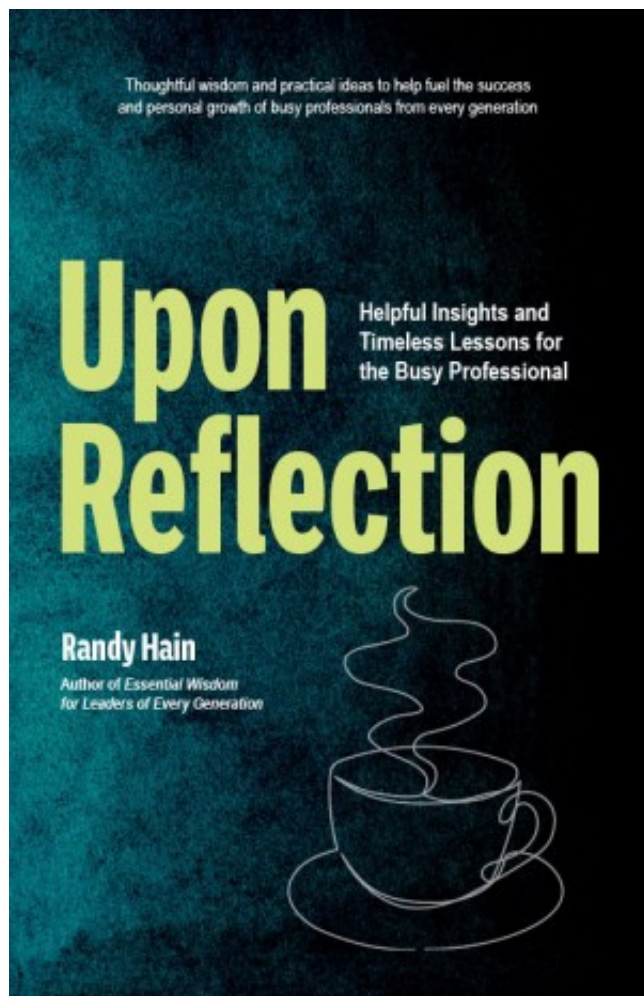
Inside these pages lie your step-by-step guide for:

- Setting priorities and turning off the noise
- Reframing the way you think about challenges and embracing the abundance mindset
- Protecting your time and saying NO
- Being more present at the moment
- Surrounding yourself with the right candid voices
- Showing up as better human beings in today’s often angry and divided world

Young leaders will learn how to go from “jobs” to do the work they love. Experienced professionals will gain helpful new perspectives and be reminded of timeless principles that drove their earlier success but they may forget to practice in their meeting-packed schedules. Through challenging, self-reflective questions at the end of each chapter, leaders will be forced to examine the road they’ve traveled and where they want to journey in the future. This book is organized in a three-part, easy-to-navigate roadmap, that offers actionable best practices readers can immediately put to good use.

“Upon Reflection” was published by [Serviam Press](#) on August 8, 2022, and is available for purchase now on [Amazon](#).

Randy Hain is a sought-after executive coach for senior leaders at some of the best-known companies in the United States who are seeking expert guidance on identifying and overcoming obstacles to their success or developing new leadership skills. He is the founder and president of executive coaching firm, [Serviam Partners](#), co-founder of [The Leadership Foundry](#), a leadership development firm that works with organizations to create customized leadership development programs for their leaders, and the award-winning author of eight other books. Known as a creative business partner and generous thought leader, Randy is passionate about promoting autism awareness and is an active member of St. Peter Chanel Catholic Church.



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