

Transcription - Dr Terry Lyles and Steven Bowen Part 1

Welcome back, I'm Kim Baillie, she's Fulyana Orsborn and this is Inside Exec. We are still allowing Fulyana some time to recover, so today we are joined by renowned transformation experts Steven Bowen and Dr Terry Lyles. They've joined us from the continental US. We're going to talk about, among other things, their latest groundbreaking book "Becoming Invaluable", which is a dynamic guide to reaching unparalleled human potential. Drawing from their extensive corporate expertise, their book offers transformative insights for personal and professional growth, providing practical steps to overcome challenges, achieve career goals, and establish harmonious work-life synergies.

Steven Bowen, the visionary founder and former CEO of the global consultancy Maine Pointe, brings more than 30 years experience while Terry Lyles is the acclaimed "Stress Doctor" offering profound psychological and physiological tools. Together, they unveil a multi-dimensional approach to becoming invaluable, emphasizing attributes such as knowledge, skills, attitude, health, and strength.

Terry, I'll kick it off and you can fill it in. So becoming invaluable, to us, was about how we came together over a seven-year period of time. Terry worked with me in my company and we were in a consulting business, very high pressure, high intensity, high stress, and after that period of time of working together, after I sold my business, he was crazy enough to ask me if I would do a book with him. I said, "Let me sleep on that tonight. I'll talk to you tomorrow." I called him back 15 minutes later and I said, "I'm in." And here's the real reason. The methodologies that both he and I have come up with over the course of our careers, we married together during that process at my company, and we wanted to share that with people out there.

Honestly, if we help just one person, in their own eyes, become truly invaluable, then we've accomplished our mission, if you will. Now, we have other things we want to do with it, but that's really how it started for us, Kim.

Were you surprised that it came together, with the methodologies? Did it come as a surprise to you?

I would say, the surprise, Terry, you have a magical word for this. You call it your having a second marriage."

Yeah, it's like a second marriage. I'm like, "Steve, you want to, and our wives know each other." And I'm like, "I've never co-authored a book. This is my fifth book." But Steve has such an invaluable background and pedigree as a business owner and an entrepreneur, I wanted to tap him from the human experience because I do human engineering. He did methodology and training and a lot of human engineering on his own part. So it just became a real natural fit. And that's why I wanted him to be a part of this book because it became "In-Val-U-Able".

You are able to add value to yourself, mentally, emotionally, spiritually, physically. And that's really what the book is. We all have the capacity to "become", that's why it's "becoming", present, active voice, "Becoming Invaluable". I have to be becoming invaluable every day

because yesterday it doesn't count, tomorrow isn't here. I'm in a constant state of becoming invaluable. And that's really how we came up with this is "In-Val-U-Able". We are all able to add value to our self-worth and the impact on others.

We are going to take a break in our discussion with Stephen Bowen and Terry Lyles. Join us for part two. For now I'm Kim Baillie, she's Fulyana Orsborn and this is Inside Exec.