



# What 5 Experts Do to Avoid Burnout and Overwhelm

By Bill Ringle

[www.myquestforthebest.com](http://www.myquestforthebest.com)



## 1) Scott Ginsberg:

### Choose Your Clients Wisely

“I don’t work with people I don’t like, and I don’t have clients that annoy me to no end.”



Scott Ginsberg

Author of *The Power of Approachability*

[www.hellomynameisscott.com](http://www.hellomynameisscott.com)



Joe Calloway

Author of *Magnetic: The Art of Attracting Business*

[www.joecalloway.com/](http://www.joecalloway.com/)

## 2) Joe Calloway:

### Say No More Often

“I think it serves people really well to say ‘No’ more often, because it actually creates opportunity for the right things.”

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Jonathan Raymond  
Author of *Good Authority*  
[www.refound.com](http://www.refound.com)

### 3) Jonathan Raymond: Set Boundaries

“Oftentimes that’s what we need, we need boundaries. We need structure for what does excellent work look like.”

### 4) Brian Reich: Know When to Ask for Help

“I can’t be dependent upon only what I’m able to consume, I have to be smart enough to know when to ask and who to ask for help.””



Brian Reich  
Author of *Shift and Reset*  
[www.united2026.com](http://www.united2026.com)







**Erika Andersen**

Author of *Being Strategic*  
[www.erikaandersen.com](http://www.erikaandersen.com)

## 5) Erika Andersen Be Intentional

“You need to know where you’re starting from, you need to know where you’re gonna get to, you need to be able to make those core statements of intention.”



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# ABOUT BILL RINGLE

Bill Ringle is a well-known figure in the United States as a business development strategist, serial entrepreneur, author, speaker, and CEO coach. He works with executives and entrepreneurs in order to boost business growth through programs that enable leaders to successfully overcome the 5 Big Challenges to Growth – The Pipeline Challenge, The Delegation Challenge, The Cashflow Challenge, The Differentiation Challenge, and The Self-Care Challenge.

A variety of leading corporations – such as Pitney Bowes, General Electric, MetLife, and DuPont – rely on Bill Ringle's advice to their management on building better systems, improve collaboration, develop communications, and improve high performance in terms of measurable business outcomes. A highlight of the work of Bill Ringle is developing renewed strength in the regional entrepreneur community of Philadelphia, focused on high-tech, professional service, financial services, life sciences and medical IT industries.

Bill Ringle is a published author and often a television and radio commentator on technology business trends. He has written more than 430 articles for websites, corporate newsletters, newspapers, and magazines. Bill's business engagements have spanned North America, Japan, Europe, and Australia.