

# Barbara Hetzel of Ridge Top Coaching Returns to Close-Up Talk Radio

BLAIRSTOWN, NEW JERSEY, USA, October 31, 2014 /EINPresswire.com/ -- Peter Drucker, considered by many to be the father of management, once said, "Your job as a leader is to take charge of your own energy and then help to orchestrate the energy of those around you." Indeed, great [leaders](#) want their organizations to be energetic places where people can give their best effort, but that requires leaders to be mindful of their energy and how their energy can impact the people around them.

Barbara Hetzel is the founder of Ridge Top Coaching where she specializes in working with individuals to develop the internal and external processes necessary for effective [leadership](#). For over 25 years, Barbara has worked with individuals, teams and organizations, Fortune 500 companies, non-profits and higher education to identify their challenges and actively make changes.

"If you're having a bad day and you're not aware that all your edges are out, those edges are going to strike the people you're interacting with and influence them in a way that's not productive," explains Barbara. "As a leader, your energy and how you project your energy in your environment is going to have a direct correlation to your effectiveness as a leader."

Barbara works with leaders in a goal-directed, strength-based way to help them identify what causes their stress and how they can respond differently to stressful situations.



"You can identify pretty quickly when your buttons have been pushed," says Barbara. "The technique I use with my clients and in my own life is to create a barrier that gives you time to not react. Just don't say anything and count to 10. That space allows you to come

Because as important as interpersonal communication can be to your effectiveness as a leader, the foundation of great leadership is self-talk, the way we communicate with ourselves and how we can be leaders in our own lives.

“You will begin to see success in life when you make different choices for how you manage your stress,” says Barbara. “It helps you on an emotional and physical level, giving you the confidence to expand.”

Close-Up Talk Radio will feature Barbara Hetzel in an interview with Doug Llewelyn on November 4th at 1pm EST and with Jim Masters on November 11th and November 18th at 1pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Ridge Top Coaching, visit <http://www.ridgetopcoaching.com/>

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