

# Sean Dollinger and Lyda Djarar Fischer Interviewed by Candice Georgiadis

*Sean Dollinger, founder of PlantX. Lyda Djarar Fischer, inventor and the CEO of Lyda Beauty*

GREENWICH, CT, USA, November 27, 2020 /EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.

Now is the time to get a jump on your competition, to build your brand and image. Candice Georgiadis helps companies get their products in front of the right people, with the right impression. You can reach out to here at the below contact options so she can help you and your company. Two recent interviews are excerpted below.



Sean Dollinger, founder of PlantX

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Having diversity within the company, especially at the executive level, helps bring perspective which is beneficial to both the company and consumer.”

*Lyda Djarar Fischer, inventor and the CEO of Lyda Beauty*

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Sean Dollinger, founder of PlantX

For someone who is looking to add exercise to their daily routine, which 3 exercises would you recommend that are absolutely critical?

First, I feel it's very important to have a connection with some kind of instructor because it's very hard to motivate yourself everyday. There are so many options these days—even on your phone. For me, I absolutely love

Peloton and I have my instructors that I love there.

Enjoy the outdoors, no matter where you are in the world. There's something about walking through trees, walking along the water, or walking on mountains. Just find something that makes you feel at ease. You don't need to workout intensely everyday, but I do believe you should do something everyday. Even if it's a nice stroll for an hour, I would definitely recommend that as a part of your routine.

Stretching. Even though I was never much of a believer in the whole stretching concept in my earlier years, I think it's something that should be embraced. What I find difficult is finding more time to do it each day. I have my hour of fitness, but finding that extra twenty minutes to stretch is hard. So, if you have the patience to do it, I recommend adding some type of stretch like yoga or meditation to your routine.

Is there a particular book that made a significant impact on you? Can you share a story?

I'm embarrassed to admit that I haven't read a book in about 25 years. When it comes to business and the way I live my life, it has all been based on experiences. I spend less time reading the words of others and more time diving into opportunities to figure them out for myself. I've learned so much from getting my hands dirty, expanding my knowledge of the world, and most importantly, trial and error.

[Read the rest of the interview here.](#)



Lyda Djarar Fischer, inventor and the CEO of Lyda Beauty



Candice Georgiadis

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Lyda Djarar Fischer, inventor and the CEO of Lyda Beauty

What are the “myths” that you would like to dispel about being a CEO or executive. Can you explain what you mean?

The biggest myth about executives is that they see employees as just another number. That is just not true across the board. I am not saying that they are not out there, but I believe most executives do care about their workforce, I know I do and so do other executives I know. Many of us had to work hard to get to the top and understand how tough it can be starting at the bottom. I will say this, at times, over the course of a long career (in any high position) some do forget what it was like being “the little guy”, and give the rest of us a bad name. For that I apologize, know that most of us are not like that.

In your opinion, what are the biggest challenges faced by women executives that aren’t typically faced by their male counterparts?

I hate to say this, but I believe the biggest challenge female executives face is being labeled a heathen if we are firm in our decisions. Often, we get labeled as shrewd if we have strong convictions or are assertive. I find this unfair to say the least. All while our male counterparts can behave borderline rude at times and no one even bats an eye. We need to change that. Some women are simply confident and are not afraid to stand their ground and should not be demonized for it. On the other side of that, women tend to be more in tune with their feelings and equally can bring a humanistic aspect to situations. This level of humanity helps broaden understanding and can even help close deals. Companies would be smart to expand their female C-suite members. There is much we can learn from one another.

[The full interview can be read here.](#)

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track. You can reach her at the below contact options.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude’s Children’s hospital.

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