



SEASON 1 EPISODE 12

Balancing Business and Life: Insights from Fractional CEO **Mike Schumm**

Chapters

1. Introduction to Mike Schumm and His Journey
2. The Evolution from Business to Coaching
3. Understanding the Unique Challenges of Female CEOs
4. The Importance of Grit and Resilience in Business
5. Creating Harmony Between Work and Family Life
6. The Role of Partnerships and Collaboration in Success
7. The Power of Strategic Hiring
8. Embracing AI in Business
9. The Importance of Delegation
10. Non-Negotiables for Success
11. Empowering Women in Leadership
12. Simplifying Business for Growth

Summary

In this episode of Women Who Rise, host Heather Mansy interviews Mike Schumm, a seasoned business builder and fractional CEO. They discuss Mike's journey from building successful businesses to becoming a sought-after coach, focusing on the systems and mindset shifts necessary for entrepreneurs to scale their businesses without burnout. The conversation highlights the unique challenges faced by female CEOs, the importance of grit and resilience, and the need for collaboration and contribution in business. Mike shares valuable insights on hiring best-in-class talent, the role of AI in business, and the significance of consistency in achieving success.

Key Takeaways

1. Hire an executive assistant to streamline communication and focus on high-value tasks.



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2. Consistency is more important than working hard or being the smartest; it's the key to success.
3. Schedule your passions and prioritize them to maintain a healthy work-life balance.
4. Be a lifelong learner; continuous learning keeps you competitive and informed.
5. Incorporate AI into your business to stay ahead of the competition and enhance productivity.
6. Focus on building strong relationships with family and friends to support personal and professional growth.
7. Embrace discomfort and step outside your comfort zone to foster growth and innovation.
8. Develop grit and resilience by overcoming challenges and learning from difficult experiences.
9. Seek partnerships and collaborations with people who complement your skills and elevate your work.
10. Practice saying 'no' to distractions and focus on activities that align with your highest purpose.

Sound bites

"If you do not have an assistant, you are one."

"The most successful people are the most consistent ones."

"All growth comes outside your comfort zone."

"It's not about balance, but creating harmony between work and life."

"Innovation and consistency in marketing are key to business success."