

KARLY NIEMAN

How, in consulting with you, do your clients achieve peace of mind, and what guidance would you give to those seeking personal and/or professional growth, through self-care in the year to come.

My goal with each client is to really get to know them both on a personal and professional level. The more information I gather about your lifestyle, what's most important to you and your family, and the nature of your business operations, etc. the easier it is for me to tailor an insurance plan to properly protect your assets. I make it known that once you work with me, you get me for everything. I am here for the good moments and the bad, from claims handling, explaining coverage, and fighting to make sure you receive the best coverage available. My goal is to help you sleep better at night so that you can focus on growing your business and enjoying the life you have worked so hard to build.

As a successful business woman, how do you create balance, what self-care methods are most useful to you, and what advice would you offer others seeking balance and growth?

Balance can be a very tricky thing to master when trying to consistently stay on the road to success. As a successful business woman, I try to make time for myself to recharge by going on a 3 mile walk every day of the work week. I cut off the constant noise of my emails dinging on my cellphone and just enjoy the natural sounds of the environment around me. I try not to answer any calls (which is very hard if you know me) and listen to a podcast.

I would say that balance is a key component in being successful. If you are neglecting yourself, you will not be able to be the best version of yourself for your clients. Sometimes taking a step back or prioritizing time to do something that makes you happy each day, can help you become more clear minded to be able to accomplish the goals you set for yourself.