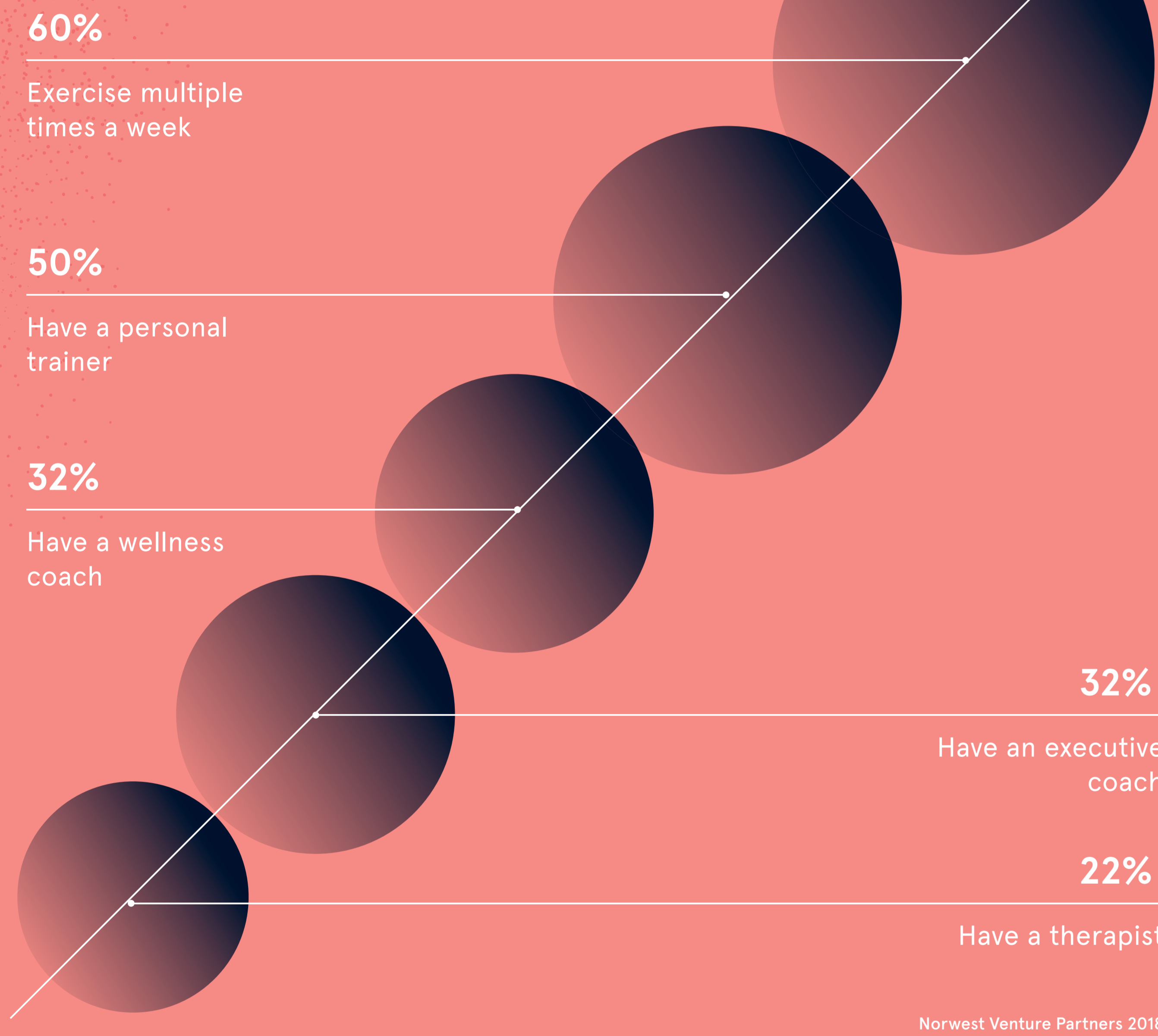


# LIFE AS A CEO

Chief executives are a busy bunch, and pressures of the job can easily lead to stressful, hectic schedules and a poor work-life balance

## Personal care and coaching



36%

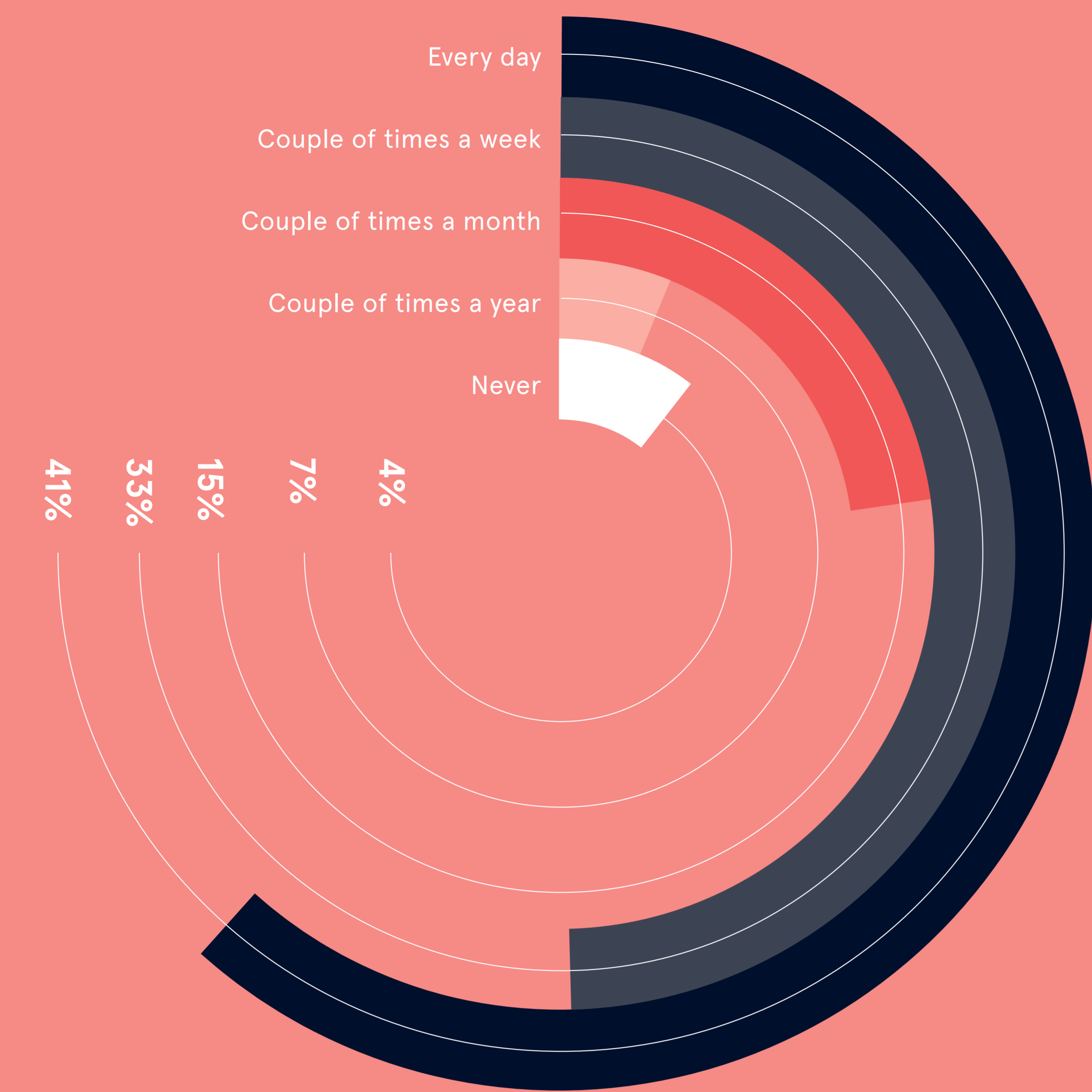
say their company doesn't allow them to make getting enough sleep a priority

47%

say their company expects them to be "on" too long and too responsive to emails and phone calls

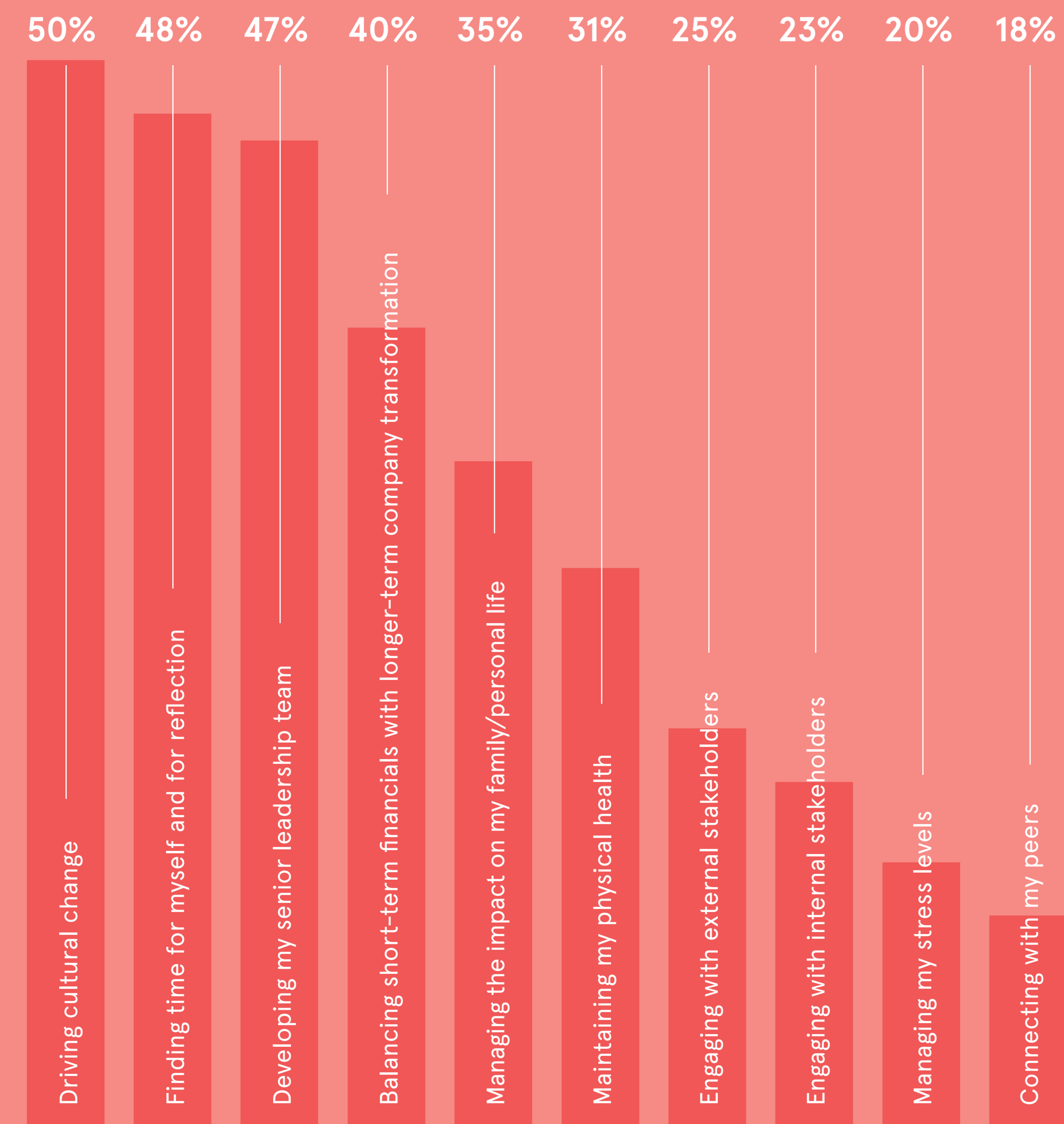
## How often CEOs feel stressed

Survey of startup founders



## Managing difficulties

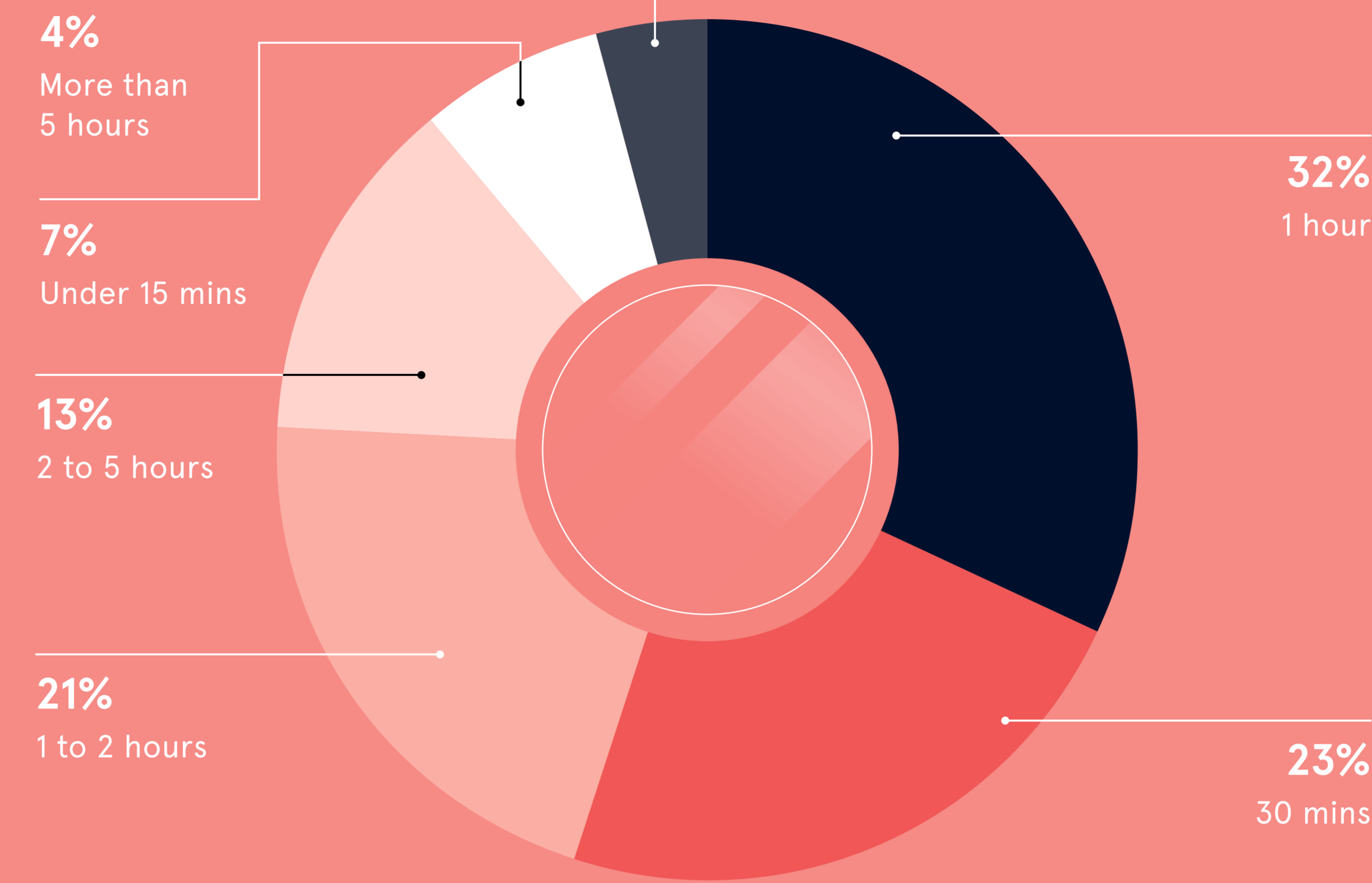
Areas where CEOs believe their role is more difficult than they were expecting



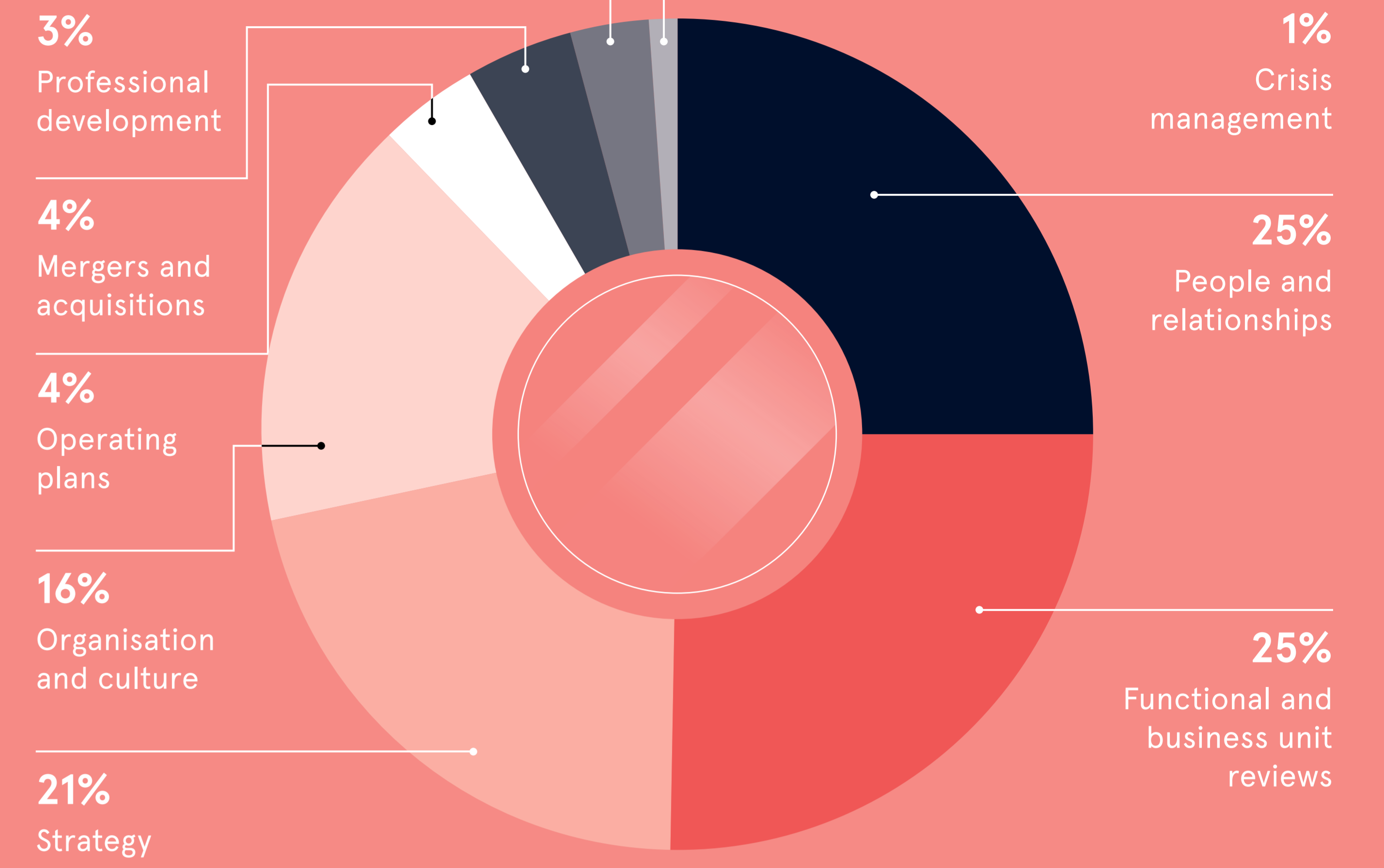
## What an average day looks like for CEOs

Harvard Business School research tracked the three-month time allocation of CEOs handling an average of \$13.1 billion in annual revenue

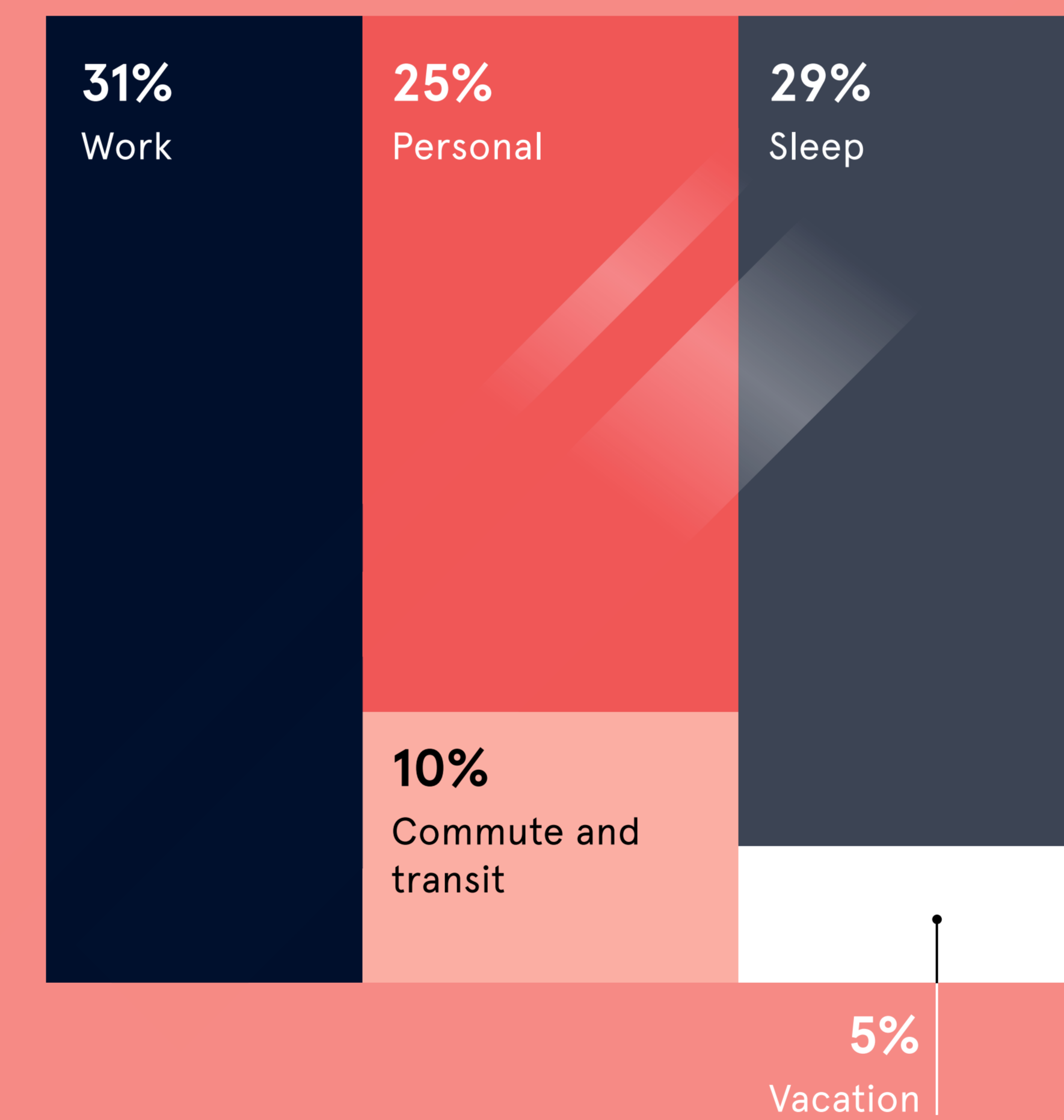
### Length of meetings



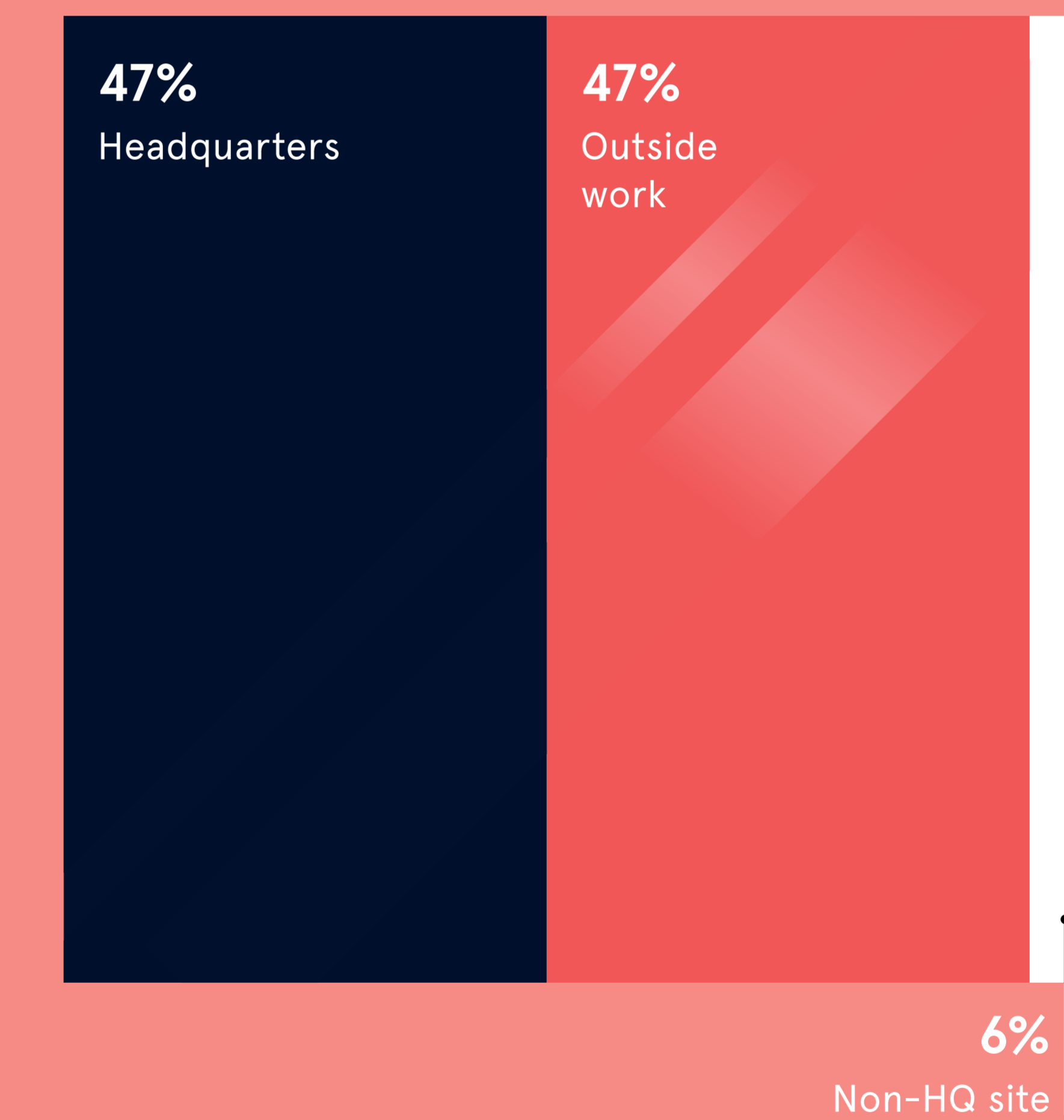
### Content of work CEOs do



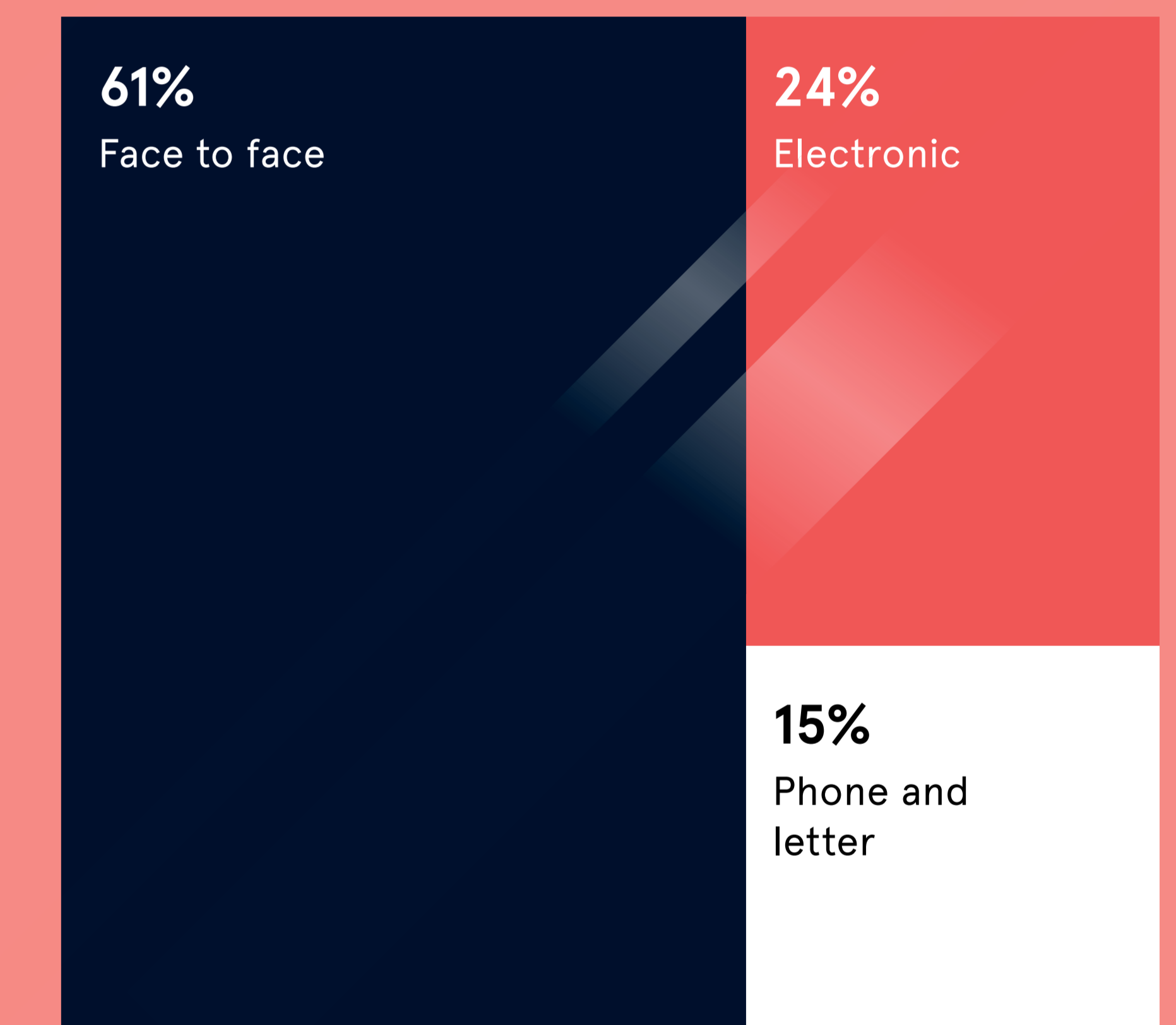
### Daily time allocation



### Where CEOs work



### Mode of communication



### Time spent with key constituencies

