

# The Corporate Communicator



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## 10 Helpful Hints to Be More Productive

Productivity isn't about doing more—it's about doing what matters effectively. Leaders who model this achieve their goals and elevate their teams. *Here's 10 helpful hints to get more done without burning out.*

**1. Prioritize Ruthlessly** - Focus on the few tasks that create the greatest impact. A short, clear list drives real progress.

**2. Plan Your Day** - Begin with intention. Map your schedule and block time for high-value work to avoid unnecessary down time.

**3. Limit Multitasking** - Doing one task at a time improves speed, quality and focus.

**4. Use the Two-Minute Rule** - If a task takes fewer than two minutes, do it quickly to prevent small items from piling up.

**5. Set Boundaries** - Silence notifications and create focus blocks to protect your time and attention.

**6. Take Strategic Breaks** - Short breaks restore energy and sharpen concentration.

**7. Leverage Technology Wisely** - Use tools that simplify scheduling and communication to avoid unnecessary complexity.

**8. Delegate Effectively** - Trust your team with tasks that don't require your direct involvement. Delegation boosts productivity and builds capability.

**9. Reflect and Adjust** - Review your day, recognize lessons learned and make small improvements consistently.

**10. Protect Your Energy** - Sleep, exercise and eat well to sustain and enhance performance.

**Final Thought** - Work smarter, not harder. Focus on what truly matters for strategic thinking, innovation and meaningful impact.

## Hull & Associates Offers ...

- DISC Training and Certification!
- Team Building
- Leadership Development
- Communications Training
- Conflict Management
- Meeting Facilitation
- Strategic Planning
- Time and Stress Management
- Conference and Convention Speaking

Call us at (407) 628-0669 to see if we can help satisfy your talent management and organizational development needs.



### Healthy Hints

Don't just sit there—take up a hobby. Studies show that people who fill up their free time with relaxing activities they enjoy are happier, healthier and report higher life satisfaction. It doesn't matter what you do—whether it's scrapbooking, crocheting, sports, bird watching, antiquing or playing cards—the point is, do it. People find happiness in their hobbies, and that joy carries over to other parts of their lives. Take part in a brain-stimulating hobby today. It's good for your health!

## DISC Types in Spring

Not everyone experiences the spring season in the same way. Human behavior can be grouped into four DISC personality types: Dominance, Influence, Steadiness and Conscientiousness. Each type tends to react to spring in its own distinctive style.

**Dominance (D)** people greet spring like a starting gun. As soon as the weather shifts, they're setting goals, planning outdoor workouts and organizing ambitious projects. Spring symbolizes momentum and forward motion. D-types are already mapping out garden renovations, business launches or new fitness challenges. They thrive on the season's energy and see it as an opportunity to get ahead.

**Influence (I)** people light up with the social possibilities spring brings. For them, spring means connection. They're the first to suggest picnics, road trips and spontaneous weekend plans. The brighter colors and sunshine match their optimistic, expressive nature. Spring feels like a celebration—and they want everyone to join in.

**Steadiness (S)** people appreciate spring more quietly. They savor the gradual change: budding trees, birds returning, longer evenings. They enjoy steady routines like evening walks or tending to familiar garden beds.

Spring offers them comfort and calm, a gentle transition rather than a dramatic shift. They may focus on nurturing relationships by contacting loved ones after the long winter.

**Conscientiousness (C)** people often experience spring through preparation and planning. While others admire blossoms, C-types might research the best planting schedules, reorganize closets with methodical precision or deep-clean their spaces. They value order and accuracy, so spring cleaning isn't just tradition, it's a system. The season's renewal aligns with their desire for improvement and optimization.

Ultimately, spring acts as a mirror, reflecting each DISC type's core motivations. Everyone finds their own rhythm in the season of renewal. **To learn more about DISC, contact us today!**



## Thrive Mode: Turning Burnout Into Balance

**Burnout is more than feeling tired after a long week.** It's a state of emotional, mental and physical exhaustion caused by prolonged stress. Left alone, burnout can affect work performance, relationships and overall health. The good news: prevention and recovery are possible, especially when we protect ourselves with intention and care.

**Social connection** is one of the strongest protective factors against burnout. Regular conversations with trusted friends, shared laughter or simply feeling understood can restore perspective.

## Flower Power!

Flowers play an important role in our daily lives. Research reveals that people feel more compassionate, have less worry and anxiety and feel less depressed when around fresh-cut flowers. The Home Ecology of Flowers Study at Harvard uncovered these findings:

**Flowers feed compassion.** Study participants who lived with fresh-cut flowers felt an increase in feelings of compassion and kindness.

**Flowers chase away anxieties, worries and the blues.** Overall, study participants simply felt less negative after being around flowers for just a few days.

**Compassionate self-thinking** is equally powerful. Many people fuel burnout via harsh self-criticism: "I should be doing more" or "I'm not good enough." Replace that inner voice with supportive language: "I'm doing the best I can right now."

**Radical acceptance** teaches us to stop fighting reality. When we accept reality, such as tight deadlines, limited capacity or imperfect outcomes, we conserve energy. Acceptance creates space for clearing habits with sustainability.

Burnout prevention isn't about doing more, it's about aligning habits with self care.

Participants most frequently placed flowers in their kitchens, dining rooms and living rooms. They reported wanting to see the blooms first thing in the morning.

**Flowers provide an energy boost, happiness and enthusiasm.** The study found that people were more likely to feel happier and have more enthusiasm and energy at work when flowers were in their home living environments.



## FREE CONSULTATION

Have you ever said, "but I told them ..." You probably did, but the message sent was not the message they received.

**Dr. Mimi Hull is a fully licensed psychologist** who will help your organization improve communication, leadership and team building. She can help you, your organization, your board and/or your staff.

Her most requested programs are:

**DISC, Communication, Team Building, Leadership, Conflict Management and Board Development.**

Contact her for a **FREE** consultation!

## Need Help?

*Personality Conflicts?*

*Communication?*

*Leadership?*

*Team Building?*

We can help!

Need a Professional Speaker?

For an engaging, fun program, call **Dr. Mimi - 321-331-6166.**

Dr. Mimi will customize the program to meet your specific needs! **You will learn while you laugh!**

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 by Dr. Mimi Hull

THE corporate couch



**Dear Dr. Mimi,**

I trained a new employee about a month ago, but they still don't seem to be getting it. They mess up almost every task I give them. What can I do to fix this? Should I just fire them?

—*Frustrated*

**Dear Frustrated,**

It can be tricky working with new employees. If you think they are a good fit to the company, my advice is to ask them what additional training they need and how they best learn. You may want to have another person do a bit of it. Sometimes training isn't "one size fits all," and some people might need a little extra help and/or need to receive the information in a different way.

—*Dr. Mimi*

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Dr. Mimi Hull heads Hull & Associates, a team of trainers, speakers and consultants. A licensed psychologist, she has a master's in counseling and personnel services and a doctorate in psychology with specialization in business management from the University of Florida, Gainesville. Her B.A. in psychology is from Syracuse (N.Y.) University. Reach her at [www.HullOnline.com](http://www.HullOnline.com) or [DrMimi@HullOnline.com](mailto:DrMimi@HullOnline.com).

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THE corporate couch



**Dear Dr. Mimi,**

My spouse and I now both work full-time jobs and have a three-year-old. I had been home full-time while my spouse worked. Our son is in day care and seems to love it, but I am unsure how to balance having a family, being employees and doing well in both jobs. Any advice?

—*Overwhelmed*

**Dear Overwhelmed,**

Being a parent and working full-time is a difficult balance for anyone. If your child is doing well in day care, you are probably doing just fine! Having said that, make sure you set aside quality time with your family. Try scheduling fun times to be a parent and a spouse the same way that you schedule time to work.

—*Dr. Mimi*

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Dr. Mimi Hull heads Hull & Associates, a team of trainers, speakers and consultants. A licensed psychologist, she has a master's in counseling and personnel services and a doctorate in psychology with specialization in business management from the University of Florida, Gainesville. Her B.A. in psychology is from Syracuse (N.Y.) University. Reach her at [www.HullOnline.com](http://www.HullOnline.com) or [DrMimi@HullOnline.com](mailto:DrMimi@HullOnline.com).