

What is **Aikinen** and why choose **ExecutiveMaxHealth**?

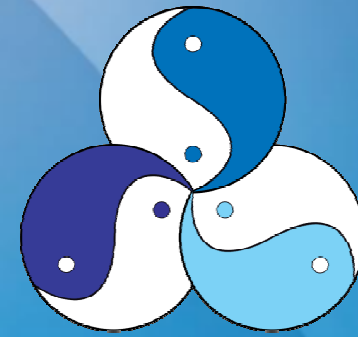
**Aikinen** is based on the ancient concepts of “**Aiki**” and “**Nen**.” “**Aiki**” means the optimizing or harmonizing of conflicting energies or processes to arrive at the best possible result and balance. “**Nen**” means single minded focus on this goal. These timeless energetic principles are rooted in thousands of years of ancient history originating in various Eastern healing systems and philosophies.

Most current approaches to executive and business management target only a few key aspects of daily business practices. Executive/business management however is a very complex and dynamic concept where nearly every area of the business impacts the efficiency of getting things done correctly the first time around. To achieve truly optimal efficiency all inputs of executive management and business processes need to be brought into harmony and optimized with each other. The result is a superior level of functioning that is greater than the sum of its parts.

At **Aikinen** we will work on as many executive and business inputs as possible to create ever increasing levels of efficiency, optimization, and executive/business excellence. The goal is perfect executive management and business processes given the constraints that exist in each business environment. Optimal business and management styles are different for each unique company, so a personalized executive management and business system is necessary for each situation.

**Call/Text/Email today** and receive a **free 30 minute** initial executive and business consultation and start building a dynamic **Aikinen** executive and business profile for future action! Let me help you navigate the myriad options in leadership and business to bring your environment to an optimal state. For more comprehensive details on the **Executive/BusinessMaxHealth** models and programs, visit;

[www.aikinen.com](http://www.aikinen.com)



# Aikinen

ExecutiveMaxHealth/BusinessMaxHealth

“Optimizing the Pieces Together”



Executive Coaching, Board of Directors,  
Executive/Business Management Consulting,  
Virtual CIO/CISO, Crisis/Conflict & Risk Management

Chris Pereira

Executive Optimization  
Coach & Consultant

Call/Text/Email Today

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## Coaching/Seminar Services

### Executive Coaching/Seminars

Executives face unique stressors and risks running businesses and departments. Leadership decisions need to be correct every time or chaos and financial loss ensues. I offer personalized one on one Executive Coaching as well as Executive Group Coaching/Seminars on Leadership Training/Development using the **Aikinen ExecutiveMaxHealth** model.

### Business Coaching

Business processes bottleneck and become dysfunctional at many different levels. Some key causes such as internal politics and warring factions, lack of trust between management and workers, past errors of judgment carried forward in never ending cycles, and poor negotiations all cause dissent and a loss of productivity, health and well being in the workplace. The **Aikinen BusinessMaxHealth** model works to address the root causes of these mostly people centered issues to greatly improve the health and the overall work environment.

The **Aikinen ExecutiveMaxHealth** and **BusinessMaxHealth AikiTri** models display some of the many inputs in executive and business management that effect leadership ability and business health. Creating a balanced flow of optimal energy between all the different inputs is the unique key to building superior management styles and business processes. Small changes over time in each area leads to great changes in performance.

### About Chris Pereira

I am a **Certified Health Coach** from the Dr.Sears Wellness Institute. I hold a Bachelor of Arts degree in Psychology from UC Berkeley.

At UC Berkeley, I studied university level courses in business psychology (industrial/organizational, quantitative research & data analysis, clinical, stress and coping, social, and international), as well as peace and conflict resolution/mediation.

**Chris Pereira** LinkedIn  
Business Credentials



## Professional Services

Retained/Project/Meeting/Hourly Services

### Board of Directors/Advisors

Outside Director of the Board of Directors/Advisors. Organizations face mounting complexities due to both financial regulation/accountability and increasing complexity of information technology systems/software in every department. This increase in complexity creates situations where it's critical to make correct decisions or poor performance and negative financial consequences result.

### Executive & Business Management Consulting

Management is responsible for answers to perplexing business issues, financial & IT security controls to keep the organization viable and secure, and a sales/marketing strategy which keeps the organization growing providing increasing opportunities for everyone. **Aikinen AikiTri** models work to resolve various types of conflicts/ challenges so companies can operate at peak efficiency.

### Virtual CIO/CISO

Executive level seasoned IT Management and Planning for companies which do not have a full time senior level CIO/CISO, VP IT, or IT Director. Technology roadmaps, security/risk assessments and disaster recovery plans. IT purchasing/vendor management, software architecture, and high availability systems/software management.

### Crisis/Conflict & Risk Management

Specializing in Critical/Crisis/Risk Business Planning, Mediation, Conflict Situations and bringing them to resolution. Comprehensive Risk & Security Assessments and proactive solutions.

In my vast business experience of over 3 decades in corporate America I've held positions such as Executive Director on the Board, VP Information Technology, VP Quality Assurance, Director of Operations, and Sales Manager. My specialty is redesigning broken processes and resolving complex business conflicts turning them into optimal running engines.

