

Life-Work, Not Work-Life

MEMBER PROFILE



Jihyoung "Allison" Kim PE (Certified corporate wellbeing health coach), 2015

Nothing substitutes for experience. A certified corporate wellbeing health coach (www.HealthCoachAllison.com), professional speaker, best-selling author, and die-hard sports fan Jihyoung "Allison" Kim, PE, gained enough experience for a lifetime *before* becoming a multi-hyphenate. Now, she helps overstressed employees reshape their lives. But in her previous career, she needed the very services she provides today.

"I worked as a civil engineer for 19 years. After graduate school, I started out in land development in Arizona, in general civil projects. I designed roads and storm drains when they were building like crazy in the desert. Then I transferred to the Bay Area where I worked on Caltrans projects. I moved to Los Angeles to work on California High Speed Rail. But on the day the movers came to pick up my things, my new employer called to tell me my position no longer existed. However, they assured me that I still had a job. They put me on a light rail project for LA Metro."

Unfortunately, the project had too many senior managers. She was laid off after about a year. But she would soon face an even greater challenge.

"Three months later I was diagnosed with breast cancer. It was very aggressive and I had a lot of complications."

Kim had few friends and no family in her new city. But she showed her true mettle.

"I thought I had been living in a healthy way. So I had to figure out why I got sick. I promised myself that when I was done being sick—not if, but when—my life would be different."

True to her word, Kim transformed and became "Coach Allison," a certified health coach specializing in corporate wellbeing to improve productivity and reduce healthcare costs. Her book, *Superhuman's Guide™ to Life-Work Balance and Burnout Prevention: When Your Lifestyle Demands More than What's Humanly Possible*, is a best seller on Amazon.com. And she brings unique understanding to counseling those in corporate life. Citing the value of support, she also sees WTS as a critical element to those putting in long hours.



“I am a longtime WTS member. When I came to LA, I immediately joined the programs committee, as I did in my previous chapters. But soon after my cancer diagnosis I had to resign. The chapter board was very supportive and understanding.”

Today Kim helps Type A personalities and burned out overachievers enjoy more balance, or as she says, “It’s life-work, not work-life.” She embraces healthy living and its teaching with the tenacity she demonstrated for engineering.

“I spoke at this year’s WTS international conference in Chicago. I saw many friends from San Francisco Chapter. They kept telling me about some senior manager job openings and asking me when I was coming back! But my life wasn’t spared so that I could go back to engineering, although I loved that career. It was spared so that I could share what I learned in my health battle. This is my mission now. There are a lot of people suffering because they feel overwhelmed and don’t know how to be healthy. I know that life so well. I want to help people see, understand, and change.”