

CEOs Increasingly Use Spiritual Fitness to Achieve Business and Life Goals

CHICAGO, IL (SEND2PRESS NEWSWIRE) – Corporate CEOs frequently depend on insights from a source outside themselves when making critical decisions. Seventy-two percent of 175 CEOs responding to a research study say they receive special insights into decision making that comes from the Holy Spirit. This is just one of several observations made by researcher Merrill Oster about his fellow CEOs, according to Pinnacle Forum America.



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Oster, in conducting research for a doctoral dissertation, found that community leaders who spend an hour per week with their peers in Bible study and prayer are more likely to find greater satisfaction in achievement of life goals and in the development of leadership and character qualities. These findings on leaders and CEOs were reported in Scottsdale, Arizona at the annual partner meeting of Pinnacle Forum America, a ministry focused on changing America's culture by helping leaders find and pursue their God-given purpose and passion to serve others.

Oster's research, conducted as a doctoral candidate at the University of Phoenix, also indicated a positive correlation between spiritual exercise and the desired character qualities of honesty, humility, and the inclination to serve others rather than self. "In short, CEOs who spend more time in

spiritual exercises with their peers are more successful in many areas of their business and personal lives," Oster told the group.

There is increasing data to support the idea that spiritual activities such as fellowship, Bible study, meditation, solitude and expressing forgiveness are associated with better health, greater life satisfaction, and an increased inclination to "give back" to society. Achievement of business, personal, and family goals are typical results according to Oster's paper. The Oster research also found that CEOs of privately held companies more frequently practice spiritual fitness exercises and achieve greater levels of honesty, humility, and service orientation than CEOs of publicly held companies.

Given the positive correlation between spiritual exercises and character quality, Oster's research suggests that Pinnacle Forum's formula of weekly peer-group studies or forums plays a key role in transforming leader character quality and changing the corporate cultures that have spawned scandals and corruption in many executive suites in the past decade.

Pinnacle Forum America sponsors local forums for CEOs and community leaders and provides a mechanism for men who share similar ideas to connect with others from across the nation on how to invest themselves in personal spiritual growth and cultural change.

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Merrill Oster is the founder and former CEO of Futures Magazine, Future Source and Professional Farmers of America, financial information service firms that produced more than a billion dollars of customer revenues over a 35-year period.

Information: www.PinnacleForum.com

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