

## Seek Discomfort

**“Seeking comfort shrinks your world.  
Seeking discomfort expands your world.”**

I wrote down and highlighted this phrase that I heard at a leadership conference recently. Think about this! It is true in so many ways.

Our bodies and minds are primal. We love to be comfortable because 10,000 years ago, comfort meant survival. Temperate environments, surplus of food, and rest for the body were all good things that helped humans recover and be prepared for the next survival threat that came along. Storing fat in our bodies meant we could survive much longer without eating and stay warmer in winter. Warming our bodies and our core meant we could stay alive just a few more hours in the cold. A few days of rest gave the body the reserves it needed to go out and hunt for days on end.

Today, these primal instincts are working against us as we live our daily lives without the threat of starving or fighting off a saber-toothed tiger. If we don't consciously seek discomfort, growth and stress, we can crawl up into a ball on the couch, watch television, eat comfort food, and watch our world shrink.

Fortunately, there are many ways we can expand our world. Exercise for example is uncomfortable, but staying in shape allows us to do incredible things like climb mountains, crush our home improvement projects and play pickleball with teenagers. Cold exposure is painful, but it changes our body chemistry to make us more cold-resistant so we can spend more time outside getting things done in bad weather or just enjoying the outdoors and sunshine. Getting up early every day to prepare for the day, to pray, to journal and prioritize is challenging, but as a result, we get more done, we stay focused, and we live out our dreams. Studying and preparing our minds for a new challenge, certificate or class opens up new opportunities for our work and service to others.

It is unnatural to seek discomfort, but if we want to grow and thrive and find our true God-given purpose, it is necessary.



**Paul Taylor**  
President

## Welcome New Customers!

*ESS continues to grow as a  
result of a **GREAT TEAM.**  
**Thank you!***

**Illinois Cancer Care –**  
Bloomington and Washington

**Core 3 –** Bloomington

**First Mid Bank –** Three  
Locations

**Moundford Free Methodist  
Church –** Decatur

**Land of Lincoln Credit  
Union –** Mattoon

*Paul Taylor*

# Employees of the Month

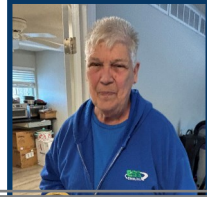
Every month each Branch has the opportunity to honor an associate for going above and beyond their normal job duties. These associates demonstrate exceptional customer service and we are proud to have them on our team!



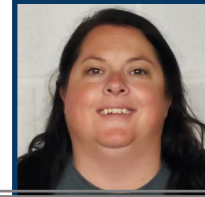
December 2024  
William Bray



December 2024  
Erik Gottshall



December 2024  
Delores Stewart



December 2024  
Nicole Blodgett



December 2024  
Adrianna Dejesus-  
Wise



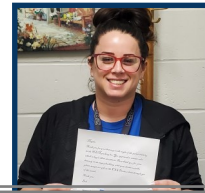
January 2025  
David Wait



January 2025  
James Mccarroll



January 2025  
Kurt Worman



January 2025  
Megan Burris



January 2025  
Samuel Zabala



February 2025  
Sean Thompson



February 2025  
Samantha Woody



February 2025  
Beth Nobsch



February 2025  
Everett Burton



## Happy Anniversary



Thank you for all you've done for ESS!

5 Years

Misty Harrold

William Karpus

Randi Masterman

Lindsay Dalton

Andrew Krampe

Melynn Schneider

10 Years

Marty Whalin

Jean Pierre Ekuke

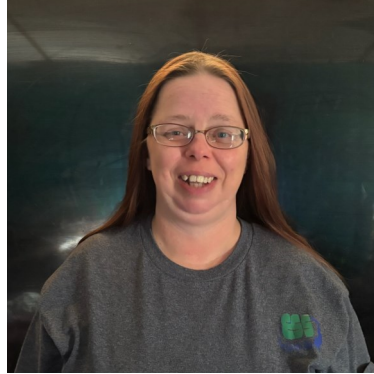
15 Years

Debbie Kerrigan

## ESS Clean Promotions

ESS Clean has so many wonderfully talented employees and we love to promote from within. Brandi Bullard moved forward in her career at ESS Clean from a Floor Tech Trainer to an Area Manager during the last quarter.

Congratulations to Brandi on her hard work and leadership!



## HR Director Transition

Just about nine years ago, Julianna Huck joined our team to support Human Resources and Recruiting at ESS Clean. In 2022 she was promoted to Director of Human Resources. Julianna did a wonderful job developing and leading her team with confidence and poise. Julianna is kind and firm. She is exactly what we needed as we were growing and evolving as a company. Toward the end of 2024, Julianna let us know that she would be retiring. We were all disappointed, but she has worked hard to prepare for a transition of her role and is retiring on a high note. We will dearly miss her laughter and her leadership.

Julianna gave us plenty of notice, so we were able to take our time to find the right person to fill her role. After an exhaustive search and interview process, Brooke Parson-Burkhalter was hired as the new HR Director. Brooke is smart and passionate! I can't wait to get to know her more and see her in action at ESS Clean, helping take us into the future and doubling our footprint by 2034.



# SPRING cleaning

Spring is here, and with that comes spring cleaning! Please be aware of extra trash and dusting which can have an impact on your budgeted time.

In many accounts, they like to clean out desk drawers and rearrange their work stations. So always test to see how heavy your trash is and if too heavy, separate into different bags. It's always safer to make extra trips to dumpster with lighter bags.

Staying organized is really important in what we do. It helps us stay efficient and thorough. Keeping your closet and equipment well-maintained is just a small part of keeping yourself organized.

It is also important to keep our cleaning routines consistent and organized. This is a good time to go over the specific cleaning instructions for your account(s) and make sure you are not missing anything. We want to provide each and every customer with a clean, healthy, safe and productive workplace.



## Notes from Kim de Jesus

*Hiring and Benefit Manager*

The best compliment you can give is a referral –

I can't thank you enough for your recent referrals. It's an incredible honor, and it pleases me that you

think highly enough of ESS Clean, Inc. that you're recommending us to your friends and family.

Referrals are one of the best sources to hire suitable candidates and your effort in suggesting us the right candidate is much appreciated. We are continuing to grow and we are eager for your assistance. Thanking you once again and keep those referrals coming!

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Google

LinkedIn

indeed

glassdoor

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And be sure to follow us on our other social media accounts on Facebook and LinkedIn!



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