

HITTING IT OUT OF THE PARK

BY MEGHAN MCSHARRY

SOMETIMES

we all need a bit of a morale boost. And who better to get it from than a former New York Yankees coach who was part of their 2009 World Series championship team?

Dana Cavalea, who we featured in WAG in March 2014, was the performance coach for the Bombers for 12 years. He's worked with some of the best on the winningest team in North American history. (Yes, Red Sox fans, we are aware of your team's recent World Series triumphs.) Along the way, he's picked up a few strategies for success, which the Stamford-based man now shares in "Habits of a

Champion" (Jet Launch, \$19.99, 140 pages).

"My objectives are to bring the same techniques, culture, attitude, service, first-class training and development programs to entrepreneurs, executives, companies, students, and pro athletes," he writes.

He opens with this idea: Do you love to win or hate to lose? Makes you think, huh?

"What I appreciate about the question, 'Do you love to win or hate to lose?' is that it makes you take inventory on who you are and what you stand for. Would you want to make \$1 million dollars a year while the company is headed out of business?"

"How long will that million last as your severance? It is all interconnected. Teams cannot win if only the captain wins. Workforces cannot win if only the CEO wins. Both outcomes result from a bad culture," he writes.

Much of his advice centers on our own personal attitudes toward different aspects of our lives. When things are difficult, it's important



Dana Cavalea, left, with Yankee legend Derek Jeter. Courtesy Dana Cavalea Media.

to maintain a good attitude.

"When your world feels like it is crumbling, remember: It is only happening in your own mind. If you are down on your luck, it's only in your own mind. And if you feel like the world is on your shoulders, that things won't improve, that you are stuck and can't see a way out, remember, it is all in your mind. You have the power to change your mindset in an instant. Do it," Cavalea says, relying on a philosophy that dates from Aristotle.

Sometimes, that's easier said than done, but it's still sound advice. Cavalea highlights the importance of surrounding yourself with people who support you rather than harm your psyche. He notes former Yanks' third baseman Alex Rodriguez referred to the latter as energy vampires. "Avoid them at all costs."

In today's world, many people are overworked and stress levels run higher than ever. Cavalea's advice? It's worth making sacrifices to have the time you need.

"Sometimes it's worth it to pay a few cents more per gallon for gas. Or, take the toll road to save on the traffic. Some of those small choices over time can wear you down without you being aware of it. Stress. Fatigue. Take the short way home and pay the toll."

What I appreciate most in "Habits of a Champion" is that Cavalea gives it to us straight. He tells readers what they need to hear to be the most successful version of themselves without sugar coating any part of it. Using his own personal experiences and wisdom and knowledge gained from the likes of Derek Jeter, Mark Teixeira and even his own mother, Cavalea teaches readers to use time wisely, create a routine that works, be respectful and demand the same respect in return.

Don't be surprised if this read causes you to step outside of your comfort zone and re-evaluate your perspective on all aspects of your life. **WAG**

For more, visit danacavalea.com.

THE ONE, THE ONLY FEKKAI

BY MEGHAN MCSHARRY

HERE

at WAG, we love a bit of pampering, which is why we jumped at the opportunity to visit the Frøðric Fekkai Salon in Greenwich.

The salon, at 2 Lewis Court o Greenwich Avenue, has a classic brick façade surrounded by block

paving, which instantly reminded me of the streets of Soho. Upon arrival, I was warmly greeted by sta who introduced me to stylist Elie Camoro, a Fekkai

protøgø and Greenwich native who now serves as co-creative director of the brand.

Elie took one look at my hair and knew it needed a trim. He was right. I hadn't gotten a cut since July. He snipped o my ends while my hair was dry to even out the length and eliminate split ends. After washing my hair with volumizing shampoo from Fekkai's newest product line, The One, Elie suggested we try beachy waves for my blowout.

I'm a wash-and-go type of gal. My hair dries pretty straight, so the idea of some body in my hair was right up my alley. Elie dried my hair while he told me about his transition from collegiate baseball player to training with Fekkai as his mentor. He then finished my look by using a curling iron to give my locks some body. The salon was kind enough to give me Fekkai's The Gifted One multitasker, also from The One line, which works as a smoothing and protecting finishing serum. If you've never tried anything from this line, run

don't walk to the store and pick up some. The One has by far the best-smelling products I've ever used in my life.

Fekkai Greenwich made me feel perfectly comfortable from the moment I walked in, and Elie is a personable stylist who I thoroughly enjoyed talking to while getting my hair done no awkward small talk. After years of practicing under Fekkai, Elie is a natural when it comes to both cutting and styling hair. I'm already looking forward to going back soon.

Not only was I lucky enough to be treated to a blowout at Fekkai, but I was also able to learn from the man himself in a recent email interview. Fekkai has styled some of the most famous tresses, so I wanted to know more about what makes him tick and what trends he's loving.

Fekkai gets many of his ideas from his hometown, Aix-en-Provence, France, which is known for being an inspiration to some of the world's master painters, like the postimpressionists. He says it's impossible not to get swept up in this history whenever he visits.

As for his favorite hair trends? I love a blunt bob with some texture. It's a bit of a nostalgic nod to the '90s, but also looks chic and on trend, he said. It's easy to style for either a casual or more formal look, so it suits today's modern woman who is always on the go.

I wanted to know how to best take care of my hair and Fekkai said that it's important not only to use the right products, from shampoo and conditioner that suits your hair to heat protectant for styling tools, but also to nourish from the inside out.

If you're drinking enough water and getting the necessary vitamins from your diet (vitamin B and C especially), your hair will thank you, he said.

Out of curiosity, I asked him which celebrity he has not yet worked with but would love to style.

Anyone who's not afraid to try something bold or different. I'd love to do Kerry Washington's hair, he said. She has amazing bone structure that lends itself to a strong, face-framing cut that makes a statement.

As for the future of Fekkai, Frøðric explained the company is working toward the next chapter by accelerating the brand both digitally and in person. Bringing the salon experience to the next level is one of our main focuses right now. Having that real-life experience with the brand is invaluable. We're also accelerating our digital presence while continuing to bring the best innovation through our products. I'm excited for our customers to experience Fekkai in a new, modern way. **WAG**

For more, visit fek kai.com.