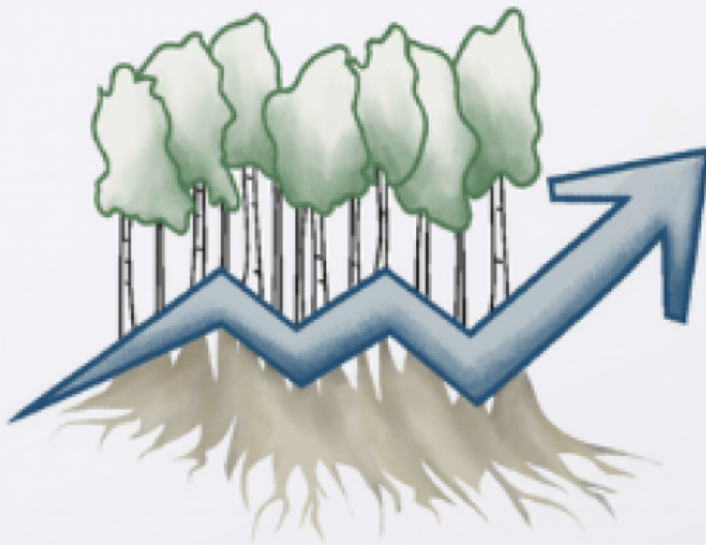


Ernesto J. Gomez Publishes “Regrowth - How Organizations Can Overcome Stalling by Unlocking Their People’s Potential”

Corporate change expert reveals how nurturing talent is the path to transformation and growth in new book

Regrowth

*How organizations can overcome stalling
by unlocking their people's potential*



Ernesto J. Gómez

Austin, Texas Feb 4, 2025 (IssueWire.com) - Ernesto Gomez, a seasoned corporate leader and change expert, today announced the publication of his new book, [Regrowth - How Organizations Can Overcome Stalling by Unlocking Their People's Potential](#). Gomez takes on the problem of stagnation and slow growth, a critical issue facing executives today. In his experience, as he explains in the book, the problem is often self-inflicted—rooted in a lack of motivation and nurturing of human potential in employees. The book offers insights and paths to remediate this frustrating management dilemma.

“The challenge lies in how organizations are internally wired to solve problems and convert opportunities,” said Gomez. “Unlocking the potential of corporate talent remains a significant obstacle for most companies, but success is possible if executives focus on people first. This may sound simple, but change requires getting away from a focus on short-term strategies and adopting long-term goals that support their most valuable assets, their employees.”

Regrowth provides navigational help to break through and thrive in today's volatile business environment. Available on Amazon <https://www.amazon.com//dp/B0DG3L5PW9/>, the book is being touted as essential for C-Suite executives, senior leaders, and corporate decision-makers grappling with stagnation in their organizations. The book draws on Gomez's 30 years of experience leading startups and billion-dollar corporations. He shares how organizations can reignite their growth by tapping into the potential of employees who were hired with the plan to succeed and grow a company's bottom line.

Gomez added, “Relying on quick fixes or one-off decisions rarely leads to meaningful transformation. Instead, corporations need to see the entire picture, which can lead to the evolution of an organization's true potential.”

About Ernesto J. Gómez

Ernesto Gomez is a seasoned executive with over 30 years of experience, having built and led successful ventures across the food service industry in both the US and Mexico. Transitioning from a dynamic serial entrepreneur to a high-level corporate leader, he served as VP of Human Capital at Grupo Alfa, a major Mexican conglomerate with 83,000 employees, before becoming Chief Human Resources Officer at Sigma Alimentos, a global consumer packaged goods company with 43,000 employees. In these roles, he spearheaded global talent and cultural initiatives, playing a pivotal role in organizational transformation.

Ernesto is a lifelong learner. He studied social communications and has completed executive programs at leading institutions, including Stanford GSB, MIT Sloan School of Management, Wharton Business School, Kellogg School of Management, Chicago Booth, London Business School, and IMD Business School. He is the founder and CEO of Aspen Mindset1, a consulting firm dedicated to helping organizations and individuals reach peak performance. In 2024, Ernesto was invited as a guest speaker in the "Lead through Ambiguity" course at MIT Sloan School of Management.

For more information visit <https://aspenmindset1.com/>

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