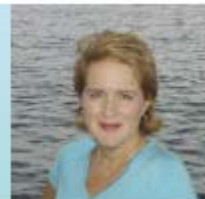




# The Coach's Time Out

with Shandel Slaten



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## I. Huddle Up - Enjoy The Challenge vs. Endure The Task



Are you a task-oriented individual? Do you get satisfaction at the end of the day if you have conquered your goals or tasks? Answering yes may sound good at first, but are you so focused on your work that you take for granted the people that are helping you achieve your goal? Do you view people as valuable or a means to an end?

This Summer, my aunt and uncle came to town and we went on a hike that the internet stated and I quote, "The last mile is the mile from Hell!" Now, I am a late adopter of the whole hiking sticks thing (they look like ski poles). I viewed the mountain as something for me to conquer and assumed that people who used hiking sticks must have something wrong with them; some kind of physical ailment that required the use of little canes. After all, I had always been able to climb to the top on my own! Then I got some hiking sticks for my birthday. At first, I only used them after I conquered the mountain on my own uphill, coming back down to assist with my knees. I loved them for that, but I did not appreciate their support or ability to carry me to new heights until the "mile from hell" hike. Those sticks were not only a knee-saver, but I couldn't have crossed the rivers or climbed the terrain without them! You see it wasn't that I didn't need the sticks before, but I had never climbed a hard enough mountain to fully appreciate or understand the value of them.

My shift in thinking about the hiking sticks reminded me of my task-oriented friends and clients who struggle with appreciating and understanding the value of investing in people. Naturally, their brain is geared toward the conquest and desire to achieve the next goal. But they mistakenly think that taking the time to invest in people will add to the weight they are carrying, slow them down, or simply is not necessary to get where they want to go. They may give people a pat on the back on their way down the hill, but only after ignoring or running them ragged on the way up. The wake-up call occurs when they want to achieve bigger things and go higher only to realize they are in that "last mile from hell" without any help or support.

Think past your present mindset to the bigger goals that you have. Get to the next level by learning the art of investing in people. Take the time to communicate appreciation to those who support you at work and at home as you work hard to pursue your goals. Determine their strengths and put them in positions where they can do their best. You may be able to get to the top either way, but those with a team of people who feel valued, understood, and efficiently used will be on their way to the next higher mountain, leaving you behind while you recover from your solo endeavor. Believe me, I see it all the time!

And remember, it is not just about the conquest, but also the journey. Those sticks allowed me

to be balanced and secure as I crossed the rivers and gave me something to rest my weight on as I stair-climbed up the mountain on loose terrain. I was able to enjoy the waterfalls and beautiful views instead of keeping my head down to make sure I didn't trip. People allow us to enjoy the challenge and not just endure the task. It is much more rewarding to get to the top of the mountain and share with experience with others than to show up bloody, wet, exhausted and beat-up from doing it yourself. Be an early adopter when it comes from investing in people. I am here to provide assistance and accountability and would love to share in your success story! List 2 ways you can invest in another around you at work and 2 ways you can show appreciation to your team at home. Go Higher!

## II. Pep Talk - Monthly Quotes

*"The most important single ingredient in the formula of success is knowing how to get along with people." - Theodore Roosevelt*

*"If human beings are perceived as potential rather than problems, as possessing strengths instead of weaknesses, as unlimited rather than dull and unresponsive, then they thrive and grow to their capabilities." - Bob Conklin*

*"There is no I in TEAM. A team by its very definition implies a group of people joining together for one common goal." - Coach Freeborn*

*"Some people carry their heart in their head and some carry their head in their heart. The trick is to keep them apart yet working together." - David Hare*

*"In the time we have it is surely our duty to do all the good we can to all the people we can in all the ways we can." - William Barclay,*

## III. MVP Award - Profiling successful people choosing balanced - Christy Brugger



I am jumping up and down for this month's MVP Christy Brugger. Now, this gal takes action! She stepped into the Be You class one person and 3 months later stepped out a new woman with a mission to keep on task toward her potential. She made more pro-active changes in every area of her life in the shortest amount of time than any other I have worked with... and she is still going for it. Christy is one of the sweetest people I know and the way she touches lives is a joy to see and experience. As she lives by her values and embarks on her new business, I stand smiling with pride and joy oozing out for her and the great strides of success.

Here's Christy. ...

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When I first met Shandel I had no idea what Life Coaching was or how drastically it would change my life. All I knew was that Shandel was a great person whom I looked up to as a very well balanced, level, and caring person. Several times I wondered how she managed to handle everything so well, but I never took any action to seek that balance for myself. My life was falling apart more and more everyday. It seemed the harder I worked and the more effort I put forth, the farther back I fell. I was spinning my wheels in the mud.

It must have been obvious because before I knew it, Shandel offered me a spot in her Be You class. During the next few weeks, I learned the tools that I would use for the rest of my life. Tools that would bring balance to my life, give me confidence, and teach me how to get what I really want out of life. Through the class and the assigned fieldwork, I learned what was important to me and how to set goals that would fulfill me when I reached them instead of leaving me empty and confused. These tools were so useful, that today I actually put forth LESS effort, but with far greater result. My wheels are back on smooth roads.

Through the Be You Class, I have a clear vision for my future and am starting my own business. My personal relationships are richer and more rewarding. I'm no longer restless and stressed out, but enjoy each and every day of this journey. A great bonus is that I've also been able to use these tools to help other people who are struggling in their lives. While I have been faced with some adversity this year, I have the right decisions for my future and persevered through difficult times with confidence. I am on a sure path to reaching my ultimate goals. I'm very flattered to be chosen as this month's MVP, but I know that any success I enjoy now, or in my future, is also due to Shandel's guidance as my coach. She didn't give me a fish, she taught me to be a fisherman. Now I am able to help others learn to fish as well.

- Christy Brugger

## **IV. Game Schedule - Current News and Upcoming Events**

Join Christy and other successful players - it is time to sign up for:

### **THE NEXT BE YOU CLASS- STARTS OCTOBER 13th**

- Do you find yourself overinvolved and underfulfilled?
- Would your relationships, your business, and your interests be better if YOU were better?
- Do you say No to things that aren't in alignment with your values, and Yes to the opportunities that propel you forward?
- As Fall arrives, do you hope 2005 might finally bring the New Years' Resolutions you'll keep?

BE YOU is an intensive class that will push you to make changes with lasting, positive results. Over the course of BE YOU, we will discover the obstacles that stand in the way of a more productive, meaningful life. We will learn important life skills that give you the power to live with integrity.

As part of BE YOU, participants will:

1. Take a "Personal Fitness Assessment" to identify areas that compromise integrity, drain energy, and impede success.
2. Identify and study personal needs and values, and understand how these impact our goals.
3. Receive tools to build and nourish your most important relationships.
4. Create lifetime habits that will improve your life, your career, and your relationships.

BE YOU is a team of approximately 8 -10 people and lead by an experienced Personal Certified Coach. We will meet for six 1-hour classes, bi-weekly. Participants will have the opportunity to work on daily and weekly personal goals and participate in periodic email challenges. Private coaching sessions are also available on a discounted basis for participants.

Remember the requirements that you are ready, willing, and able to change. This is not group therapy, so don't bring

your complaints, but do bring your desire to grow and to be challenged. This could help change your life if you let it.

**DATES: October 13, 27, November 10, 17, December 1, 15**

Sign up today and receive your welcome packet by emailing: [beyou@truelifecoaching.com](mailto:beyou@truelifecoaching.com)

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For more info go to [www.truelifecoaching.com](http://www.truelifecoaching.com) and then click on **classes**.

## **V. On 3 - Ready...1,2,3 - BREAK**

Thank you for taking the time to read this month's edition of The Coach's Time Out. I truly appreciate you forwarding this newsletter to those whom may find it beneficial. If you desire to subscribe, please click on "update your profile" below or send an email to [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) with the word SUBSCRIBE.

Life's a blast - go for the 2 EXTRA points!

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