



- I. Huddle Up - TO ERR IS HUMAN, TO FORGIVE IS GOOD BUSINESS
- II. Pep Talk - Monthly Quotes
- III. MVP Award—Profiling Successful People Choosing Balanced Living - James Jones
- IV. Game Schedule -
- V. On 3 - Ready...1,2,3 - BREAK

I. Huddle Up - TO ERR IS HUMAN, TO FORGIVE IS GOOD BUSINESS



Forgiveness? In the business world? It may seem a strange concept to discuss, I must admit. However, I have experienced how powerful forgiveness can be in the workplace, and how good for business!

A few months ago I was facilitating a session with a high performing team on getting to the next level. We were illuminating the different communication and behavior styles on the team as well as the motivators driving each individual. Slowly I noticed that light bulbs were turning on and eyes were sheepishly glancing across the room. Over the course of the day I discerned first a softening of walls among the participants and a growing sense of relief as understanding and awareness set in. Next came a quiet release of built-up tension through genuine smiles and laughter. I took a risk and said, "Through awareness of how uniquely designed each of you and how each of you communicate differently, there has been forgiveness in this room today, hasn't there?" They nodded. Their new awareness enabled forgiveness. And forgiveness released energy and creativity back into the team relationships.

CANCELLING A DEBT

The best definition of forgiveness I have ever heard was, Giving up my right to hurt you, even though you hurt me. It is letting someone go free even though they made a mistake and did you wrong. In reality, forgiveness actually sets you free from your prison, because half the time the other person is not aware they have offended you.

That is what I find in the workplace over and over. A manager is late for a meeting and asks a quick question flying down the hall in "task-mode." The manager's direct report interprets the action as insulting. This plants the seed of resentment, which grows deeper every time the manager acts similarly. The manager has no idea the behavior has been interpreted as offensive. Soon, every time the manager walks into the room, the direct report feels anger, the manager misunderstands and distances himself, and the relationship breaks down.

Learning the other person's true intention is key. After that you become aware that they did not purposefully hurt you then you must forgive and let it go. In a sense it is a canceling of a debt owed.

The result of forgiveness? Relief-and release. When you forgive you release health back into your body; you release creativity; and mostly you release energy to flow through you to others. Lack of forgiveness quickly leads to bitterness. Bitterness has been proven to lead to sickness and fatigue.

By the way, forgiveness is instant but trust is not. Building trust back into the relationship takes successful experiences over time. Forgiveness must be granted freely but trust must be earned.

START WHERE YOU ARE

Where does one start to practice forgiveness? I think the first person you need to forgive is yourself.

So many of us carry guilt which is anger toward our own selves for mistakes we've made, hurt we've caused, and decisions we've chosen. The more you beat yourself up, the less love and forgiveness you have to grant others. If you find yourself unable to forgive yourself, then that's a spiritual issue you need to take to someone bigger than you. If you need to apologize to another person and own your mistake, then do it now, forgive yourself, and let the anger go. Each day you hold onto to unforgiveness you rob yourself of joy, health, and energy. Stop!

Touchy/feely? I don't think so. I think forgiveness is a missing key to corporate success. We have a lot of work to do here in the workplace. So when will you take the first step? How about today?

BEGIN IT NOW!

Shandel

II. Pep Talk - Monthly Quotes

"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free." - Catherine Ponder

"To forgive is to set a prisoner free and discover that the prisoner was you." - Lewis B. Smedes

"The weak can never forgive. Forgiveness is the attribute of the strong." - Gandhi

"Forgiveness does not change the past, but it does enlarge the future." - Paul Boese

"Two little words that can make the difference: START NOW." - Mary C. Crowley

III. MVP Award—Profiling Successful People Choosing Balanced Living - James Jones



I love successful people who want to live a significant life. This month's MVP personifies that! James Jones, CEO of Triumph Technologies, Inc., and his wife, Suzanne, are using their influence and their heart to live out their purpose. Instead of waiting until they had enough money, enough time, enough success, they are taking that first step toward the true purpose they were meant to live. To watch this come alive has been inspiring. I would invite you to consider giving of your time, talent, or treasure to Newdawn if you are not already helping the children of Africa. If not now, when? James@triumphnetworks.com

Here's James -

Two years ago I had the opportunity to go to a Global Leadership Conference in Washington DC with Shandel. We were both members of the YEO Seattle board and we were attending the GLC along with several other board members. During a quiet moment on our way to dinner Shandel asked if I knew what my big dream in life was. At first I told her it was to be successful in the business I had started with my wife, Suzanne, eight years earlier. When she asked me what that success looked like, I told her it would mean that the business was to the point where it did not need either of us to thrive and move forward. That it would be able to sustain us even if we were not working there on a daily basis.

She asked me what was motivating me to want to work outside of our business. I said that our real passion was helping disadvantaged children. That God had given us a bigger dream, when we retire from our business some day to start up a school called Newdawn for at risk children. A place where these children would be able to live and grow without being unduly threatened by the unhealthy environment they came from. We talked about what the school would look like and what it would take for this to become a reality. She then asked me why I hadn't started pursuing my big dream yet. I told her that I felt I was, but that it would require me to make Triumph successful as a business and get it to a place where we could transition out of it before we could start working on Newdawn.

She then spoke these profound words to me: "So what you're saying, James, is you **want** to wait to follow the big dream that God gave you?"

After GLC I took some time to really think about what I wanted the most out of life and who I wanted to serve with my life. I sat down with Suzanne and talked about our future, where we were headed and what we felt our purpose was. From these conversations we decided not to wait until we retired to pursue Newdawn, we would get started immediately with the planning stages of the school, with the thought that within five to ten years we would be providing a home and a world class education for those children that did not have one. Our plan was to open a Newdawn school somewhere in or around Seattle within the next ten years.

In the summer of 2005 I got a deep desire to go to Africa. At first I was not sure what it meant or where I would be going, but as I pursued the call, it led me to spend a month in South Africa in the fall of 2005. What I encountered there was life-changing, to say the least. You simply can't be face to face with that much suffering and pure need without being moved by it. There are over 10 million orphans in Sub-Saharan Africa, most of them orphaned by the AIDS pandemic. I realized that there was not a lot being done to help these children, and that had led me there to expand my big dream for Newdawn. I returned with a new vision, one that meant we would start our Newdawn school program not in Seattle but in South Africa where the need was much greater. It also meant that our 10-year time frame would need to be shortened.

I scheduled another trip with my entire family. It was important to me that we all support the decision to focus the ministry on Africa. We spent another month in South Africa and Zambia, pursuing the purpose for our life's work. We came away with a life changing decision. We would sell our business and home and move to South Africa for three years. We would start a Newdawn school in Soweto, South Africa, and pursue our Big Dream of helping disadvantaged children to get a world-class education and have a safe home environment.

We are on our way to our big dream! It is scary and exciting at the same time. I am overwhelmed at times with how much work needs to be done to see our dream to a successful ending, but through it all there is a prevailing peace that transcends all understanding, knowing that we are following the path that has set in front of us.

James Jones

IV. Game Schedule -



THE TRUE LIFE SERIES

Life 101 is up and running with two sessions already impacting lives. One client sent this to me...

"When you recognize your strengths and can love who you are and you have your vision in front of you, you can begin to live with intention, using your gifts/abilities/strengths and focusing on the vision. You recognize that some things you are doing are already lined up with your vision, and you receive renewed enthusiasm and energy, affirmation when you realize this." - Life 101 student

Fall Classes are Full but Winter Classes are being solidified - let us know what days work best for you!

LIFE 101 - The Core Of The Race. Whether or not you have experienced one of my DISC/MOTIVATORS seminars you will want to take LIFE 101. This 6 session course is designed to take your understanding of YOU to the next level. You will leave the class with a foundation to begin the journey of who are you, how you tick, and why you are here on earth. It is my purpose to help others find their purpose and the principles we teach in LIFE 101 is where I start with my personal clients so jump into this class and let's get going. This is the prequel to LIFE 301 so if you are an alumni - catch the genesis! [Details here](#)

LIFE 301 - Do you have a charged life battery? The Life 301 workshop is for those who have successfully taken on the basics in life and now seek the next level in which to excel. If you've attained a measure of success, yet find yourself at a personal or professional plateau, Life 301 is for you. If you find that practically every minute of your life is filled, yet you lack fulfillment, this workshop is just in time for you. Discovering and working from your personal values you'll maximize your potential to succeed in all aspects of your life. Are you ready, willing, and able to do what is necessary to experience such a life? [More info](#)

LIFE 401 - *Alumni Only!* Take your 301 learning to new heights by learning about the attraction principle, be challenged to simplify everything, define your vision, mission, purpose, values, and learn that the present is well and what that means for your future. See Alumni News for Details or email Shandel today!

LIFE 201 - Starts in January! The "How To" Model To Run The Race

For Your Company: Building The Extraordinary Team Workshop - Are you being the best leader you can be when it comes to your people? Is your team as efficient and functional as you desire? Are you certain your team has clear communication & priorities? Are you maximizing each person's time, talent, and energy? [Brief overview here.](#) Contact Shandel for more information to bring this workshop to your team.

[Life 301 Testimonials here](#)

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 visit the front page of our website or send an email to ss@truelifecoaching.com with the word SUBSCRIBE.

If you would be so kind to forward this to a friend - see below for an easy click to help you pass it on.

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

Shandel Slaten

Your Life Coach
www.truelifecoaching.com
206 718 6914

Be You. Be Real. Be the Best You can Be...Today!