



# The Coach's Time Out

with Shandel Slaten

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## I. Huddle Up - Life's A Process...



"Times of stress and difficulty are seasons of opportunity when the seeds of progress are sown." - Thomas F. Woodlock

Life is a process, I know. That would be fine with me if it weren't for all the waiting and frustration I often endure while the process runs its course! Like you, I have an idea of what I want life to look like and how I want all the players to act. When life doesn't go my way and instead delivers heartache, frustration, miscommunication, or disappointment, I usually experience pain. Pain can be defined as the gap between what you expected to be and the reality of what is. Logically, the closer our reality mirrors our expectations the less pain we should endure... and that is where the process of life takes us around its cycle of change, growth, and greatness.

A common trait I've seen among exceptional people is the wisdom of knowing when to act deliberately and when to wait patiently to get the results they desire. This wisdom is harvested during what I have identified as the 4 stages of character development.

Pain  
Progress  
Pruning  
Profit

Pain gets our attention and usually shows up in unexpected ways and at inconvenient times. Most of us start blaming someone or something for the pain we are experiencing before looking inwardly to our own character and integrity. Our tendency is to run away from, ignore, or try to fight pain -- rather than to rest in it and reflect on where to find true healing and strong protection. However, no matter how hard or fast or where we run, the pain never really goes away. Pain

reminds us that you can't run away from...you! The wiser we become, the quicker we are to look inside ourselves for possible answers or resolutions to our pain. This process is not easy, but leads to humility, patience, and clarity of vision.

Once you admit and face the pain in your life with humility and strength, you enter into the progress phase of the process. This is where you see forward momentum even if it's through a series of two steps forward and one step back. New areas of growth appear and life begins to show signs of fruitful lands ahead. You either push life into overdrive and try to take advantage of the upward trend or you put it on cruise control and coast for a bit.

Either way, you are taken completely off guard as you enter into the pruning stage. At this stage things that you thought were so green and fruitful in your life get lobbed off. Picture a lush vineyard at the end of its harvesting season. What does the owner do to those fruitful green lush vines? CUTS THEM OFF!!!! We must remember that every purposeful cut, done with wisdom and vision for the future, produces even more luscious fruit next season. Imagine losing a key client or a huge project that you counted on for the year. Perhaps the "cutting off" allows space, resources, or time to focus on what's really important to get back to the fundamentals. The result is often an explosion of new business that is truly purposeful. This cutting or withholding in our life hurts because what got cut off looked or felt good. It is here we must persevere and remember that the "good" is the enemy of the BEST. Your energy and resources must be focused on the things that are most important for you to produce. Even though life may look barren and you're left feeling exposed and unnerved, you are being primed for greatness.

Finally, at the end of this process we see the results of our labor and endurance.

[Click here for the final stage of the process](#)

## II. Pep Talk - Monthly Quotes

"When we long for life without... difficulties, remind us that oaks grow strong in contrary winds, and diamonds are made under pressure." - Peter Marshall

"There is no such thing as a problem without a gift for you in its hands." - Richard Bach

"Personally I'm always ready to learn, although I do not always like being taught." - Sir Winston Churchill

"We know what we are, but know not what we may be." - William Shakespeare

"Life is a succession of lessons which must be lived to be understood." - Ralph Waldo Emerson

### III. MVP Award - Profiling successful people choosing balanced living - Carol Olsby



I met Carol Olsby a few years ago after she read a business article that I wrote for the Eastside Journal. We instantly connected and have been good friends ever since as we share the same strong commitment to building quality relationships and businesses. We also share the same sense of humor and competitive talking genes. Love her!

If you're growing a high-tech company, you have probably attempted to recruit Carol. She is an experienced senior business manager and brings huge value to every CEO she serves. She's known for partnering with executive teams to align the company's human resources with their overall business objectives. She founded the high-technology human resources society, HR Roundtable and also chairs the AEA HR Committee. Carol has been with a variety of early stage to large companies including Universal Avionics and WesTower. At WesTower, she held the position of VP, Human Resources, when they were sold for nearly 300 million dollars. She is currently with TietoEnator as their senior human resources professional.

Here's Carol...

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Looking at me you would have thought that I had it all together. I am married to a great guy and have three wonderful kids. During my career, I have been fortunate to work with some great people to build some very interesting high-technology companies. I also chair a few high-technology societies and have had the opportunity to get to know many people in the business community.

People have always commented on what they thought was my endless amount of energy. It was important to me to be successful in both my career and family. I worked a tremendous amount of hours to achieve this. Most of my career, I started working in the wee hours of the morning, so as not to interfere with my family time. Most parents at my children's school thought that I worked part-time because of my involvement in my children's lives. Every hour of my life was highly organized. There was little or no time in my day to day dream or to pursue my personal hobbies or interests.

A few years ago, during the high-technology downturn, I witnessed many companies go under or be paired down. It was during this time, that I reflected on my life and realized that my passions at work and home had been realized. At work, my passion has always been and will continue to be a "Servant Leader" and to partner with management teams to build highly effective organizations. I had a great family life and I wanted to build on that. What had been lost during this time was some of the things that were important to me, personally.

It was during this time of discovery that I had to open my structured life to allow for dreaming. With the assistance of Shandel, I refocused and repurposed my life. I accepted a new position where I could work less hours and spend more time with my family and just be by myself. My personal discovery was the most challenging aspect of this change as I now had time for myself. I had to determine what was important to me and build on current passions, reconnect with old interests and find new ones. For me, this positive change meant slowing down to really look long and hard at my loved ones faces, having casual conversations, growing my spiritual life, laughing more, reading and really look at the beauty of things that I used to rush by.

I have learned that you need to have passion and purpose in all aspects of your life in order to be successful. Most importantly, you need to define what it is for you and you need to dovetail your business and personal life to that vision without sacrificing your family, your business interests or you.

Lastly, I think that it is important that we always leave time in our life to dream.

## **IV. Game Schedule - Upcoming Events**

March 17-28 Please note that the office will be closed as the coach travels to Rome to celebrate birthday month. On my way back, I will be speaking/teaching at the first ever Dream Giver Training with author Dr. Bruce Wilkinson in Atlanta, Georgia. Please make a note of this in your schedules. Ciao!

BE YOU Group starts in April How would you like to have more time, more energy, and be more of you really want to be? Hold your spot today for our Spring "BE YOU" Class. Beginning in April, we will meet every other Tuesday Night at the Seattle Athletic Club downtown. See below for a link to the class description.

Women's Study Meets every other Wednesday Night. If you want to explore more about the process - join us. As we've seen character is built thru pain and then you see the fruit of it and then the fruit must be pruned and so on - It is a PROCESS! Learning to identify milestones along the way is both necessary and encouraging. The group is currently exploring insights and practical wisdom to let the process just be and learn to just be in it. Sounds awful doesn't it, just kidding, it will be GREAT, please join us for this free class. Email [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) for more information.

## **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 the link 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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