



- I. Huddle Up - What If You Were Found Out?
- II. Pep Talk - Monthly Quotes
- III. MVP Award - Profiling successful people choosing balanced living - Keith Ferrin
- IV. Game Schedule - Team Development and Life 301 Class - start this week
- V. On 3 - Ready...1,2,3 - BREAK

I. Huddle Up - What If You Were Found Out?



Poser! You are a poser. What you feared might happen, has: You've been found out! So you can come out of hiding now. Face the fact that someone knows the truth: you're faking it!

If this happened to you, how would you feel? Shock, horror and embarrassment at first. Then the next emotion I think you might experience is relief.

Why relief? Because we all carry that nagging feeling around with us that we're posers*—and being caught would give us space to be accepted at our most vulnerable place.

I have found that men battle with feeling like a fake a bit more than women. But the truth is, we all wrestle with it, even though it shows up differently for all of us.

Your coach is no exception. Every week, someone asks me what I do. I just look at them and think to myself, *Ugh here we go...which do you want to hear? Life coach, motivational speaker, butt-kicker, truth-teller...I don't know, people pay me to talk!* However, out of my mouth comes some eloquent form of Coach-Speak and it sounds so good that they go on to ask, "Really, how did you get into that?" After I tell the story, I cringe inside as I imagine them thinking, *I can't believe she gets paid to do that!*

Well, the reality is, I can't either! I've been doing what I'm doing since I was in the 7th grade. I attended a very small private school where my lunch hours were often occupied with coaching two senior guys on their relationships. I was a consultant to the principal, and I finished the year giving the keynote graduation address...at age 13.

Sometimes we feel like a poser because we're really good at what we do and just can't believe it. Sometimes we're moving forward so fast that we're in a little over our heads, like being out over our skis. Either way the feeling is, *someone is going to figure out I have no idea what I am doing—and I'm the leader!*

Leaders are never satisfied, want more, and always look to improve. That requires adventuring into the new territory with boldness. For example, I have dozens of clients who as entrepreneurs have mastered a skill or product and built a successful business around it. Now they have to do something new, like managing people and growing a business. They find themselves feeling like they're "posing" as a successful person or CEO or whatever title they claim. No matter how hard they work, they can't shake the fear that someone is going to discover *they don't have it all figured out and don't deserve to be here.*

But here's the key: It is not hypocritical to act a way you truly want to be. If I want to be a more patient person, I picture how a patient person acts and start doing what they do—minus the curse words. That *fake-it-'til-you-make-it* spirit is an okay place to start at, **IF** you're being honest with yourself.

So, fellow recovering poser, if you face your fear with emotional intelligence and humility, you will succeed. If you continue with a false arrogance based on old-school thinking that you're due respect *because* of your position only, you'll fail.

When you are on the road to self-discovery with humility and a deep desire to fulfill your purpose in life, you can *lay down the fear of being a poser*. The greatest thing you can do to be authentic is to discover your strengths, use those strengths to help others, and then live confidently that you are only required to be the best YOU. No more and certainly no less. Stop posing – we love and accept the real you!

Be You. Be Real. Be the Best you can Be...today!
Shandel

**Poser is defined as "A person who acts in an affected manner in order to impress others." Affected is defined as, "Influenced or touched by an external factor."*

*** There are posers and then there are imposters. Imposters are the posers who are deliberately using the system and people for their own selfish gain and are what I call "uncoachable." I am not talking about these insecure ones.*

II. Pep Talk - Monthly Quotes

"What we do in life, echoes in eternity." - Russell Crowe, in The Gladiator

"Freedom to be your best means nothing unless you're willing to do your best." - Colin Powell

"Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real." "Does it hurt"? asked the Rabbit. "Sometimes," said the Skin Horse, for he was always truthful. "When you are Real you don't mind being hurt." "Does it happen all at once, like being wound up," he asked, "or bit by bit?" "It doesn't happen all at once," said the Skin Horse. "You become. It takes a long time. That's why it doesn't often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very nappy. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand." from THE VELVETEEN RABBIT

III. MVP Award - Profiling successful people choosing balanced living - Keith Ferrin



There are many wonderful things I want to say about this month's MVP, but two unique things stand out for me about Keith Ferrin. First, I dig Keith because he so lives what he believes that I honestly don't think he needs a coach. Keith so deeply gets the concept of balance that he understands you can never have it and yet I have never met someone with as much balance as he LIVES. Second, his heart for people was so evident that within 20 minutes of our first meeting, I thought he must be a part of TLC - TODAY. On the way to proving my intuition, Keith has surpassed my expectations and has indeed been an asset to the team. He has had great success as a Life 301 coach and you'd be a lucky man (or woman) to take a class from him one day. Please enjoy and admire with me - Keith Ferrin.

Here's Keith...

Every once in a while, I sit back and look at the way details, conversations, ideas, and events have been woven together to bring about an amazing result. I had one of those moments as I began to reflect on the last two years and where I am today.

I have been traveling as a speaker, trainer, and storyteller for almost 10 years. Most of these events have been at conferences, churches, camps, etc. However, in the last couple years I've had an increasing number of conversations with men and women in the corporate world. I saw a steady theme running through these conversations – "How do I integrate my values, purpose, and faith into every aspect of my life – work included?" I began to process this more intentionally and found that thinking in terms of "integration" really resonated with me – and many people I talked to.

During several of these conversations, I had people ask me if I ever thought of doing life coaching. A little over a year ago, I was having coffee with a friend and talking about this very idea. At one point in the conversation he said, "I know a woman you need to meet." A week later I was sitting at a Starbucks across the table from Shandel. Little did I know that two months later I would be enrolled in Life 301. Not only that, but 6 months later I would be facilitating a Life 301 workshop!

Discovering my own needs and values, setting purposeful goals, defining what true success is for me, and learning to

integrate all of these into a life lived with greater intentionality and passion has been a journey I wouldn't trade for anything. The fact that I now get to walk alongside individuals, groups, and companies on that same journey of discovery is something for which I am grateful, humbled, and tremendously excited.

With you and for you...
Keith

IV. Game Schedule - Team Development and Life 301 Class - start this week

Team Development - 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? If not, I am totally focused on getting your team fully functional and am offering a significant discount to anyone who contacts me before February 14th. Enough said.

Life 301 Class - start this week...Are you Ready?

Okay you posers listen up - it's your chance to get real, to be you and to make a move. It's your life and it is time to take it higher. Life 301 workshops are designed to jumpstart you in 90 days with six sessions to clarify who you are and where you are going.

3 classes start this week

January 31 in Monroe with Melinda Knight
February 1 in Bellevue with Keith Ferrin
February 6 in Bellevue with Shandel Slaten

New phone class starts in March!

Okay, so you are one month into 2006 - what has changed for you that you proud of and adds purpose and meaning to your life? Have you made the steps forward you hoped to by now?

My dad once said to me, "Sis, you'll keep gettin' whatch'er gettin' if you keep doin' whatch'er doin'" That was a cowboy version of what Albert Einstein said: "It's insanity to keep doing things the same way and expect a different result."

No shame here - it's just time to stop hoping, striving, and suffering....and DO SOMETHING FOR YOU! :)

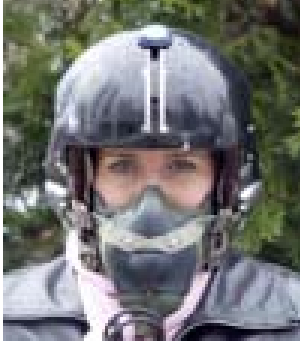
Sign up today!

[Download brochure here](#)

www.life301.com

[More on 301 and testimonials](#)

I. Huddle Up - What If You Were Found Out?



Poser! You are a poser. What you feared might happen, has: You've been found out! So you can come out of hiding now. Face the fact that someone knows the truth: you're faking it!

If this happened to you, how would you feel? Shock, horror and embarrassment at first. Then the next emotion I think you might experience is relief.

Why relief? Because we all carry that nagging feeling around with us that we're posers*—and being caught would give us space to be accepted at our most vulnerable place.

I have found that men battle with feeling like a fake a bit more than women. But the truth is, we all wrestle with it, even though it shows up differently for all of us.

Your coach is no exception. Every week, someone asks me what I do. I just look at them and think to myself, *Ugh here we go...which do you want to hear? Life coach, motivational speaker, butt-kicker, truth-teller...I don't know, people pay me to talk!* However, out of my mouth comes some eloquent form of Coach-Speak and it sounds so good that they go on to ask, "Really, how did you get into that?" After I tell the story, I cringe inside as I imagine them thinking, *I can't believe she gets paid to do that!*

Well, the reality is, I can't either! I've been doing what I'm doing since I was in the 7th grade. I attended a very small private school where my lunch hours were often occupied with coaching two senior guys on their relationships. I was a consultant to the principal, and I finished the year giving the keynote graduation address...at age 13.

Sometimes we feel like a poser because we're really good at what we do and just can't believe it. Sometimes we're moving forward so fast that we're in a little over our heads, like being out over our skis. Either way the feeling is, *someone is going to figure out I have no idea what I am doing—and I'm the leader!*

Leaders are never satisfied, want more, and always look to improve. That requires adventuring into the new territory with boldness. For example, I have dozens of clients who as entrepreneurs have mastered a skill or product and built a successful business around it. Now they have to do something new, like managing people and growing a business. They find themselves feeling like they're "posing" as a successful person or CEO or whatever title they claim. No matter how hard they work, they can't shake the fear that someone is going to discover *they don't have it all figured out and don't deserve to be here.*

But here's the key: It is not hypocritical to act a way you truly want to be. If I want to be a more patient person, I picture how a patient person acts and start doing what they do—minus the curse words. That *fake-it-'til-you-make-it* spirit is an okay place to start at, **IF** you're being honest with yourself.

So, fellow recovering poser, if you face your fear with emotional intelligence and humility, you will succeed. If you continue with a false arrogance based on old-school thinking that you're due respect *because* of your position only, you'll fail.

When you are on the road to self-discovery with humility and a deep desire to fulfill your purpose in life, you can *lay down the fear of being a poser.* The greatest thing you can do to be authentic is to discover your strengths, use those strengths to help others, and then live confidently that you are only required to be the best YOU. No more and certainly no less. Stop posing – we love and accept the real you!

Be You. Be Real. Be the Best you can Be...today!
Shandel

**Poser is defined as "A person who acts in an affected manner in order to impress others." Affected is defined as, "Influenced or touched by an external factor."*

*** There are posers and then there are imposters. Imposters are the posers who are deliberately using the system and people for their own selfish gain and are what I call "uncoachable." I am not talking about these insecure ones.*

II. Pep Talk - Monthly Quotes

"What we do in life, echoes in eternity." - Russell Crowe, in The Gladiator

"Freedom to be your best means nothing unless you're willing to do your best." - Colin Powell

"Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real." "Does it hurt?" asked the Rabbit. "Sometimes," said the Skin Horse, for he was always truthful. "When you are Real you don't mind being hurt." "Does it happen all at once, like being wound up," he asked, "or bit by bit?" "It doesn't happen all at once," said the Skin Horse. "You become. It takes a long time. That's why it doesn't often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very nappy. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand." from THE VELVETEEN RABBIT

III. MVP Award - Profiling successful people choosing balanced living - Keith Ferrin



There are many wonderful things I want to say about this month's MVP, but two unique things stand out for me about Keith Ferrin. First, I dig Keith because he so lives what he believes that I honestly don't think he needs a coach. Keith so deeply gets the concept of balance that he understands you can never have it and yet I have never met someone with as much balance as he LIVES. Second, his heart for people was so evident that within 20 minutes of our first meeting, I thought he must be a part of TLC - TODAY. On the way to proving my intuition, Keith has surpassed my expectations and has indeed been an asset to the team. He has had great success as a Life 301 coach and you'd be a lucky man (or woman) to take a class from him one day. Please enjoy and admire with me - Keith Ferrin.

Here's Keith...

Every once in a while, I sit back and look at the way details, conversations, ideas, and events have been woven together to bring about an amazing result. I had one of those moments as I began to reflect on the last two years and where I am today.

I have been traveling as a speaker, trainer, and storyteller for almost 10 years. Most of these events have been at conferences, churches, camps, etc. However, in the last couple years I've had an increasing number of conversations with men and women in the corporate world. I saw a steady theme running through these conversations – "How do I integrate my values, purpose, and faith into every aspect of my life – work included?" I began to process this more intentionally and found that thinking in terms of "integration" really resonated with me – and many people I talked to.

During several of these conversations, I had people ask me if I ever thought of doing life coaching. A little over a year ago, I was having coffee with a friend and talking about this very idea. At one point in the conversation he said, "I know a woman you need to meet." A week later I was sitting at a Starbucks across the table from Shandel. Little did I know that two months later I would be enrolled in Life 301. Not only that, but 6 months later I would be facilitating a Life 301 workshop!

Discovering my own needs and values, setting purposeful goals, defining what true success is for me, and learning to integrate all of these into a life lived with greater intentionality and passion has been a journey I wouldn't trade for anything. The fact that I now get to walk alongside individuals, groups, and companies on that same journey of discovery is something for which I am grateful, humbled, and tremendously excited.

With you and for you...
Keith

IV. Game Schedule - Team Development and Life 301 Class - start this week

Team Development - 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? If not, I am totally focused on getting your team fully functional and am offering a significant discount to anyone who contacts me before February 14th. Enough said.

Life 301 Class - start this week...Are you Ready?

Okay you posers listen up - it's your chance to get real, to be you and to make a move. It's your life and it is time to take it higher. Life 301 workshops are designed to jumpstart you in 90 days with six sessions to clarify who you are and where you are going.

3 classes start this week

January 31 in Monroe with Melinda Knight
February 1 in Bellevue with Keith Ferrin
February 6 in Bellevue with Shandel Slaten

New phone class starts in March!

Okay, so you are one month into 2006 - what has changed for you that you proud of and adds purpose and meaning to your life? Have you made the steps forward you hoped to by now?

My dad once said to me, "Sis, you'll keep gettin' whatch'er gettin' if you keep doin' whatch'er doin'" That was a cowboy version of what Albert Einstein said: "It's insanity to keep doing things the same way and expect a different result."

No shame here - it's just time to stop hoping, striving, and suffering....and DO SOMETHING FOR YOU! :)

Sign up today!

[Download brochure here](#)

www.life301.com

[More on 301 and testimonials](#)

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 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!

GO SEAHAWKS!!!!

Shandel Slaten
Your Life Coach
truelifecoaching.com

206 718 6914

truth | change | life