



## The Coach's Time Out

with Shandel Slaten



### I - Huddle Up

One of the greatest challenges we face is...fear. Fear has an interesting place in life as both a curse and a blessing. It keeps us from reaching our highest potential and it keeps us from doing really dumb things (i.e. my brother, who has no fear, bridge-jumping and bursting his ear drum.)

In my coaching practice, I find one of the main reasons people do not reach their goal is some form of fear. I am working with one client who has a fear of success and one who has a fear of failure. Interestingly enough, the result of these polar fears were identical – the inability to move toward what they really desired to accomplish. They were STUCK, because they allowed fear to block the next step.

Fear has been defined as - False Evidence Appearing Real and is quickly identified with the famous, "Well, what if..." statements. For example, take a child who is too fearful to learn to ride a bike, "What if I fall?" As an adult, we know that this may indeed happen so we extend all the support we can to keep it from happening and then offer comfort when it DOES happen. However, the lifelong skill of riding a bike is worth the little skinned up knee in the beginning, isn't it?

Ambrose Redmoon said, *"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."*

Fear is not the problem as much as the value we assign to it. A healthy fear can be defined as "reverence or awe" – fear of gravity or fear of God. After suffering from Chronic Fatigue for two years, I have a healthy fear (respect) of my body's limitations. I dare not push myself beyond a certain point for I know the result - UGH! Are you allowing fear to block your progress or open the door to new opportunity?

### II - Pep Talk

*"Huge waves that would frighten an ordinary swimmer produce a tremendous thrill for the surfer who has ridden them. Let's apply that to our own circumstances. The things we try to avoid and fight against--tribulation, suffering, and persecution--are the very things that produce abundant joy in us." ~ Oswald Chambers*

*"A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be." ~ Tom Landry*

### **III - Next Play**

Upcoming events. Please feel free to email [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) for more information.

May 20 – Taping TV Pilot. Fisher Entertainment has asked me to do a 30-minute TV segment on coaching Generation X.

May 22 – Women’s Study in Seattle – meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Night of the month. Currently, we are studying the book and life of Queen Esther.

May 21/28 – Monday night at 6:00pm book discussion on “The Prayer of Jabez” – the book is currently #1 on the New York Bestsellers list. This is a free class open to anyone who has read and enjoyed the book.

June 6/13 – “How to have a great relationship with your teen” – parenting workshop at the Bellevue Athletic Club. Two consecutive Wednesday Nights.

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

Thank you for taking the time to read this first edition of TIME OUT. If you would like to receive TIME OUT each month, send an email to [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) with the word SUBSCRIBE or “I’m in” in the subject line. Please feel free to pass this newsletter on to your friends and others who may benefit from it.

*Life’s a blast – go for the extra point!*

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