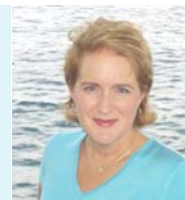




The Coach's Time Out

with Shandel Slaten



I - Huddle Up - What is your Love Language?

How Full Is Your Tank?

Last week, someone asked me what my worst subject in school was, "Easy, foreign language – my brain doesn't think that way and it frustrates me." Many of you reading this are fluent in more than one language and I greatly admire your talent. However, I find that even bi-lingual people prefer to communicate in their primary language. So it is with our primary Love Language. WHAT? I know it sounds weird, but stay with me. Dr. Gary Chapman wrote a book entitled, "The Five Love Languages" which I often recommend to clients in search of richer relationships at home and the office. We each have our own love language by which we hear "I love you" or "I appreciate you" the clearest and loudest. The problem is we naturally assume people communicate love and appreciation in the same manner and that is simply not true.

For you get to the point – here are the five love languages:

Words of Affirmation
Receiving Gifts
Quality Time
Acts of Service
Physical Touch

Here is why it so important...We all have an emotional tank that needs to be filled. Think of it as a bank. Every interaction you have is either a deposit or a withdrawal in that person's emotional bank. If there are plenty of deposits then an occasional "off-the-cuff" remark or forgetting to take out the trash (i.e., withdrawal) won't break the bank. However, if there is a constant drain of resources without the regular deposits – you've got "Insufficient Funds." Your checks soon bounce and the fees start piling up FAST! When you come home late one day and your spouse goes ballistic on you and it makes no logical sense as to the reaction, chances are you have not been saying "I love you" in a way that they understand. You've been issued an "ISF" and you'd better make a deposit quick!

I find that at first it is uncomfortable to love or show appreciation to another person in a language you are not comfortable with. I don't necessarily like to go rake leaves with my mom at the elderly neighbor's house (Acts of Service). Instead, I try to show my mom I love her by calling her all the time and telling her how wonderful she is (Words of Affirmation). I want her to do the same...instead she cooks all my meals while I am on vacation (Acts of Service). If I am not careful I won't see my mom screaming "I love you" in her service, because I hear it better with words and want it said that way. Trying to communicate love or appreciation to someone who has a different love language than you do can be like a Chinese-speaking person trying to communicate with a French-speaking person. It takes time and effort to learn to "speak" the other person's love language and to interpret their different love language for what it is: love.

Most couples have different love languages. Fortunately, unlike my Spanish, you can learn another language and begin communicating in it today. Be warned, it isn't easy at first. It will never be as crisp and clear to you as when you hear "I love you" in your native tongue (preferred love language). However, it is in our best interest to learn what the primary love language is of our spouse, children, family, coworkers, and friends. When we learn to speak it, we honor them and we can make sure we are filling their tank with words and/or acts they understand to be love or appreciation, allowing them to thrive in life. This is especially important with your children. To learn how they need to be loved and what love language they hear and respond can be key to their emotional intelligence.

This isn't rocket-science but it is fascinating and the good thing about it is you don't have to take one of my assessments to figure it out! Just ask yourself a few good questions about when you felt the most loved? How do you express love to others? What fills your tank? As you work on this as a family – you'll be amazed at the quick way you can build up your deposits and open the door for rich communication.

II - Pep Talk - Monthly Quotes

"Let no one ever come to you without leaving better and happier." ~ Mother Teresa (1910-1997)

"Brains, like hearts, go where they're appreciated." ~ Robert McNamara

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." ~ Dale Carnegie

"I am convinced that life is ten percent what happens to me and ninety percent how I react to it. And so it is with you. . We are in charge of our attitudes." ~ Chuck Swindoll

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future". ~ Deepak Chopra

III - MVP Award - Profiling successful people choosing balanced living

Alexander Lee is this month's MVP because he has totally blown me away in the way he has pursued his passion and built a profitable business in less than a year. I have watched a person re-create himself and become a balanced success. His quiet spirit screams care and genuine concern for his clients. This gift has allowed him to find his purpose and mission which is realized at work and at home. How cool is that! You'll love his story.
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Here's Alex...

A few years ago I was at a place of complacency. I had been a financial advisor since 1992 and I had grown comfortable with where I was and what I was doing. My clients were happy, I was doing well and I enjoyed my work. I worked in a great office and my co-workers were like family to me. It was very a very comfortable routine. But I had this thing inside of me that just didn't feel like things were right.

That thing kept on growing and growing inside of me and I started to really do some soul searching. I began to realize that I was growing stagnant and I was really shriveling up inside. I tried to ignore it, but finally things reached a point where I just had to make some radical changes in my life, both personally and professionally. The place I was at had really stifled my growth and kept me from realizing my potential. The scary thing was that I hadn't realized it for the longest time and before I knew it I had put in 10 years at my company.

I turned in my notice and basically walked out the door with nothing except my address book and the personal relationships I had with my clients over the years. It was one of the toughest decisions I've ever had to make, but once the decision put into action, I felt like a huge burden had been lifted from my shoulders and I was free. Sure I was free, but I had no job, no source of income and was basically starting from scratch with my business.

I knew that in order for me to really grow and discover who I really was. I needed to have some guidance and coaching. I met with Shandel at a coffee shop in the Madison park area to see if she would be able to help me through my journey. I had never had a coach before, but I knew I needed help to clarify, focus and address issues in my life that I couldn't figure out in isolation.

As we went about rebuilding my financial planning practice from the ground up, Shandel was there to help guide me with insightful input, spiritual support, tough questioning and practical ideas. I was able to realize some of the 'tapes' that I had been playing in my head that were boxing me into certain behaviors that were choking me personally and professionally. We went about creating foundations, systems and boundaries for my business and my personal life that have helped me experience amazing growth in all areas of my life.

My business has been reestablished in less than a year and I'm doing better than I ever have before, in spite of one of the worst bear markets in history. I've had more client referrals this past year than any year in my business history. I have a love of life that I didn't even realize I was capable of. My relationship with my wife has improved and grown.

Most importantly I feel like I am moving forward and growing into the person I am designed to be. Life is no longer routine and stagnant, it is challenging and dynamic. I still have my struggles and days where things seem overwhelming, but the coaching that Shandel has given me and the tools and processes we have developed together helped me get through them and continue to make progress. It is so great to have a restart in life and be back in the game!

~ Alexander Lee

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 send an email to ss@truelifecoaching.com with the word SUBSCRIBE.

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

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