



The Coach's Time Out

with Shandel Slaten



- I. Huddle Up - Leadership that is purpose-filled
- II. Pep Talk - Monthly Quotes
- III. MVP Award - Profiling successful people choosing balanced living - See Survey
- IV. Game Schedule - Upcoming Events

I. Huddle Up - Leadership that is purpose-filled



The continual pursuit of excellence in leadership fascinates and inspires me. In my simple way, I have observed there are flashy firework leaders and steadfast star leaders. The firework leaders are ones that come out with a bang, a spark, and a flash of brilliance that "ooooos" and "aaaaahs" the crowds as they are mesmerized by the exciting new light in the sky. All attention and admiration is completely focused on the show and the star-filled sky is forgotten and disregarded while the fireworks display their magic. However, the fireworks quickly die out and fade away after their burst of showmanship. Meanwhile, the stars still shine as they always have and provide consistent, steady, predictable beauty and guidance. Did you ever hear of someone navigating through stormy seas by fireworks? No, that's ridiculous. Neither do people depend on firework leaders when they really need guidance and effective direction. Simili ar to the sailor, we look to the steadfast stars to bring us through the turbulent times in our own personal or corporate lives.

How then are star leaders born, or shall I say bred? I think it is through experiencing brokenness, being teachable, and enduring trials that people gain the lasting confidence, strength, and character required to be an effective leader. If you had the opportunity to see the latest Lord of the Rings movie, Return of the King, you will recall Aragon's sword, Narsil, which lie in pieces. At just the right time, the sword was subjected first to the blazing melding fire and then to pounding of the hammer. Over and over it endured the trials of heat, pressure, and beating, but every blow was purposeful and every minute in the fire was refining the sword that it could be used for a higher purpose. That sword was a symbol of leadership. Was it any less valuable broken? I say no. Its value and worth were always there; lying latent, waiting for the opportunity to be made whole and useful. What it lacked was purpose and guidance on how to be used for the common good.

Like Aragon's sword, I believe that only after you've been broken and endured refining fires and molding trials do you possess the confidence to lead forth with purpose and a true sense of usefulness. Otherwise, you may try to imitate the strength you believe a leader SHOULD have from all those books you've read and try to "act" like a leader with purpose, but you know the truth: your efforts resemble the fireworks or short bursts of light more than the lasting, steady brilliance of the stars. You're not fooling anyone and here's a sample list of what may be giving your firework show away: arrogance, "feeling" powerful, demanding to be served, out of control emotions, putting others down so you can feel better about yourself, and the need for more, more, more. Believe me if you've fooled them at the office, you haven't fooled them at home. Oh people may "oooo" and "aaaah" for awhile and serve you out of fear, but soon the flash

of lights will fade and once the show is over (and someday the show will be over) those you thought your fans will sigh with relief to be free from the tyranny. They will look for that leader who is a bright shining star that will humbly and confidently lead them toward "true north."

As we enter this New Year, be honest with yourself and evaluate if you are more like a firework or a star leader to those looking up at you? What can you do in this next year to be teachable, "coachable" (if you will) and moldable so that you won't miss the opportunity to become a leader with purpose and be used for the good of all mankind? Maybe you've so confused flashes of light for true success that you're not sure where you're headed or if people are following or if they are, in which direction the ship is sailing. Slow down, breathe, get help, relax, and listen. Look up from your daily routines and busyness, find the big dipper, and then follow it to the North Star. You'll always find true north if you look up from where life has you and make the effort to seek guidance or tools necessary to persevere through trials and the wisdom required to be a purpose-filled leader.

[more on leadership here...](#)

II. Pep Talk - Monthly Quotes

"Poor performance anywhere in the ranks is just a symptom of poor leadership. Poor communication is just a symptom that our leadership is falling apart." - Sheriff Patrick O'Flynn

"The bottom line is that leadership shows up in the inspired action of others. We traditionally have assessed leaders themselves. But maybe we should assess leadership by the degree which people around leaders are inspired." - Dr. Jack Weber

"The most dangerous leadership myth is that leaders are born - that there is a genetic factor to leadership. This myth asserts that people simply either have certain charismatic qualities or not. That's nonsense; in fact, the opposite is true. Leaders are made rather than born. Failing organizations are usually over-managed and under-led." - Warren G. Bennis

"Men make history, and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better." - Harry S. Truman (1884 - 1972)

III. MVP Award - Profiling successful people choosing balanced living - See Survey



THIS MONTH IT IS YOU!!

Greetings to each MVP reader of THE COACH'S TIMEOUT! The subscription list has topped 1,000 and I want to thank you for your faithful support and encouragement. If you've been a subscriber for a while, I trust you have taken a nugget or two and applied it, correct? That makes you a person one step closer to balanced living - so congratulations for being a Most Valuable Person.

Now it is time to hear from you on how to improve this newsletter. I would greatly appreciate you taking the time to complete this quick survey so I know how to serve you better in 2004.

(...since my mom has read every issue - she gets her picture in as she is my MVP always)

It only takes a moment...

[PLEASE ... click here to take the survey - THANK YOU!](#)

IV. Game Schedule - Upcoming Events

In The News The latest issue of The Issaquah Destination features a great article on personal coaching. You'll find myself and a few of my colleagues quoted... and a few "Shandelisms" that will make your laugh.

Women's Study Ramps Up Jan. 28th God loves the process and I hate it! Pretty much the theme of my life - I hate to wait and it seems that I am always in need of "patience." So our faith-based women's group will be 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 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 with the word SUBSCRIBE.

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

Shandel Slaten
Your Life Coach
206-860-7677
ss@truelifecoaching.com

[Click here for The Dream Giver Book](#)