



The Coach's Time Out

with Shandel Slaten



I - Huddle Up - "Are you at peace..."

Are you a peace-lover or a peace-maker? During this time of war peace seems to be at the forefront of our minds, but what about peace that hits a little closer to home? I am talking about that inner peace in our relationships with our spouse, family, co-workers, and especially our own selves – the only peace we can truly control. Remember a few months ago, we discussed the rapturous feeling of relief? Peace is often the other feeling we all long to experience and yet fall short of truly tasting of it for more than a moment.

A good friend of mine sent me a quote written over 50 years ago by one of my favorite commentators William Barclay. I could instantly see the application both nationally and personally, when he shared his thoughts on the old adage, "Blessed are the peace-makers." Regardless of how you feel about the war, I want you to consider peace in your relationships at home, the office, and your friendships. Take a moment and digest Barclay's quote:

"The blessing is on the peace-makers, not necessarily on the peace-lovers. It very often happens that if a man loves peace in the wrong way, he succeeds in making trouble and not peace. We may, for instance, allow a threatening and dangerous situation to develop, and our defense is that for peace's sake we do not want to take any action. There is many a person who thinks that he is loving peace, when in fact he is piling up trouble for the future, because he refuses to face the situation and to take the action which the situation demands. The peace...(which is called) blessed does not come from the evasion of issues; it comes from facing them, dealing with them, and conquering them. What this statement demands is not the passive acceptance of things because we are afraid of the trouble of doing anything about them, but the active facing of things, and the making of peace, even when the way to peace is through struggle."

Let me ask you again – are you a peace-lover or peace-maker? Our current national situation is complex and confusing ... so let's focus on what peace means in our day to day lives. It is natural and easy to cover up problems in order to "keep the peace," but a peace-maker with a vision of true and lasting peace will enter the struggle of painful conflict to achieve the end result. In an effort to avoid conflict in a key relationship, have you ever settled for momentary peace, but the end resulted in trouble, sorrow and inner turmoil?

An example from my home is ONCE as a preteen I used a disrespectful tone with my mom. Instantly, she took assertive action and confronted me that I would NEVER speak to her like that again. She was a peace-maker in that moment. Had she been merely a peace-lover she may have said nothing to avoid the conflict, but would have set herself up to deal with that tone for the rest of her life driving a wall between us. By nature, people avoid pain and that is a good thing, except when it comes to issues that destroy lasting peace.

My efforts to help people resolve conflict have led me to the belief that unfortunately not everyone wants to be a peace-maker. It takes a person who is in pursuit of greatness and desires to leave a legacy in their home and in this world. IT IS NEVER EASY! Becoming a peace-maker is synonymous with being a person of integrity. It is a skill you must learn. Peace is not confronting for confrontation sake, but instead it must be done with correct motive, in love and with humility or you'll create an ever deeper problem for yourself and others. Is there a time to just glaze over offenses and "let it go" or choose your battle? Of course, (and often) but only when forgiveness can easily be granted and the offense forgotten. The goal is having that inner peace. One suggestion for application is to use the media to remind you to personally take one step today beyond loving peace to making peace in a relationship with someone you love.

II - Pep Talk - Monthly quotes

You cannot escape the responsibility of tomorrow. By evading it today. ~ Abraham Lincoln

“The past is over, forget it. The future holds out hope, reach for it.” ~ Charles R. Swindoll

“Worry does not empty tomorrow of its troubles—it only empties today of its strength.” ~ Unknown

That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. ~ Chinese Proverb

III - MVP AWARD - Profiling successful people choosing balanced living

I would like to introduce to you this month's MVP, Jami Martz of Tappahannock, VA. Jami and I have never met in person as all of our work has been on the phone, but she has blessed me over the years with her big heart. She is the agricultural field in a small farming community and she is making her mark fast! Jami made little choices along the way to make big things happen. It's all about action and she has all the potential in the world, therefore it is my pleasure to introduce her to you as this month's MVP.



Here's Jami...

The coaching experience has been the most productive of my life!! I came to Shandel two years ago, miserable in my job, living in a new area, suffering from seasonal affective disorder (the winter blues), and grieving the recent, sudden death of my closest friend. Through the step-by-step approach of breaking down the overwhelming reconstruction of my life into manageable pieces, I am a new woman!

The results are astounding! After 2 months, I had secured a new job, which I still love. At 3 months, I became involved in community organizations which have rewarded me with a new network of friendships that will endure and strengthen for the rest of my life. At 4 months, I started a side business that continues to serve as an enjoyable hobby. After 8 months of intense personal focus, I felt my grief wash away. By 11 months, I had lost 15 pounds. And now, 2 years and 3 months later, I have just earned a HUGE promotion into the position of the supervisor who hired me 2 years ago!!

Without my coach right there beside me, urging me on towards success every step of the way, I would never have had the courage to come so far so fast! When you give 100% to your work with Shandel, amazing things will begin to happen...the only question I have for you is, *are you ready?*

~ Jami Martz

IV - Game Schedule -

This month we are highlighting: Corporate Training and Coaching.

Do you know why there is conflict at your office?

Does each person know their value in the company?

Are your teams high functioning with little management required?

Has the recent change in your business caused stress and underlying fear?

If you answered yes to any of the above..

You may consider contacting shandel@truelifecoaching.com to ask about designing a program that meet your company's need. Consider of our half-day workshops to help build your teams.

The workshops are based on the two communication style assessments that help each participant gain a deeper understanding of how he or she interacts with others and why he or she faces challenges when attempting to communicate with a co-worker who has a different style. The assessments are debriefed in a group setting in order to encourage understanding of all styles and to create an enhanced appreciation of the strengths offered by each team member. This results in direct return on investment for the organization.

We also use the assessments with individuals who deserve a coach and would like to get keep the edge or get their edge back in their business.

Check out the ever improving website at: www.truelifecoaching.com

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 or "Put me in".

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

You are loved,
Shandel

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