



The Coach's Time Out

with Shandel Slaten



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I. Huddle Up - Have You Hit A Self-imposed Ceiling?



"The gulf who flies highest, sees furthest." - Richard Bach

I don't know about you, but I really dislike (HATE) it when I am cruisin' along doing great, accomplishing goals, thriving in relationships and then all of a sudden something hits me out of the blue and completely throws off my game. A difficult person or situation or perhaps even my own fear keeps me from going in the direction I need to go. As an entrepreneur it REALLY disturbs me because my creativity drops, my optimism is squelched, and my heart feels heavy from the added pressure of not being sure how to get out of this funk. Sometimes roadblocks are healthy warning signs, but often they are ceilings that need to be pushed through and broken.

This lesson popped out for me as I recently went paragliding off Tiger Mountain and hit the top of the thermal. I was begging my guide to take me higher so I could see more and he said "We've hit a ceiling and so we're looking for a thermal disturbance so we can gain altitude." He pointed out the folks below in the same predicament. I carefully watched as they found their entry point (yes disturbance) and were bounced around a bit. But next thing I knew they were at eye level. Then he said "okay here we go" and the turbulence rocked us, but only for a moment compared to the smooth, calm air we hit as we rode the thermal up to higher altitude.

It is the same experience for us as we try to gain ground in life. If you want to go higher, see more scenery and sustain altitude you must understand the role that ceilings play. They are natural speed brakes in life for you to enjoy the journey and scenery at each level, but they often must be broken through. When it is time to go to the next level, you must step out of your comfort zone and usually experience some turbulence. Do not confuse the sudden jerk as a setback. It may be exactly what is needed to prepare you for the adventure that lies ahead. Perspective is key to having the patience and persistence required to conquer self-imposed ceilings. My paragliding instructor had to wait and search for the entry point out of our ceiling or we would have eventually descended.

Have you tried to go higher only to hit an invisible ceiling? Have you given up thinking you've hit your highest point, your top moment? It's a lie!!!! You will have to make the effort and perhaps endure uncomfortable disturbance, but you can go higher – yes you can. It was frustrating for me to wait for the thermal opening and difficult to recognize the temporary disturbance as the entry point to going higher. But it was totally worth the ride! May you say the same about your life. What ceiling have you imposed upon yourself? Find the

courage and wisdom to break through it today!

II. Pep Talk - Monthly Quotes

"Never look to the ground for your next step, for greatness belongs to those who look to the horizon." - Bud Greenspan, Olympic film maker and biographer

"Success is the ability to go from one failure to another with no loss of enthusiasm." - Winston Churchill

"I've read that I flew up the hills and mountains of France. But you don't fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else." - Lance Armstrong

"Explore the limits. What if you're the cheapest, the fastest, the slowest, the hottest, the coldest, the easiest, the most efficient, the loudest, the most hated, the copycat, the outsider, the hardest, the oldest, the newest, or just the most! If there's a limit, you should (must) test it." - Seth Godin, author of PURPLE COW

III. MVP Award - Profiling successful people choosing balanced living - Jeff Rogers



I should take a poll of how many already know Jeff Rogers as he has the gift of networking the coolest people together and leaves a positive impression wherever he goes. Seriously, after you walk away from this man you feel so much better about yourself. His vibrant zeal is contagious and he is one savvy business guy! I met Jeff for the first time at Kiros, an organization he founded, and instantly knew I had found a special friend. Here is a man who knows his priorities and like every other person who knows how to live a balanced, successful, happy life - there's a story and Jeff has a good one.

Jeff and his lovely wife, Amy, have three daughters; Lauren and Addyson born in Seattle and sweet adopt Camryn Tian, from China. Jeff's business is helping companies with strategy & execution to increase top-line revenue and new product or service launches along with a bunch of other cool stuff. With offices in Seattle, Portland, and San Jose - Jeff is one busy man and still he keeps his eye on the bigger picture and thus the MVP of the month. Jeff@oneaccordcorp.com

Here's Jeff...

We are encouraged to keep things, "in order": our career, social life, family, relationships, hobbies, etc. I thought I had that ideal "balance". I was raised in a good family. My mom was Seattle Seafair Princess, and my Dad a UW grad, Olympic athlete, and Seattle business owner. But when I was young I somehow convinced myself that love was something that could be earned through accomplishment & achievement. My parents divorced when I was in college, which unknowingly pushed me further into a workaholic with my job and activities. Thankfully I got a wake up call, but it was at the expense of many things that mattered most - specifically the missing out on the birth of my daughter - hearing the news "It's a Girl" from an airplane somewhere

between Chicago to Seattle. Talk about a reality check, thank goodness my amazing wife is a patient and forgiving woman.

I've learned that balance doesn't work because it implies equally offsetting activities. There is not enough time in the day to balance everything and do it all well. Instead, we must learn to integrate our values into all that we do and find ways to cut back on activities that are not in alignment with them.

Since my "awareness" moment, I have re-prioritized my values, deepened my faith in God, and started an organization that helps people integrate their values and career. There is much to learn, live, and experience, but I have a wonderful family and life has never been better!

- Jeff Rogers

[If you want to read more about Jeff and his whole story click here](#)

IV. Game Schedule - Current News and Upcoming Events

Until August 5th the Coach is unplugged and on vacation! Yes, it is the annual camp-out which inevitably results in a good newsletter topic for August. Be it bears in the camp to rescuing sinking boats! Who knows what's next. My assistant Jenny is available at Jenny@truelifecoaching.com - ALOHA!

August 26th - Breakfast Keynote at Kiros Many of you have asked when I will be speaking in a public setting where you can come hang out - well here is your chance. I am speaking to a non-profit organization at 7:00 AM on August 26th at Seattle Pacific University and you are welcome to join us if you choose. Sign up under events at www.kiros.org and then tell me you are coming and we can all sit together.

BE YOU CLASS to be offered in the Fall. It will be conducted via the telephone every other Tuesday evenings from 7:00-8:00 P.M. The cost is 295 for 6 sessions and only open to 8 clients. Reserve your spot today. For those in Seattle who want to meet live the cost is 395 and early registration required.

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.

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