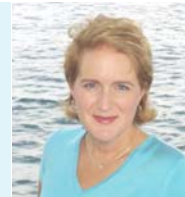




The Coach's Time Out

with Shandel Slaten



I - Huddle Up - Haste Makes Waste

"...what is slowly leaking under the surface of your own life?"

You know how everyone has a camping nightmare story, well I have one every year. This year it started by bailing water from a sinking boat. Let's just say the theme of this newsletter isHASTE MAKES WASTE!!! My friend, TG, had been working on his "warship" for months and finally it was "sea-worthy." Due to the difficulty and vastness of the boat, the owner insisted on a mid-week launch to avoid any possible embarrassment of the weekend onlookers. On Tuesday, they did the trial run only to find some leakage and other small problems, so back to dry dock it went. TG's trusted mechanic told him that he needed to get 2 pipes welded. Still in a hurry to avoid the self-imposed deadline, TG got a second opinion from some guy down at Napa Auto Parts who said, "nah, just put a silicon seal around 'er and she'll hold." The quick fix won out and the boat was launched on Friday morning.

Relieved the boat was finally in the water, TG stayed long enough to test and make sure that the leak was fixed. However, all night long he had this nagging thought to go up and check the boat. As fate would have it he didn't go because he was too exhausted from "hurrying" to get the thing in the water. Sure enough Saturday morning, he gets a call that his boat is sinking – so we all pile in the trucks and tear up to the lake only to find the entire boat underwater with only the American Flag showing. It is a long story of how we got that thing out of the water, but let me just tell you the crowd watching us rescue the boat was vast and quite humored. The same people he had tried to avoid were now taking pictures and making jokes while they downed their Coronas fully entertained.

How many times do we find ourselves in similar situations? We get our mind so set on something that we don't or we won't listen to the warning signs. "The great idea" or "this big new client" becomes our obsession and we innocently begin to focus exclusively with the thought that ... as soon as I get this done, then I'll _____(you fill in the blank.) TG was so concerned on having the boat for the family weekend and not being embarrassed, that he didn't listen to the trusted people in his life and worse yet, he didn't listen to himself and his own intuition. In my work with entrepreneurs who are quickly trying to solve a problem, I ask them what their gut tells them and then what their spouse or family has advised. I find that when they are so overwhelmed with self-imposed expectations and deadlines that they are not listening to either. What follows shortly is that first an exhaustion sets in from working the obsession, then a haste to get the deal done and over with, and what results is sadly familiar to TG's boat...sunk, embarrassed, and out of commission.

It is easy for TG to read this story and see how a small delay of one day to fix the leak correctly is obviously the best choice...hindsight is always 20/20. What's not so easy or funny is what may be slowly leaking under the surface in your own life. You may laugh at the boat, but remember there was no sign of leakage when he was observing the boat. It sunk when he wasn't looking and by the time someone noticed it was too late, the damage had been done.[this sentence is really long] May you slow down your pace and listen to that small voice inside telling you where the leaks in your life are so that you do not damage the very things that bring the greatest joy.



II - Pep Talk - Monthly Quotes

"Why is there never time to do it right the first time, but always time to do it right the second time." ~ My dad quoting an old Navy Proverb.

"Trust your instincts. Your mistakes might as well be your own instead of someone else's." — Billy Wilder

"An optimist is one who makes the best of it when he gets the worst of it." ~ Laurence Peter

"Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." ~Arnold Schwarzenegger

"Although people will pay to fix their stress, they are not about to change the lifestyle that is causing it. ~ David McCasland

III - MVP Award - Profiling successful people choosing balanced living



Ms. Sonya Sack is this month's MVP and not only is she one of the best dental hygienist in town, but also a dear friend of mine. Sonya was in my very first group coaching class and has proven that once you decide what your values and needs are - you can have it all. She is an example of someone who has totally taken charge of her own life and made great things happen for herself and others.

Here's Sonya...

A faithful reader of The Coach's Time Out, I have secretly always wanted to be found worthy of being MVP. Every month I read the newsletter and think...I've changed a lot but maybe not quite enough! Then I realized there were a few outward changes but mostly monumental inward changes. Life was good before, but now it is GREAT. Shandel has been a catalyst for many hard but positive changes and has inspired me to be the best when I wasn't sure I could be.

Through the Be You class I realized areas in my life where I wasn't living in integrity and areas that were full of inconsistency. I identified things that were zapping me of energy and internal weights that I was carrying around and tolerating. Through personal coaching, we reevaluated and worked on old beliefs and habits that were holding me back.

I have learned to aspire, not to settle. I set new goals that were MY goals ("MY" is the key word), as I was often motivated by what I felt others would like to see me do or be. A few examples from the past year include buying my first home, completing my first triathlon, and setting boundaries in unhealthy relationships. I find I am able to do so much more with an objective person to tell me the truth, provide encouragement in the midst of change and celebrate the small victories along the way.

I am still learning many things: to trust my intuition, fully rely on my faith, and to ask for what I need from others. Telling the truth and communicating with people who are not like me is my current challenge and I am quickly gaining ground – it's hard but fun. I am quite thankful I took the time, energy, and resources to invest in me.

~ Sonya Sack

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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