



The Coach's Time Out

with Shandel Slaten



I - HUDDLE UP - "...is strength under control."

One of my favorite movie moments is when Jim Craig, *The Man From Snowy River*, barrels down the mountain chasing the gang of wild brumbies led by the mysterious black colt. This feared colt has an awesomeness about him; powerful, wild, dangerous and no man has dared to conquer him. However, whenever he rears his head, gets that look in his eye and takes off galloping with the other untamed horses, someone inadvertently gets hurt. The aimless stampedes led by the colt have caused not only emotional pain but physical loss to the characters in the story - thus he must be stopped. Of course, in the end our meek hero, Jim, corrals and conquers not only the wild colt, but the whole gang of horses as well.

How did Jim successfully execute this great feat? Ironically, it was accomplished with the power of his tamed horse. His horse was able to accomplish this unprecedented task, because its strength and power had been bridled, trained, and willingly controlled. Jim's horse also had the potential to be wild and proud, leading aimless stampedes in a fit of dust. Instead he was a horse who had been broken and whose strength had been channeled to achieve great things. Talk about a leader, he fearlessly carried Jim through all the obstacles to fulfill its purpose in rounding up those brumbies. He was part of a team that was on a mission and had a goal. Jim trusted his horse without question to take him beyond where the other horses and cowboys dared not go. Though he had the power and strength to destroy, Jim's horse was obedient and controlled allowing Jim to win the prize.

Where are you in your personal evolution of leadership? What is it going to take to be a hero and a powerful leader whether it be at work or in your home? Consider a moment and then list the qualities of someone who has personally influenced or touched your life in a meaningful way. If you are like most, the characteristics you listed are along the vein of real integrity, humble confidence, gentle strength, and genuine interest in the good of others – a team player who invested in you.

So many of us as leaders logically reason we have to do the rearing-head-colt-thing to lead and yet it is the gentle, humble strength that we admire in those whom we have followed. I greatly admire a person who is meek. Meekness is a word that has fascinated me since graduate school. Do you associate being meek with weakness? I did until I studied the Greek word *praus* from which we get the word meek. Though it means gentle, humble, gracious - *praus* is used in one unique way and that is for a beast who has been tamed. A horse that was once wild but has become obedient to the bit and to the bridle is *praus*. Professor William Barclay further explains, "There is gentleness in *praus* but behind the gentleness is the strength of steel, for the supreme characteristic of the man who is *praus* is that he is the man who is under perfect control. It is not a spineless gentleness, a sentimental fondness, and a passive quietism. It is strength under control."

Have you come to realize that rearing your head with loud "neighing" does little to control and motivate your team for purposeful change? Would you agree that controlled strength, tamed gentleness, and honest humility are valuable keys to powerful leadership? Want a little coaching tip...you can't fake it. Your controlled mask of careful words and calm demeanor won't last when the real heat comes on...you can't hide your true self or feelings forever. It's like the wild colt - as long as he's standing still he's not dangerous...but don't get him insecure or frustrated! Inner anger usually results from some unmet need or unresolved issue. Maybe you have drifted from your values or perhaps there are places in your life that may need some "WD-40" to smooth out the squeaks. Wild colts are independent and "edgy", but the reality is they are feared and dreaded, leaving destruction in their path. That's not the legacy you want to leave is it? Consider meekness as a character trait to develop and then you will leave a legacy as a leader who influenced and touched lives...not a wild colt that caused hurt and pain. As the old adage says... Blessed are the meek.

II - PEP TALK - Monthly quotes

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

"What we do in life, echoes in eternity." ~ Russell Crowe in The Gladiator

"A person's greatest need is to be significant." ~ Patrick Morley, Author

"Every man is limited by three things: The knowledge in his mind; The strength of his character; The principles upon which he is building his life. The significant problems we face cannot be solved by the same level of thinking that created them." ~ Albert Einstein

"What a man thinks of himself, that is what determines, or rather indicates, his fate." ~ Henry David Thoreau

III - MVP AWARD - Profiling successful people choosing balanced living

I am proud to introduce to you this month's MVP, Jennifer Bukoski. Jen is a structural engineer for one of the nation's top engineering firms. She not only has a high IQ, but a high EQ as well. Her emotional intelligence has sky rocketed as she joyfully takes her life to the next level. Talk about going for it and living life to the fullest - in just over one year Jen has: Done volunteer work in Guatemala, went sky-diving for the first time, earned her PE license, mentored a group of college students, traveled through Europe and rumor has it is becoming quite the accomplished swing dancer. She knows her passion and is living her life by her values - she is indeed the star of her own show.



Here's Jennifer ...

Last week, I had an "ah-ha" experience that summed up a year of self-discovery. Do you ever feel like you are an "extra" in the production of life rather than the "star"? Well, a few years ago, I was just that. My life was good--I had a prestigious degree, good job, friends, home, etc. But there was something missing. Life wasn't *great* and I wanted a GREAT life!

My whole life I have lived by others' values and not my own--they were the stars in their own drama while I was waiting for my first episode to premiere. Whatever others thought was important, I assumed I must also think important. So whether I thought my ideas would laugh me out of a project meeting or I just wanted something fun to do, I let others have the say. Sure we got things done in those meetings and I had some extra curricular fun but it was all other people's ideas and their fun. While I didn't know what the issue was at that point, I knew that I wanted something to change and I was willing to do what it took to make that happen. With my support team around me, I plunged forward to discovering who I am--my values, needs and desires in life. I discovered how to use the strengths of my personality in everyday situations and give-up trying to be someone I am not.

My values have become my own and I am doing the things I enjoy in all areas of my life. Funny enough, I am stepping into the leading role and believe that I have valuable things to contribute to life around me. My life is rich and full and dare I say *easy*. Easy in the sense that it takes much less effort to be who you are than to fabricate someone else--who wants to be an extra in someone else's show? You will never regret being the star--I don't.

IV - GAME SCHEDULE - *Coaching classes you are invited to join.*

BE YOU IN 2002 - Next group begins Wednesday, October 9th. Over the next 3 months, you will learn the importance of orienting your life around your personal values. You will learn to practice the skill of setting boundaries and find the courage to say NO to those things that are not in alignment with what is most important to you. The cost is \$300 for 5 one-hour sessions. Please contact ss@truelifecoaching.com to register and get started on the welcome package. Here's what one participant said:

*"I would recommend this class to anyone who believes they are capable of doing or being **more**. It was incredible to take an objective, honest, and clear look at myself through the structure of this class. The insight of others and my own discoveries are allowing me to live and work with a new sense of purpose and energy. This class dramatically improved the way I conduct business, and those improvements have already increased my job satisfaction and financial success. More importantly, I am now better equipped to live the values that are truly important to me in personal relationships."*

IT'S NOT ABOUT THE DIET - Teleclass starts MONDAY MORNING - START THE NEW QUARTER, NEW MONTH, NEW WEEK and the HOLIDAY SEASON OUT RIGHT -

MONDAY MORNING 8:00 AM on the phone - be there and take control of what is controlling you!!!! True Life Coaching is joining forces with Richard T. Butler, a personal trainer and life coach since 1980, to bring you It's Not About the Diet! The class is a four-week teleclass (it totally works to have class on the phone - believe me!) that meets each Monday in October. Millions of Americans struggle with weight loss but less than 1% of the weight loss methods are actually effective in long-term management. This class focuses on the solution (you) and not the problem (diet). This class will teach you what it is in your daily life that triggers negative eating habits. Imagine a program that will help you get more organized, teach you to set boundaries, eliminate tolerations (excuses) and a program that will motivate you to exercise every day for the next 30 days and lose 1-2lbs. a week. The class will meet one hour each week in October. Cost is \$59 for Subscribers. Please sign-up today ss@truelifecoaching.com

On 3 - Ready...1,2,3 - BREAK

Thank you for taking the time to read this edition of TIME OUT. I truly appreciate you forwarding this newsletter to those whom may find it beneficial. If you wish to subscribe, please send an email to ss@truelifecoaching.com

With the new year on the horizon - now may be the time to hire a personal coach to get started on what you want to be in 2003. Consider making personal development one of your goals as you head into the 4th quarter - finish strong, people!

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

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