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I. Huddle Up -- Can Anger Be Good?



Here's a little quiz for you. Which is more harmful? Passive or aggressive anger? Verbal or silent frustration? Hurt feelings—voiced or stuffed, but either way resulting in anger?

The answer? All of the above. You've heard the clique: Anger is one letter short of danger. All of those feelings and actions can be dangerous.

Is there a "good" anger? A rightful place for anger? Yes! Think of fire. When fire is intentional and controlled, it can be wonderful, even life-giving. If not, it's destructive and deadly.

In my behavioral work, I have encountered many of us who have a natural short fuse. We get mad fast and get over it fast. Others have a very long fuse. They don't get shaken up by small things and have a long fuse before they get mad. However, when they do, it has been brewing inside for so long that when they blow, it is ugly! Then they take a long time to get over it.

The short and long of it is, we all need help with our anger management, because anger is messy. But once we manage dangerous anger, we need to go one step further. Is there something else our anger may be telling us?

Anger Alerts Us to Injustice

Anger is merely an emotion or reaction that something you want or desire is not happening. Psychologist Dr. Dan Allender explains that "Anger is our response to an assault. Its intensity is usually in accord with the degree of perceived injustice, though the assault need not be real or severe to draw forth an extreme response."

I find that anger usually is in response to an assault to our expectations. What we had envisioned happening did not happen, or we were not treated with the respect or admiration we deeply desired. How often are we furious at a perceived injustice only to realize later it was a miscommunication or a simple fact misunderstood? UGH!

Now when I get mad, I use the injustice formula to help me walk through my emotion. What do I perceive the injustice to be here? Sadly, most of the time the "injustice" is that my expectation was not met, or my desires were thwarted.

Here's the good news, sometimes my anger leads me to greatness. My anger makes me speak up and take action. My sense of injustice sometimes makes me write these e-mails.

In fact that is how I started writing The Coach's Time Out. I saw behavior in a few of my friends that made me mad. It was hurting them, their families and their employees. I couldn't just come out and say it to them as they were not my

clients, so I used my anger at the injustice they were doing to themselves to pen the first newsletter and it birthed something great. Years later, I still get a note or two a month letting me know how this little publication hits the spot. Someone recently asked me what I would do differently if I won the lottery; “well,” I said without thinking, “I would still write my newsletter, that’s for sure.” Interesting.

When I am helping leaders define their purpose, passion, and/or vision, I ask a series of questions. One of the most important question is, what makes you angry? What gets you fired up? You see, our purpose is wrapped up in helping others. Often the injustices that bring us the greatest spike of emotion are the very thing we were meant to go solve. A tiny classic example: at church or temple, when someone complains about the grammar in the bulletin or the announcements: well, they have an eye and talent for that area. (So please go volunteer to help proof the final copy!)

Anger Points to Purpose

The things we complain about out of our place of anger and irritation, are pointing us to the very path that leads us to ultimate fulfillment. But we have to dig deep. We have to control our “bad” anger, the selfish reactions full of I-am-not-getting-my-way and the world is against me to self-awareness that all this anger inside of me must need an outlet for good.

What is one step you could take today toward controlling your anger to bring greatness to the world? I think if we all had a good sense of self and that we had what it takes to make the world a better place—if we had that inner confidence and worth—we would not have the anger problems we have today. We would have solutions to our problems.

What is one thing you could today, one step to remove one injustice from the world? One smile given, one compliment emailed, one burden lifted? What does that tell you about yourself?

Your Coach,

Shandel

II. Pep Talk -- Monthly Quotes

Do not teach your children never to be angry; teach them how to be angry. — Lyman Abbott

The world needs anger. The world often continues to allow evil because it isn't angry enough. —Bede Jarrett

Resentment is like taking poison and waiting for the other person to die. — Malachy McCourt.

For every minute you are angry, you lose sixty seconds of happiness. — Author Unknown

He who angers you conquers you. — Elizabeth Kenny

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved. — Marcus Antonius

III. MVP Award -- Successful People Living with Intention: Caron Van Orman



This month's MVP story is one that brings meaning to my life. The reason I do what I do. With a great big smile, I introduce to you Caron Van Orman one of the most amazing photographers I know and after reading her story below I think a budding author! Her talent is extraordinary to the point that I can walk into someone's home or office and instantly know the

picture I am looking at is hers because of the amazing way she captures the human spirit. I have known her for 5 years when I started coaching at her husband's company and what a beautiful story she is living. This should inspire us all; from those who will step out and take a risk to follow their dream, to the husband who steps up to carry the financial burden of his family, and finally with the owner of a company who heavily invests in their people which in turn changes a family and generations to come. Please, you must check out her website - my words mean nothing until you experience Caron's talent! www.cvophoto.com and I'd love to hear your comments on the blog www.shandel.com

Here's Caron...

In 2005, the outside seemed dim and the inside was gray. I had just lost my mom to cancer. Losing a source of sunshine in your life can feel like a dark cloud hovering; its emotionally devastating. To fill the long, dark, and often sleepless nights, and to help me navigate the painful grieving process, I dove into photograph -- a passion from my teens that had been pushed aside as a "hobby."

However, even when I retreated to the "photo zone," I could feel the pressure inside me building as the weight of being a "good" wife, mother, family member, friend, and employee -- while grieving -- mounted. I felt like I was walking through life juggling my many expectations and duties while dragging a bag of boulders.

Then in 2006, I began to imagine a life fulfilled by answering my life's calling. I was envisioning my life as a photographer. I talked to my husband, Rod, about a decision that would affect our whole family. Luckily, Rod had met Shandel Slaten as a consultant through his employer, Anderson Hay and Grain. She welcomed his questions and concerns about our family transitioning from two incomes to one.

With Shandel's insight, Rod was able to see that our family was financially secure. He understood that my need to earn a living based on passion outweighed the predictability of a reliable paycheck. He heard my desire to be a full-time mom to our wonderful daughter, Clara. He could see that I longed to have the time and energy to be the wife and mother I had hoped to be...filled with energy and love, passionate about working, and "reenergized" to joyfully give out of desire, not guilt or expectation.

In the fall of 2006, I received one of life's greatest treasures, and a moment I will never forget. A beautiful bouquet of flowers was delivered to my desk at work, with a card attached from my wonderful husband. In it, he praised me. He affirmed me. He congratulated me...for stepping out, with courage, into the light of a new day -- with his full support -- to resign from my job, to chase my dream of starting my own photography business and most importantly, nurturing our home life by being a full-time wife and mom.

With skills from Shandel and True Life Coaching, we are able to process our obstacles by understanding how to communicate more effectively. We have reduced stress in our lives and in our home by truly understanding and honoring each others' driving force(s). We are no longer stuck operating in fear or obligation. We have developed lifetime habits to help us set and achieve goals as a team, and I believe we communicate more meaningfully at all levels. We have balanced the priority of focusing on family now, while building toward a secure future. I am most proud that the skills we have developed have changed our family dynamics, our vocabulary, and how our daughter sees the world of communication and problem solving.

— *Caron Van Orman*

IV. Game Schedule -- "Ask Shandel" Starts on Tax Day



"ASK SHANDEL" - For my Nevada readers - On April 15th, the **"Ask Shandel"** segment launches on 96.5 (Alice965.com) during the Bill and Connie Morning Show. Tune in around 8am and wish me luck! It will be a life coaching segment and should be a blast. For the rest of you - I'll keep you posted if you can catch it on my pod cast. Keep tuned in via my blog for more information www.shandel.com

Aloha - Shandel and True Life Coaching, Inc. are closing it down for 10 days April 17-27 for a little vacation to the islands. I am going to shoot for UNPLUGGED - so let me know how I can help you before then - Mahalo.

Life 301 Spring classes are on the web - join us - they rock!

Be G.R.E.A.T in 2008 - you are 25% through your year - are you living by your intentions you set? Come on - remember you are committed to your greatness and we are for you.

L.O.V.E. (Lead Others, Value Excellence)Project - please let me know how many people you have complimented and made a special effort to express your thoughts of gratitude toward - come on this is about life and commitment not good ideas and no action.

shandel.com is in total test mode but I am taking early subscribers to the blog stuff so come along and let me know what you think we should do with it.

That's it with what's up.

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 visit the front page of our website or send an email to ss@truelifecoaching.com with the word SUBSCRIBE.

If you would be so kind to forward this to a friend - see below for an easy click to help you pass it on.

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

Shandel Slaten
Your Life Coach
www.truelifecoaching.com
206 718 6914

Be You. Be Real. Be the Best You can Be...Today!