



The Coach's Time Out

with Shandel Slaten



Inside This Issue:

I - Huddle Up - Mastering The Ebb and Flow

II - Pep Talk - Monthly Quotes

III - MVP Award - Profiling successful people choosing balanced living

IV – Game Schedule - Upcoming Events

I - Huddle Up - Mastering The Ebb and Flow



Our character is revealed in the midst of crisis. When your cup spills, what pours out? Just as the ebb of a tide reveals the land previously covered, so the difficult times of life reveal our true selves that the high tide masked.

The pain we feel in difficult times is the result of coming face to face with what has been there all along. Think of an ocean shore. When the tide goes out, the ugly debris is exposed, strewn across the beach in full view of everyone. When the tide is high, the ugliness is caught up in the active waves, going unnoticed by everyone. The same is true in our lives. When things are good, we are not forced to look at what is going on inside our busy lives. But when the crisis hits and the tide ebbs, not only do we have to face ourselves, but the whole world

seems to take a peek at what was behind the person in the movin' and groovin' flow.

Often times we “feel” great when we are in the flow because we can hide our insecurities and weaknesses in the pounding power of our apparent successes. But the reality is that when life ebbs on us, we are left hurting. Our identity and self-worth crumbles and we are confused, and often depressed — uncertain of where the unknown tide is taking us. In the midst of this chaos is the OPPORTUNITY for some great character formation. As the pithy statement goes, “when disappointment hits we have a choice to become bitter or better, the only difference is the ‘I.’” How we respond to the circumstances is our choice. When life is not progressing as we’d hoped, or people are not living up to our expectations, we can allow the hardness in our heart to be softened. This is the first step in forming our character.

Consider your admired heroes, strong leaders, and personal role models. As you examine the character of these people, you will find a quiet humility formed from hard times – a brokenness if you will. A prideful spirit has been broken by a difficult trial. When a weakness was revealed, it was not covered up, but used as an opportunity to grow. These admired individuals have embraced their shortcomings, admitted their wrongdoings, and emerged as men and women of integrity. People worth following. Effective leaders have the ability to serve and appreciate others while at the same time enabling them to achieve greatness.

Hard times are inevitable and frankly we are in the middle of some fairly difficult times right now. We have friends and family out of work and the economy is unreliable. Many people are suffering both physically and emotionally. Times are rough, it's true. But let's make a decision to hope. Let's look for what we can learn during this time of trial. Let's not miss the opportunity to grow. Whether you are running a \$250 million company or sweeping floors at the neighborhood church building – all of us need to improve our character. So often it is in the hard times that we grow and gain the most.

II - Pep Talk - Monthly Quotes

"Life is a series of experiences, each one of which makes us bigger...For the world was built to develop character, and we must learn that the setbacks and griefs we endure help us in our marching onward." ~ Henry Ford

"Character may be manifested in the great moments, but it is made in the small ones." - Sir Winston Churchill

"Great crisis produce great men and great deeds of courage." ~ John F. Kennedy

"In the middle of difficulty lies opportunity." ~ Albert Einstein

"The Chinese symbol for crisis consists of "danger" and "opportunity." While crises can be devastating, they can also be a catalyst for success." ~ author unknown

III - MVP Award - Profiling successful people choosing balanced living



It is my honor to introduce Nancy Juetten of Creative Marketing Solutions as this month's MVP. Nancy has an exceptional talent of expressing the great story hidden within each person with her PR skills. In order to take this ability to a higher level, Nancy learned to express her own greatness and greatness it is indeed! If you haven't had the privilege of knowing Nancy I hope you have the honor one day to call her "friend" as I do.

Here's Nancy...

"I had the opportunity to meet Shandel Slaten when one of my clients sent an email to a professional group, singing the praises of my public relations services, She liked what she read in the email and gave me a call to learn more. Shortly after meeting her, I decided to register for her "Be You in 2002" personal development workshop. It has been extremely rewarding for me to participate in this course and work with Shandel on a one-on-one basis.

I have learned what I need from others to be my personal best, and I have found the courage to ask for what I need. I have also gotten clarity about the highest and best use for my skills, talents, and resources. This has enabled me to add value for clients and make the most of my personal time with my husband, son, and friends.

Running a small business requires dozens of little decisions every day. Because I have clarity about what I am here to provide and know the kinds of situations in which I can do my best work, I make every minute count as I strive to balance professional and personal commitments. For me, it is all about doing good work for nice people who value the contribution I make toward their success.

I am fortunate to be in my third year of operations, and things are going very well. New business referrals flow to my attention regularly. I am doing work I love on terms that suit my needs and values for folks that value the contribution I make. I even completed a half marathon last year -- a huge accomplishment because I had run a 10K race twenty years prior and had never run more than 2-3 miles at a time since then. My relationships with my husband and son are richer today as a result of the lessons I have learned with Shandel's help. I look forward to even better things ahead."

~Nancy Juetten

IV – Game Schedule - Upcoming Events

Have you checked out the new website's look and feel? In the future, there will be options for you as subscribers to update your profile and get some cool stuff on entrepreneurs, relationships, management resources, success tips, daily quotes, and a bunch of other stuff you can choose from. We will be rolling it out a little at a time, but go check it

out and update your profile just for fun!

www.truelifecoaching.com

It's summertime so no classes are scheduled. Your assignment is to relax and enjoy the sunshine & a restful vacation! However, mark your calendars for late August to gear up for the fall routine and getting back in the groove. ALOHA!

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 below or 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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