



The Coach's Time Out

with Shandel Slaten



I - Huddle Up - *"rediscover the creativity that lies within you."*

Traveling near Phoenix this weekend, I found myself on a relaxing 2-hour float down the Salt River. My friend, Jen, is a brilliant engineer and toward the end of the float, she explained why the water moves faster at some parts of the river while at others the current moves slowly. She rattled off some formula, when translated means that in order for the same amount of water to flow through a smaller space it must go faster. Where the river is wide, it has the liberty to move at a slower velocity (engineer term.)

When our life is overloaded, when we're busy, when we are burdened with stress, when the to-do list keeps growing and when the guilt piles, life can move so rapidly that we don't have time to think. We spend our days simply reacting to the next stressful event or symptom of the problem, when what we need is creative solutions to the source of it. Conversely, when we begin to address these issues, our mental space is made wider and we are able to think creatively and live intentionally.

Where the Salt River is wide and the current moves slowly, with ease you can easily move from one side of the river to the other, hang on to your buddy's tube, gain advice from river experts on the rocks to avoid, and enjoy your environment and the company as you "toddle" along. However, when the river narrows and the white water appears, this shift happens both physically and emotionally. Not only does it take enormous effort to change your course if you are in the wrong part of the rapid, but you must let go of your partner to head down alone. You're moving way too fast for any counsel (it's too late) and your focus is on the boulder headed right for you and you are certainly not taking in the beauty that surrounds you. Admittedly, the experience is a rush, but in the end you are a bit bruised, separated from your team, and looking for your shoe that fell off along the way!

One of my greatest contributions as a coach is helping people tap into their creativity by generating more space in their brain. Widening the bandwidth or clearing more RAM space, if you will, is the best way to gain efficiency and rediscover creative problem solving. We do this by learning to identify and eliminate "tolerations" – small and large things that take up mental and emotional space in your life. Tolerations can include significant issues such as forgiving a 10-year-old wound to little energy suckers like getting your oil changed.

Of course, balanced living includes seasons of white water rapids in life, but is your entire life like a water watering rafting trip? What happens then the trip comes to an end and that's it? Honestly, today when I got to the river, that was my expectation, but I gained so much more than another adrenaline rush. I had time to marvel at the cactus with their 100 year old arms. I looked up at the desert hills and imagined cowboy adventures with me as the star. As my body relaxed and my brain settled down, I stared into the water and effortlessly solved a dilemma I have been struggling with for months. Moments later I had the most amazing idea for my next business venture. More importantly, I spent time with some friends and could simply enjoy their company. The rapids were fun, but as I reflect back it was the floating that restored my soul and refreshed my brain. I left the river with solutions and all because I floated in the wide area of the river.

So here's the challenge. What can you do this week to widen your river, clear some RAM in the brain, and rediscover the creativity that lies within you?

II - Pep Talk

"In addition to the guilt of inactivity, there is an associated pride that comes from being busy." ~ **Richard Swenson, M.D., *The Overload Syndrome***

"The true journey of discovery does not consist in searching for new territories but in having new eyes." - ~ **Marcel Proust**

"Our greatest danger in life is in permitting the urgent things to crowd out the important." ~ **Charles E. Hummel**

"An inner restlessness grows within us when we refuse to get alone and examine our own hearts, including our motives. As our lives begin to pick up the debris that accompanies a lot of activities and involvements, we can train ourselves to go right on, to stay active, to be busy... Unless we discipline ourselves to pull back, to get alone for the hard work of self-examination in times of solitude, serenity will remain only a distant dream." ~ **Chuck Swindoll**

"Half our life is spent trying to find something to do with the time we have rushed through life trying to save." ~ **Will Rogers**



The Coach's
June MVP
Bob Bagga



Bob Bagga is our MVP of the month. Bob resides in Seattle, WA and just launched his second barter company, BizXChange. Check out www.bizx.bz and watch for Bob to change the world with the almighty trade dollar! Bob's passion and energy is contagious and his heart is as big as his Porsche is fast! I hope you are as inspired by Bob's story and his value-driven life as I have been.

Here's Bob...

To put it frankly, less than a year ago my life revolved 90% around work. I personally defined myself by my success in business and my business goals naturally became my personal goals. I was chugging along achieving my goals, having fun, and as far as I was concerned things were great! Then a few things in business didn't work out followed by my personal life not turning out as I had dreamed. Suddenly, I was forced to stop and reflect on what was going on inside. When I made the decision to invest in my own personal development, I rediscovered who I was and what was important to me as a person outside of work.

In identifying what I truly wanted out of life, I had the opportunity to discover my values. It was interesting to find that my values had always been there, but had not been recognized in my immediate consciousness. Sure success and material wealth are nice to have, but I have learned I cannot depend on them to fulfill me. Material things come and go in life, but they cannot define me as a person. Today, what I use to define me are honesty, integrity, spirituality, family, friends, health, and loyalty/respect. By consciously living this way, I am not consumed when the bottom falls out, because I am anchored by these values and am content with person I am.

It's ironic to me that we all know the key to running a successful business is a clearly defined mission, vision, and value and yet I had never thought to apply that same principle in running my own life. We are conditioned to live life at 1000 feet (day to day), but we must be able to step back & look from 30,000 feet (long term). We need the perspective and ability to go back & forth like a zoom lens focus in & then come back & look at the big picture. The problem arises when we are at 1000 feet without taking the time to look at the big picture, we can easily lose sight of where we are going or where we will end up.

Business and material wealth will come and go in life. I've enjoyed success in the past and I enjoy it more so today. However, today I define success more than how well the market is doing or how the balance sheet reads, but now I also ask myself how are my relationships, my spirit, and my health bringing me peace, joy, and balance.

~ Bob Bagga

IV - Game Schedule

TOLERATION FREE ZONE - Want to apply what you have just read? Need some accountability to clean up your life? Are you ready to eliminate some junk around the house, get organized, and make room for some free time and space for summer? Do you have internal weights holding you down - emotionally, physically, and spiritually? This could be the class for you. This is a fun fast-action class to hold you accountable to face the music and LET GO OF IT! Class is conducted over the phone and the cost is equivalent to a latte a day for an entire month or (\$49.) Please sign-up today ss@truelifecoaching.com

WEB CHAT - In the next few months, the new website will be up and running featuring a web chat option. Each subscriber to Coach's Time Out will be welcome to join in on a discussion around the Issue presented in the newsletter. If you have any suggestions on timely issues - please send them to me.

BE YOU IN 2002 - With 3 successful groups completed and one in progress, our next 3-month course will be offered to 4 women and 4 men living in the Greater Seattle area. We will focus on gaining life balance by re-orienting your life around values. You will discover your top 5 values, strategize on how to restore your integrity, identify unmet needs, and recognize energy-zapping tolerations. The cost is \$99/month. Please contact ss@truelifecoaching.com if interested.

PILLARS OF LEADERSHIP - Beginning this Fall, leadership classes will be available via teleclass - classes held over the phone. I have started this leadership training venture with 8 other professional coaches across the United States. Classes will vary from management to sales and beyond. Stay tuned for more details and free beta classes beginning July 15th!

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. I welcome your feedback on the new format and any other comments that might make this newsletter more effective.

Shandel Slaten

Personal & Business Coach

206-860-7677

ss@truelifecoaching.com

© Copyright 2002 by Shandel Slaten