



The Coach's Time Out

with Shandel Slaten



I - Huddle Up - *"You must keep your accounts short..."*

Valentine's Day is over. All the commercials and billboards reminding you to spend money on your loved ones - gone till next year. So here's a new challenge from the coach. Love is more than a hallmark card and a box of chocolates. It is much richer than that, and it costs a whole lot more! It costs us our pride and our self-serving and self-protecting ways. Yet, can you imagine life without it? The return on investment (ROI) is certainly worth it. Why does it seem so easy to express our love on Valentine's Day and why can't that happen all year long? What's the block?

One major obstacle of love and long-lasting intimacy is the inability of one or both partners to admit fault and ask forgiveness. Angry words, sarcastic put-downs, and even unintentional insults are not benign; they leave a mark either on the giver or the receiver of the words. For some reason, we think that if we withdraw and ignore it long enough, the offense will go away and its harmful effect will disappear. Often times this thought process is reinforced when our spouse, friend, or co-worker is more concerned about the relationship than their hurt feelings. Thus, they take the "high road," and we do not have to take responsibility for our harmful words or actions.



~ A rose from my dad ~

Think of the kitchen trash, where everyone's garbage from the day is collected. Every day it needs to be emptied into the outside trash receptacle, where it is cleared on a weekly basis. Think of your angry, mean, hurtful words like the kitchen trash. As long as the garbage is dealt with on a daily basis, no one makes an issue about it. However, a problem arises when someone neglects to take the garbage out. It begins to stink up the whole house and now EVERYONE is affected by the ignored trash.

When we do not admit fault and ask for forgiveness; when we assume time will atone for our careless and inconsiderate words; when we ignore the problem, we STINK up our house. Ironically, we then have the gall to ask "what's that smell?" We wonder why our kids are disrespectful, why our spouse is critical and negative; why our employees are unmotivated and why our boss can't see our greatness. My friend, if you are not taking responsibility for your words and the effect they have on other people, you could be living in a landfill of your own trash. You must keep your accounts short.

Here's what I mean by keeping accounts short. Let us examine our lives daily. Have we spoken any words that have broken another person's stride, words that have brought people down rather than built them up? Let that smelly trash be a reminder for us. Are we dealing with family members, friends, or co-workers in a way that provides a sweet smelling, clean environment for them to thrive? If you say something hurtful or insensitive and recognize it causes pain (even if you don't know why anyone could take it that way) go back to the person with a sincere desire to clean up the mess. Apologize for causing a stink and keep your accounts short with those you love. Then smile as you put the liner in the trash can, knowing you'll need to do it again tomorrow, but for today you've got a clean slate.

II - Pep Talk - Monthly quotes

"Everybody thinks of changing humanity, but nobody thinks of changing himself." - Leo Tolstoy

"Show me a guy who's afraid to look bad and I'll show you a guy you can beat every time." - Lou Brock

"A light heart lives long." - Shakespeare

"Real communication happens when people feel safe." - Ken Blanchard, *The Heart of a Leader*

"He is happiest, be he king or peasant, who finds peace in his home." - Johann Von Goethe

III - MVP AWARD - Profiling successful people choosing balanced living

I would like to introduce to you this month's MVP, Lisa Kirk. Lisa is a corporate attorney for AT&T Wireless and one sharp lady. When you meet Lisa you are instantly calmed, as if in the presence of royalty, as she invites you into her world. It is rare to meet truly kind people who know what they want and are willing to do the hard work to get there while valuing others along the way. She is that person and she inspires me.



Here's Lisa...

When I started this personal development process, I thought that the primary changes would be in my work. But I learned that what was holding me back from achieving my goals were unmet needs in my personal life. Fear of rejection was keeping me from expressing my values, opinions, and faith, but staying silent was keeping me from gaining the intimacy I desired in certain relationships. Since I started talking more openly with family and friends and sharing more of my life with them, I now have stronger and more meaningful relationships. Not only does this make life more fun and fulfilling, but I have learned that it is necessary for me to achieve my mission and goals inside and outside of work.

Taking the Be You class in the fall of 2002 and coaching with Shandel these past few months has changed my life! I now have an articulated vision, mission, and purpose for my life that energizes me and makes me excited to get out of bed each morning. I have identified my top 10 values and set goals that align with each one to accomplish this year. I also have defined what it means for me to be successful - and realized that I already am! No more chasing after things that I think might be important or will meet others' expectations of my life. I now start each day with a clear focus on my values and priorities. Making decisions about how I spend my time at work and in my personal life has never been easier or more fulfilling. I have learned how to set boundaries based on my values, which enables me to better protect my time and achieve my goals.

Could I have learned everything I did these past few months without taking a class or coaching? Maybe, but I never would have disciplined myself enough to find the necessary tools and do it so quickly. It probably would have taken years to accomplish what I have been able to do in three months. It has been a profitable journey that I am excited to continue!

~ Lisa Kirk

IV - Game Schedule - Join a class and experience group coaching

Can't afford a personal coach? Enjoy the group learn environment? Consider joining a class today

***BE YOU CLASS - STARTS FEB. 26th** - Join dozens of graduates who have identified their purpose and direction in life by living according to their values. Get your needs met, manage your time, and eliminate the things you tolerate most in your life. The total investment is only \$295 for the 6 sessions class (meets every other week for 3 months. Class meeting from 7:30-8:30 on Wednesday nights and is a **live class** in Seattle. Please contact ss@truelifecoaching.com to register and get started on what your personal best will look like in 2003.

THE 5-STAR WOMAN - Group Coaching via teleclass. Join Ann Vertel, Shandel Slaten and 8 other women entrepreneurs for a powerful coaching session every other week. Not only will you be held accountable for your goals, have the expertise of 2 coaches, but you will also benefit from the collective encouragement of your peer group. The introductory rate is \$95/month with a min. 3 month commitment to the group. Send an email to ss@truelifecoaching.com for more information.

CERTIFIED NETWORKER PROGRAM - Beginning in April. True Life Coaching joins forces with BNI to bring you CNP each Wednesday for 12 weeks live on the Eastside. CNP is a customized curriculum designed with tips, tools and techniques to help you become a more effective and productive networker, and generate more qualified business referrals. Grow your business by referral. Checkout the program at www.certifiednetworker.com

Free WOMEN'S STUDY - Every other Monday night, I teach a Bible study for women ages 18-40 living in the Seattle area. We meet from 7-9 PM. Email ss@truelifecoaching.com for more details and directions.

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 or "I'm in".

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

You are loved,

Shandel

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