



The Coach's Time Out

with Shandel Slaten



I - Huddle Up

What does it mean to be confident? Are you a secure person? Like most successful people, you may have as one of your underlying goals – possessing confidence, being “grounded” or feeling secure. Financial success, power, fame, family, and the Volvo all advertise security and yet here you are. With your past haunting and your future mocking, your foundation is shaky at best. That sense of security becomes the proverbial “carrot at the end of the stick” leaving us the victim of our own insecurities.

Insecurity is an intimidating subject. It transcends personalities & stereotypes and is not easily identified. We seek refuge from its power, but, alas, find it leaking as a toxic spill threatening our relationships and achievements. Insecurity is a mysterious vice that disguises itself and takes on a mask of: Bragging, shy, funny, arrogant, low self-esteem, weird, defensive, sarcastic, false-humility, or manipulative to name a few. The mask is a tough one to keep in place day after day, year after year...isn't it?

Playing this part and wearing a mask drains our energy and is frankly hard work. Not admitting who we truly are and what we truly need requires us to “look” the part of *strong and secure* to survive. Asking and seeking for what we need denotes weakness and undermines our self-made persona. Yet, think about the vast mental space and energy it requires keeping this persona in place. There is little room remaining to be pioneering & creative and we aren't energized but use adrenaline to get the job done. Basically, truth is nowhere to be found, eventually leaving one exhausted, addicted (to something), restless and lonely.

During Roman rule, the Greek word hypokrités was the name for a stage actor; one who played a part or wore a mask. Hence, our English word hypocrite. It would behoove us to examine what masks we wear and learn to be honest with ourselves first and then with others. Please don't allow insecurity blind you to the part you are playing, so you can see who you **can really be**. Fact is, the past made you who are you and the character gained from present mistakes will help shape your future. When you shield yourself from help and from needing, just to save face, remember the mask is all we see. Similar to the last guy that asked me out...but we won't go there.

Is your foundation secure (i.e. what you've built your life on)? Is it eternal, will it last? What is it going to take for you to **be** who you were created to **be**? You have a unique purpose, a reason for being here, and **who you are** is much more important than what you do. Be **REAL**, be **YOU** – we need **YOU**...not another hypocrite. Sometimes the truth does hurt, oh, but when you admit you are weak there you will find your greatest strength. Change and the unknown is daunting, but you're up for the challenge. The first step is action and as your coach...how about one step this week to eliminate one insecurity from your life and tell someone about it. There in lies the opportunity!

II - Pep Talk

"Pain is weakness; Leaving the body." ~ Coach Freeborn

"Anxiety is the experience of growth itself.... Anxiety that is denied makes us ill; anxiety that is fully confronted and fully lived through converts itself into joy, security, strength, centeredness, and character. The practical formula: Go where the pain is." ~ Peter Koestenbaum, Philosopher, quoted in FAST COMPANY magazine

"Do not throw away your confidence; it will be richly rewarded" ~ Hebrews 10:35

"The only way you can truly control how you're seen...Is by being honest all the time." ~ Tom Hanks

"A musician must make music, An artist must paint, A poet must write, If he is to be ultimately at peace with himself. What a man can be, he must be." ~Abraham Maslow

III - Next Play

Upcoming events. Please feel free to email ss@truelifecoaching.com for more information.

September 11 - Women's Study in Seattle – meets every 2nd and 4th Tuesday Night of the month. We are starting the book and life of Ruth this Tuesday.

September 24 - Taping TV segment for UPN 11 "Around The Sound". The 30-minute show will begin with an overview of what personal coaching is, who can benefit, how it works, followed by questions and a live coaching session with one of my clients. Please keep me in your thoughts and prayers! If the show airs, I'll let you know.

October 3 - TELL YOURSELF THE TRUTH - Teleclass on reconciling what you know in your brain with how you feel in your heart.

October 10 - 24 - Out-of-town for a 2-week trip to Europe - unplugged!

Group Coaching Opportunities this Fall - Groups will meet over the phone twice a month via a bridge line (similar to a conference call.)

Conquer your fear – is it a myth? According to the book, ***FEEL THE FEAR AND DO IT ANYWAY***, fear will always exist as we develop and grow through life in never goes away for good. In this small group setting, you will break out of your comfort zone, learn the principles to "re-frame" fear to bring you success, and develop specific assignments to set and meet your personal goal. In 90 days, you WILL see a difference and emerge from your prison of fear. Cost: \$150 (includes one 30-minute personal coaching session/month).

Women In Training Toward Integrity. The **W.I.T.T.I. Girls Club** was a smashing success this summer and a new group is starting this fall. Integrity means that your thoughts, words, and actions are all in alignment. This is a group coaching opportunity for women who are interested in meeting goals on a more personal and relationship level while establishing their foundations and finding life balance. Women gather from all over country to encourage each other in meeting their personal goals, while formulating their life's mission and purpose statement; boundaries, standards and values. It is fast paced group and a ton of fun! Cost: \$100.

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

Thank you for taking the time to read this fourth edition of TIME OUT. I truly appreciate you forwarding this newsletter to those who may find it beneficial. Have a great day and I wish you the best of success. Please let me know if I can help you further.

Life's a blast – go for the extra point!

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