

To My Readers

I would like to welcome you to the new look Personal Coach Bulletin.

As you can see browsing through the bulletin, it has been re-formatted and expanded in its content.

I will present three and sometimes four personal growth and development themes or topics to provide you with more choices and variety in your reading. You will receive a summary bulletin highlighting and providing you with a brief synopsis of the articles chosen to be included for the month. Accessing a particular article brings you here.



Part of the formatting will include a number of new features designed to encourage your participation. One of the features I am particularly excited about is the addition and appearance of a guest columnist each month. If you enjoy writing and are interested in becoming a contributor, check the website for details.

I hope that you will be pleased with the changes as they occur. You are encouraged to comment on articles and suggest how to make this bulletin better. Send your comments and feedback to; james@coachladd.com and I will try to publish them and where possible, incorporate your suggestions to continually make this the best possible publication that it can be, and of course one you will look forward to reading each month.

Coach Ladd

Feature Article: NEWS YEAR'S RESOLUTIONS IN SEPTEMBER

Forget about New Years Resolutions in January, they don't work! You're wasting your time! September is the best time to set New Year's Resolutions.



Crazy idea, perhaps you disagree? Then answer this question; "**why is it that most people who make them and seem quite serious about it, never really follow through and keep them?**" A very good question don't you think. I have addressed this issue before but on both occasions it was in January. Maybe now is a better time to take a different tact and initiate some thought, discussion and/or action around the idea.

Let me get straight to the point. I believe the "**number one**" reason why most people fail to keep their New Year's Resolutions or resolutions in general is because they do not know themselves well enough nor understand why they operate in the world in the way they do. In other words knowing who you are **now** at a; physical, emotional, spiritual and intellectual level, and being aware of what your needs are, puts you in a much better position to be successful at making lasting changes to your behaviour. Perhaps the old adage; "to thine own self be true," by William Shakespeare applies here.

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**More Information on my Website;
www.coachladd.com**

If you are interested in investigating the possibility of having your own personal coach, please contact me for a one hour exploratory session at no charge!

**james@coachladd.com
or 489-9534**



“You must understand that sheer will power and determination alone will seldom carry you to a point of ‘no return’ to your particular negative or unacceptable behaviour.”

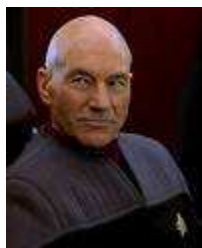
Let me give you an example of what I am talking about. It is an example I have used before but a very good one at making the point. Let's say that you want to quite smoking.



What is it about your personality that allows you to behave in such a destructive way to begin with? Who are you

emotionally, physically, spiritually and intellectually? What type of smoker are you? Do you smoke to reduce anxiety, do you crave cigarettes or are you psychologically addicted, is it a habit, is it a pleasurable feeling for you, or do you like handling a cigarette? These questions need to be answered before you can strategize in a way that maximizes the likelihood of you succeeding in changing or eliminating smoking as a negative behaviour or habit.

Actioning New Year's Resolutions or any resolution for that matter is about behavioural change and behavioural change is about attitudes. Attitudes are engrained over a lifetime and are not easily discarded, changed or modified. In other words just by saying it; "doesn't make it so Captain Picard."



So really how important is it to resolve to discard, change or acquire a new behaviour, start or stop doing something associated with an attitude?

I mean just where is it that your motivation is coming from anyway? If you answer these two questions to your satisfaction, then perhaps you might be willing to pay the real price attached to achieving success with your resolutions.

Are you really willing to look at who you are, where you are in time and how you got there, before you go about deciding where you want to go (resolution) and how you are going to get there? If your answer is yes, then remember

that winning over your bad behaviours (i.e. eating to much, working to much, smoking, drinking, not exercising, procrastinating, neglecting

your family, watching to much TV, etc.) is about process not outcomes. In other words with a new found heightened awareness of who you are and why you behave the way that you do, you are now in a much

better place to strategically set goals, prepare action plans and set out on your journey to new and exciting discoveries about yourself.

So then why get started with this in September? Well think about it, what



better time is there really. When I say this I mean it at a personal level. It represents a more likely ending and beginning than the first of the year.

The start of the New Year is really no more than that, just the start of a new calendar year. There is really not much of anything else new at that time.

Certainly not in a strategic way in the workplace nor for your kids who are half way through their school year.

Let me explain and in so doing nothing of what I say will really come as a surprise once I get going there. September represents new beginnings on all fronts actually. You and your family have typically been on vacation. You and your spouse have had at least a couple of weeks away from work (or you should have) and of course most others where you work have done the same. Summer is a time when even for those who are still working or covering for those who are on vacation, tend to kick-back and are inclined to take it easy or at least slow down. It is really a time, July and August, when the status quo is good enough.

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When summer vacations are over and/or the two months have passed (all too quickly I might add) things get "cranked up" again at work.



Your employer expects that you are feeling renewed and refreshed after your time off and wants you and everyone else to push ahead with renewed vigor to complete previously set goals or too set new ones for the fall and into the winter. In other words get busy and move the organization forward.

Meanwhile back at the ranch the kids are returning to school and beginning a new school year, new grade, perhaps new friends, even maybe a new school. When you look down from above, everything is oriented toward growth in the fall. And aren't New Year's Resolutions supposed to be all about growth!

PERSONAL COACHING

Taking a strategic approach to the accomplishment of your New Year's Resolutions may seem like a daunting task but if you manage the process in a step-by-step fashion, taking it slowly, in bite size chunks you can get it done. My job as a Life & Business Coach is to work with my clients to do exactly what I have been talking about here. The only difference is that the time of year does not matter. You might want to consider using a coach to help you

answer the questions I have been asking? The direct benefits to you and your family can be profound if that is a motivator?

Is There a Woodpecker on Your Head?

Philip Houde
Guest Columnist



So you are trying to focus and get some work done. But you are frustrated and stressed. It seems as if you are getting nowhere.

If you are like me then the problem might be too many distractions.

How do you focus when it seems like there is a whole bunch of "stuff" going on around you?

I was speaking with my friend Jim Ladd the other day and in trying to describe this feeling I said to him that the sensation is like having a woodpecker standing on your head hammering away at you. Jim seemed to think it was a pretty apt description.

Now I want you to think about that image for a bit...it's no wonder that I can't think straight!

Now let's just leave the obvious jokes about a wooden head aside for a bit.

So we've diagnosed the problem and now what can be done about it?

First things first – I recommend taking a moment to stop and take stock of your situation. Take a good look around you. There is an excellent chance that things are all "cluttered up".

Do you have an over flow of things to do - people to call, projects at home and at work either not started or partially finished, paper & email everywhere...yikes!

If you are like me you are asking yourself where or when does it all stop???

To me this is literally the woodpecker that's drilling away at you. These projects and tasks – all this "stuff" -



that you have to do are preoccupying a valuable portion of your limited grey matter. Ask yourself this very important question – are they really, truly necessary?

Really take a good, hard look at these distractions. Do you really need them? How many

of these things can you just throw out, dismiss, burn, shoot, throw into the fiery pit of Mount Doom or whatever your pleasure. Probably more than you think!

How can you clearly see where you are going when you have these things distracting you from what is important?

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The Personal Coach BULLETIN

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COACHING POINT

Until we eliminate them we may never be able to truly focus and have some clarity to work on what is really important.

So what is next you ask?

You have to start by removing the clutter. That sounds simple but it is easier to say than do.

Start with the small things. Throw a piece of paper out that has been occupying a corner of your desk for months. It's like a little bit of massage therapy. Start small and build and you know what? You'll enjoy it too. You won't believe how good it feels, because, it is one more thing, one more task, one more burden you don't have to worry about and don't have to do!



I think we all need to purge once in a while (not our stomachs of course) - our work spaces, our basements, our garages etc.... It is amazing what we collect over months and years. Humans must have this overpowering urge to horde and collect - it must relate to some kind of survival instinct. That's why we seem to accumulate so much needless stuff and have so much trouble throwing it away.

Physical de-cluttering also helps de-clutter the mind. A cluttered mind is a direct result of all these "things" you have to do, things that wake you up at night.

When I find myself getting irritated or anxious I do an assessment of where it's coming from. Most of the time it is "clutter creep". I've managed to surround myself with stuff again.

I just hired a shredding company to come to the office next week. I was looking around and we had old files, brochures and what not that was taking up space and not of any value. We have three huge 95 gallon bins sitting in the office. So we are going to purge like there is no tomorrow! (Note

to Revenue Canada - nothing to be concerned about here - everything is above board).

And it is going to feel good! In fact I felt great as soon as I had made the order to have the bins delivered.

The next time you can't seem to focus try to stop and look in the mirror - there just might be a woodpecker on your head.

And now you know how to get rid of him!

Link to: www.rivereasttravel.com



**Seeing yourself as
you want to be is the
key to personal growth.**

Anonymous

Philip and wife Mychelle have owned River East Travel & Cruise Centre since 2002. River East is a full service agency that has been serving its clients since 1979. Recently, they were the recipients of the 2009 Consumers Choice Award in the travel industry.

Prior to owning River East, Philip worked for the Manitoba Provincial Government for 10 years. He held positions in the departments of Natural Resources; Agriculture; Executive Council; as well as the Office of the Premier.

Philip was born & raised on the family farm in St. Eustache, Manitoba. He received his initial early education in the country and after finishing high school attended the University of Manitoba.

Philip has received a number of travel agent designations and has also been elected and served on a variety of boards associated with the travel industry. He has also been very active in community work.

**BALANCE
LIFE &
WORK**



FOR A COMPLIMENTARY
COACHING SESSION
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Lean Into Your Discomfort

I must admit that learning to lean into my discomfort has had a very positive effect in my life!

I'm Uncomfortable

It was a process over time but the value of being able and willing to do it, was magnified 10 fold during my two year battle to survive my deteriorating lungs, followed by another two year journey back from the edge of death to good health, after surviving a 13 hour double lung transplant operation.



My new lungs came from a 40 year old man who lost his life in a car accident when he was killed by a drunk driver. His incredible gifts saved the lives of four people.

M. Scott Peck became famous for saying in his book; *The Road Less Traveled*, that; "life is difficult," and until we accept that fact it will remain so. I wholeheartedly agree with this assertion based upon my life experiences and if we are to make the best of our lives, we must make a decision about how we are going to approach that belief and behave in our world.

Unfortunately, far too many are reluctant to experience the pain and discomforts of life. In particular our unwillingness or tendency to avoid the discomfort that comes from seeing ourselves as we truly are in situations that could offer opportunities for growth. This accounts for much of the reason for why we lack self-awareness and do not experience the kind of personal growth we could otherwise.

If you value heightened self-awareness and personal growth then an essential ingredient to progressing along this path is a "disciplined" approach to living, another way to say lean into your discomfort.

The practice of discipline requires a number of tools and practiced techniques;

- **accepting responsibility** (owning the problem),
- **always telling yourself the truth** (seeing reality),
- **delayed gratification** (i.e. scheduling the pain first in order to enhance the pleasurable feeling later), and
- **balancing** (the flexibility to maintain balance between your emotional, physical, intellectual and spiritual self).

Beside the discomfort to you of some feeling or emotions is the insecurity around questioning your ability to manage your emotions in an appropriate way. That of course is

often why we avoid them and the sometimes pain that comes with them. Too often we fear how we might behave because of a feeling we try so hard to suppress. I say, don't be afraid of making emotional mistakes. They give you valuable information about how you should behave and they tell you what you should be doing differently and provide the steady stream of information you need to understand yourself as life unfolds.

"Rather than avoid a feeling of discomfort your goal should be to move toward the emotion, into it, and eventually through it."

Just remember ignoring or minimizing an emotion, no matter how insignificant you may feel that it is, prevents you from doing something productive with it.



And in this discussion too, let's not forget a critically important point that if one attempts to avoid the pain and emotional suffering associated with life's problems this becomes the primary basis for mental illness. I must admit to occasionally avoiding at least for a little while some of my life's problems and the discomfort that comes with it and in that avoidance behaviour experience what is affectionately called neurosis. All of us at times are at least a little bit neurotic.

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Carl Jung, famed Swiss psychologist stated that; "neurosis is always a substitute for legitimate suffering." I say; "just be careful not to be labeled something else because you are not prepared to suffer, even a little bit."

So, bite down on the bullet and lean into the pain and discomforts of life, you will be better for it, believe me!

Just remember too that at the end of the day beauty is in the nature of our flaws and most important of all, it is in our reflective self-awareness and acceptance of our imperfections that we discover our true selves.

And finally, an important piece of advice in all this discussion; "To be effective in life we all need to discover our arrogance – those things we don't bother to learn about and dismiss as unimportant."

*Excerpts from: Emotional Intelligence 2.0
Travis Bradberry & Jean Greaves*

Quotations

The cost of a thing is the amount of what I call life which is required to be exchanged for it, immediately or in the long run.

Thoreau, Henry David

The question is not whether we will die, but how we will live.

Borysenko, Joan

BECOMING A CONTRIBUTOR



Share Your Story

It is in our sharing that we come to understand each other better and in that understanding we develop a greater awareness of who we are in the world. Alone we do not have all the answers but with the support and guidance of people around us our path through this sometimes very difficult life is made more tolerable.

In my travels as a Life & Business Coach I have had an opportunity to meet and coach some remarkable people. People who are remarkable not just because they have survived and overcome obstacles in their lives but who are determined to find their life's purpose by working toward a congruence with their core values, take responsibility for their lives and always tell themselves the truth about who they are, no matter how difficult that may be initially.

I am sure that anyone of you can recall someone's story of courage, determination and perseverance, a story that for whatever reason(s)

resonated with you and contributed to your own understanding and willingness to venture out and make changes in the direction of your life.

I would like to gather together some of these stories and share them through the Personal Coach Bulletin with all of my readers; stories of courage, determination, and perseverance, stories that brought about change and personal growth.

Don't be too concerned about how well you write. What is really important is to get your story out there for others to read. If it is needed we can work together to smooth your story out a bit.

If you enjoy the experience of writing and would like to have something that you have written published, consider the very popular; "Personal Coach Bulletin," sent out on a monthly basis to over 2900 readers. Just click on **"SHARE YOUR STORY"** on my website home page and simply follow the instructions for submitting an article.

When your article is published we will include a picture along with a profile, and where applicable, a link to your business website.

This is a wonderful opportunity; why not give it a try! You could make a difference in someone's life.

Coach Ladd

