



The Personal Coach BULLETIN

balance through partnership

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COACHING POINT

Don Wittman 1936-2008

On Saturday this past weekend our community and the rest of Canada lost by all accounts a very good man who led a remarkable and remarkably full life. For all of us who love sport he had a profound impact on our relationship with it for over 46 years. Don Wittman died quietly with his family by his side after a short battle with cancer.

Don started his career in sports back in 1961 just about the time that I began to play competitive amateur football. I never knew Don personally and only met him on one occasion, albeit briefly a very long time ago. His was the voice that defined sport as I grew up and came to love it and football in particular. I was saddened to hear of his struggle and even more saddened to hear of his death.

I know that I do not speak for all but certainly for myself and some others, when we read or learn of the death of someone whose life impacted ours and the communities to the degree that Don's did, we are left with a profound sense of loss that often times goes beyond the death of the person to the passing or death of time itself. If there is one thing we all learn as we grow older, it is that time increasingly becomes a precious commodity to be cherished and yet still seems to slip through our fingers much faster than we would like.



It is at these moments reflecting on another's life and accomplishments, especially if we can connect to them that we question the value of our own lives in terms of what we have done or accomplished thus far.

Quite naturally, at times like these and sometimes without even being aware, we apply our own personal filter to this reflective process. When we connect our values and needs to those of the person who passed, it makes the reflection that much more powerful for us. It of course serves no purpose to compare our lives to those of others but rather to whether or not what we have accomplished to date is congruent with who we are at an; emotional, spiritual, intellectual and physical level.

The fullness of our lives is largely in our hands and moments of reflection are important to our well-being, allowing us to make course corrections where necessary to keep us on track with what is truly important in our lives and in the lives of those around us who we choose to love.

It was almost an afterthought but a point powerfully made by Gord Sinclair Jr. in the Free Press on Sunday, that what Don; "was proudest of was, well what matters the most in life. That his and Judy's three children grew up to be good, decent and accomplished people. Children who were there when he needed them the most."

Scott Peck (Road Less Traveled) said that "life is difficult" so why make it more so by losing touch with who we are.

God speed Don Wittman and thank you for making my life in sport more colourful.

~ James Ladd



James Ladd, Coach

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~ Coach Ladd

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!
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