



## The Personal Coach BULLETIN

balance through partnership

111- 460 Kenaston Blvd  
Winnipeg, MB R3N 1Z1

office: 204.489.9534  
cell: 204.782.1362  
email: jamesladd@mts.net

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### Coaching Point: A BALANCED LIFE

In last month's bulletin I spoke to you about the financial equivalents for life's pains and pleasures.

This month I discuss the importance to your health of keeping the "dimensions of self and of life" in **balance**.

The dimensions of self include; your physical, intellectual, emotional and spiritual well-being. The dimensions of life include being; alone, with others, at work and away from work. You are the four dimensions of self in the four dimensions of life.

Your physical self is your body. Your body image, energy level, weight, muscle tone, strength, flexibility and cardio-vascular endurance are all representative of your physical self. Examples of what contributes to your physical self include exercise, diet and sleep.

Your intellectual self has to do with knowledge, your abilities to think and to communicate, the processing of life's experiences. The ability to perceive and discern, make judgments in the best interests of your self and others. One's openness and fluidity to knowledge, learning and new experience is directly related to health and growth.

Your emotional self is your feeling side. Your ability to stay in for emotional experiences and be able to understand and express those emotions is central to this part of self. The more an individual is in touch with their emotions and can let emotions flow, the more his/her energy can run freely and the more awareness can grow within the self.

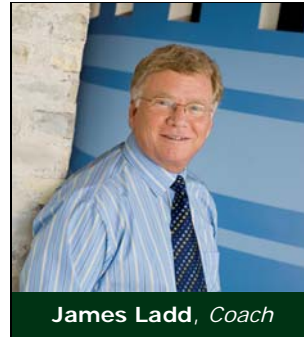
Your spiritual self is that part of you that is searching for the meaning to your life. "He who has a *why* to live for can bear almost any *how*" (*Nietzsche*). Your relationship with God, where you fit in the universe, the natural flow, these are some of the spiritual questions.

As we move through our lives, every attempt should be made to keep the importance of this balance in our minds in order to minimize the inevitable damage that distress does cause.

For example, there are times when we nurture ourselves intellectually through education and/or our accumulated work experiences as we grow in our career. At other times we nurture ourselves emotionally and spiritually when we choose to marry and raise a family. If we choose to exercise with any degree of regularity we are nurturing our physical self. Keeping the self in balance with life becomes a difficult task even at the best of times because of where we find ourselves in time, and the pressures we experience at the various stages of our lives.

Helping my clients to identify and action what is necessary to keep their lives in balance is an important part of the service I provide. Perhaps a complimentary exploratory session to discuss your situation would be in order?

~ James Ladd



James Ladd, Coach

### Achieve Balance Through Strategic Coaching:

#### One on One

One on one service to achieve balance.

#### Group Sessions

Workshops and seminars for the Workplace.

#### Self-Study

Guides you can do on your own.

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!  
[jamesladd@mts.net](mailto:jamesladd@mts.net)  
or 782-1362

### Next Month's Topic: Congruence & Tension

Living According to Your Values and the Importance of Meeting Needs.

