

THINKING BIG

focused & organized



Embrace Change



Try A Coach

We feel one of the ways to know if coaching is for you is to try a session. We would be glad to extend the offer to any of your colleagues for one free phone get-to-know you session. You know how its worked for you...isn't it time for your friend to know?

*There is so much good
to be done for so many
good people.*

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I have a client let's call him Dave, who was letting his family, his vendors and his clients express and get what they wanted at the expense of Dave's peace of mind. The price, the cost to Dave was tremendous stress.

Like the line from the movie, Network, Dave had reached a point of, "I'm mad as hell and I'm not taking it any more."

Through our coaching relationship Dave implemented the following changes that are both strategic and attitudinal:

- Live my life, don't live my life the way others want me to live it
- Recognize that people will treat me the way I train them to treat me.
I'm not going to let people push me around.
- Let people know, skillfully and tactfully, that I won't be the beneficiary of their poor planning. I won't do other people's jobs.
- Respect myself, recognizing that this kind of respect is neither prideful or arrogant
- Be more direct, say what needs to be said
- Set work hour limits and know that not everything is an emergency
- Forgive myself. Stretch for the ideal but don't expect perfect results.
- Be honest. This is what I can do and I know in my heart of hearts that I did my best, I gave it my all.
- Believe in options. There is never only one way to do anything.

How is Dave Now?

Dave's life is in balance. He's loving his home life and enjoying work more. He no longer takes work calls in the evening or on weekends, nor does he need to. When he walks through the gate at home, work totally disappears. He's focused on and counts all his blessings. Dave told me that counting his blessings is the biggest change he has made.

Dave understands and lives the truth that gratitude is having a great attitude. All the people he loves, knows and meets are the beneficiaries of Dave's world class gratitude.