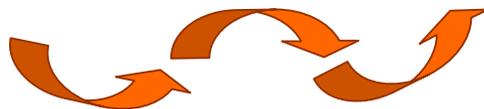


Chart Your Change



"Chart Your Change" is about knowing you're ready for your life to take on another dimension of meaning and growth; trusting yourself to achieve what is possible without yet knowing.



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*"Never violate the sacredness of your individual self-respect. Be true to your own mind and conscience, your heart and your soul."
- Theodore Parker*

Flo Mauri – Coach, Consultant, Educator, Speaker

May 2007

Welcome to Chart Your Change

In this issue:

1. Quote of the Month
2. Honoring the Self
3. Honor the Body, Heart, Mind Connection
4. Coaching Revelations
5. Tip #17 - Five Principles of Human Relations Success

For the mother in us all, this May issue is dedicated to the 'Sacred Feminine,' that life force within every sentient being, every woman and man, to create, to nourish, to intuit and be in cooperative relationship to others. Symbolized this month with a tribute to all mothers.

1. QUOTE OF THE MONTH

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile"

-- Mother Teresa

2. HONORING THE SELF (LIVING OUR VALUES / RESPECTING OTHERS)

Don Imus is known as a grumpy, confrontational radio personality who has acquired notoriety by shocking his audience and I suppose people have always wondered, how far will he go? Is there a limit to the insults and bad taste? How do his words impact the culture? Some say he's polluting it. How does this bravado of belligerence make people feel good? Maybe, he is tapping into people's frustration with their own situation and he is saying all the things they're thinking but would never dare say.

If we're thinking less of someone, or hold resentment or contempt for that person in our heart, it leaps out of us in our tone, our glance, our demeanor, our attitude. We may see how our behavior impacts our interactions with others but

do we see how it impacts us? How does it change us? When we disrespect ourselves, how much good can we really generate towards others?

The thoughts we have, become the attitude we demonstrate to the world. Your thoughts, actions, and emotions are all part of "one loop" of intelligence. It really isn't possible to separate out the physical, emotional, and rational components of "self." Few, if any of us, live our entire life strictly adhering to the beliefs that are dear to us. Our frailty and failing are part of the human condition. We're all always in relationship with other people and our environment. Appreciating our many interwoven relationships is crucial to maintaining a compassionate experience of "self" and "other" and to see what is possible in the world.

Your thoughts and comments are always appreciated. Email me at flomauri@aol.com

3. HONOR THE BODY, HEART, MIND CONNECTION

- **Your body holds the answer to many puzzles your cognitive mind alone cannot express or solve.**
- **Logic and emotion are two sides of the same coin. You can't have one without the other.**
- **Your "body language" leads to the generation of your verbal language.** Change the language of your body and you will change the way you think and feel.

4. COACHING REFLECTIONS

A lot of what I do as coach is to help you change how you think about things. Often, this process begins in coaching and continues for months after, as you change your "philosophy" about the way you live your life. To make this shift requires that you trust yourself, change your beliefs about you, and your abilities.

In the coaching partnership, you will be asked what you expect as an outcome. I invite you to consider how we will know you have reached your goal. We'll explore your vision for the future and agree on steps.

In this process, fear and resistance typically surface, thus deepening your self-awareness. This is a mental process. However, accepting where you are is an emotional process. This is about loving parts of yourself you may want to reject. It is about embracing where you are, which will ultimately make you stronger. The combined mental and emotional process leads to possibilities and choices. This journey from the head to the heart is the longest journey.

Sometimes, you may not be ready to move forward and need to be met where you are. Often, the goal is too big and will need to be broken down into smaller attainable goals. As you achieve small successes, your confidence builds and you are stronger in your belief that you will accomplish your life's desire. You are coming from a core place of trusting yourself.

Congratulations!

If you're thinking about being coached and want an experience of it, call me at flomauri@aol.com to arrange for a complimentary consultation.

5. COACH'S TIP # 17- FIVE PRINCIPLES FOR HUMAN RELATIONS SUCCESS

Steps for Thriving in Constant Workplace Change

These five principles are grounded in concepts of social and emotional intelligence and emphasize breaking through repetitive no-win cycles to overcome workplace relationship challenges.

1. If it isn't reciprocal, it's not a relationship.

- If you are both benefiting from the relationship it's worthwhile to nurture and grow it.
- Some relationships may not appear reciprocal, but in fact, there may be an unseen benefit. Explore.

2. Successful relationships are built on mutual respect and trust.

- Relationships thrive when boundaries are clear.
- Relationships grow when the interaction is transparent

3. Ask yourself, what really matters right now?

- If wanting to be right, if criticizing, blaming or making the other person wrong is important, then, you are coming from an ego place where there is no room for win-win. How is leading with ego serving the relationship? Make the choice that serves the relationship.

4. Relationships expand when individuals develop their interpersonal skill.

- People skills, conflict management skills and influencing skills are critical for maintaining rapport, developing others, and your continued career success.

5. An attitude of gratefulness has a profound impact on relationships.

- It's been documented that people experience a sense of well-being and appreciation for others when they are intentionally grateful.

Most of us live much of our life in the past, believing we are living in the present. No matter how hurtful or "wrong" we find certain people's actions to be, it is possible to view each person as acting from a place of "positive intention," or at least, consider that potential. The key in this regard is recognizing that often times we attempt to fulfill positive intentions by implementing lousy strategies. We can forgive ourselves for our dreadful strategies. But can we forgive others for theirs?

Your thoughts and comments are always appreciated. Email me at flomauri@aol.com

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Have a Joyful Month!



Coach/Consultant to Emerging Leaders

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Request Flo for your next event. In addition to being the founder of Thinking Well Consulting, Ms. Mauri is an Executive Coach and Educator at NYU, teaching Organizational Behavior, Emotionally Intelligent Leadership and Management Styles. She is certified in Conflict Resolution and Organization Development. Ms. Mauri specializes in assessment tools and self-awareness techniques for maximizing human potential. Are you getting in your own way toward advancing your true aspirations and talents? Are you experiencing challenges in your business relationships and want to breakthrough

repetitive no-win cycles? Are you ready to define and lead with your strengths? A coach can help you take action to achieve your goals. Contact Flo today for a conversation.

Chart Your Change is your select source for inspiration, coaching tips and personal development. We share the very best of essays, research studies and success tools for taking your human potential to the top of Maslow's pyramid: self-actualization and transformation.

If you enjoyed this issue we'd love it if you'd spread the word. If you receive this newsletter as a forwarded message and would like to opt-in on the list, send an email to: flo@thinkingwellconsulting.com and type "Add me in," in the subject line. If this email address has been mistakenly added to our list and you want to be removed, please type "unsubscribe." Your e-mail address is never shared with anyone without your permission.

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