

# 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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*"To contact the deeper truth of who we are, we must engage in some activity or practice that questions what we assume to be true about ourselves."*

- A. H. Almaas

**Flo Mauri – Coach, Consultant, Educator, Speaker**

**September 2007**

**Welcome to Chart Your Change**

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1. Quotes of the Month
2. A Certificate of Authenticity
3. More News: Fall Program for New Managers
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## 1. QUOTES OF THE MONTH

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*"Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out your horn."*

- Charlie Parker

*"There is no more powerful weapon for change than honesty."*

- Margaret Heffernan (CEO, CMGI)

*"If you call forth what is in you, it will save you. If you do not call forth what is in you, it will destroy you."*

- Saint Thomas

## 2. A CERTIFICATE OF AUTHENTICITY

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My neighbor Karen stopped by this weekend and told me she wants to sell the dozens of Bradford Exchange collector's plates she's had for years. She never liked them (her husband was the collector) and she wanted to de-clutter the walls. She went on to say that the boxes they came in originally were on a shelf in the storage area and one day when she went there, they all fell on her head. Karen interpreted this cosmic message to mean she should throw away these boxes and so she did. (I know, this sounds like a story about clutter – but it's not). She, said, "I have the certificates of authenticity for all the plates. I can still sell them and fetch a good price." I thought about the process of buying an original work of art and how you want to know it's not a fake.

You research the history, the provenance; who were the previous owners? Are there receipts? Has the piece been certified as authentic?

We often try to verify someone else's authenticity using similar measuring criteria: what's their background? What references do they provide? What are their credentials? Will you really know if a person is authentic by these methods?

Have you ever met a client, a new co-worker, or hired someone thinking: I have a pretty good idea of who this person is and as you got to know them, said: "who the heck is this person?"

Through the process of coaching, the client intentionally takes off those outer layers to reveal the authentic self and find their strengths, courage and confidence where it's always been – just waiting to be tapped. Often a client will peer into the mirror of their soul and see a different reflection than the one in their mind's eye. Who do you see? Are you a cougar who sees a kitten in the mirror? Or is there a match? When was the last time you had a most perfect moment when you experienced a profound stillness and clarity of purpose? A moment of standing in your greatness; of loving all that you are – dark side, imperfect and glorious; a moment of recognizing that in the here and now, there is no past, no future, just a moment filled with limitless possibilities.

Stamp yourself with a certificate of authenticity every time you:

- Are willing to be yourself on that life stage and take the boos as graciously as the bravos.
- Dare to be the person you are afraid of being.
- Show up no matter how uncomfortable or scary
- Recognize that you can only be who you are. And that's perfect!

### **3. MORE NEWS ON "NEW MANAGER" PROGRAM FOR THE FALL**

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#### ***Bridging the Gap: Developing Leaders for Tomorrow***

The two **GroupSmart Coaching**® programs offered this fall address the needs of new managers.

- The first program is designed for the organization's need to groom new managers to fully step into their roll.
- The second program is geared to the individual manager. In this group coaching program, managers come together from different organizations.

Let's just get to the results managers want to achieve most, rather than describing all the issues managers face:

- ✓ Establish a performance-oriented culture
- ✓ Build collaborative work relationships
- ✓ Leverage personal strengths
- ✓ Re-ignite the energy and excitement of teamwork
- ✓ Create an alignment between personal goals and values and the organization's vision and values

#### **How we do this:**

Through the *GroupSmart* coaching method, managers use the group environment to bring up the concerns that impede their effectiveness. The manager will be in a group with other managers who will bring their issues, expertise and experience to the table as well. The dynamics of this process affords each participant a deep level of awareness, opportunities to make shifts in thinking, attitude and behavior and implement new approaches while getting constant support and coaching.

Each manager will also have the opportunity to be laser coached individually several times while in this program. This is another occasion for the client to gain insights about their strengths, how best to use them, learn new skills and build new levels of confidence in their abilities.

Call or email me for a complimentary meeting to learn more about either program and to discuss how this program can support and develop your core productivity groups. This is the opportunity to impact your organization on a core level. Well-coached managers today will become the influential, visionary leaders of tomorrow.

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#### 4. RADIO TALK SHOW COMING SOON

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As mentioned in last month's Newsletter, three coaches are collaborating to create a weekly radio talk show, **AMAZING VOICES: dynamic conversations**. Our mission is to broadcast good will, inspire positive change, entertain and do what we can to heal, help and support our human family at large. Having been trained in different disciplines and careers and embracing coaching from different perspectives, each of us are uniquely equipped to provide a wave of new thought.

We are creating a Blog for the show to archive radio recordings and a forum for you to communicate with us. My colleagues and I look forward to you tuning in and spending time with us. The radio show time and date will be announced soon.

#### 5. COACH'S TIP # 21 - WHAT MAKES YOU AUTHENTIC?

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- Name three people you consider authentic?
- What is the one quality that makes each one authentic?
- What is your authentic quality? Ask those who know you best.

"It is part of the great paradox that when you discover that Self – your kernel – you are also likely then to know fully why you're here, how you fit in, how you're part of the great universal human community." Kaleel Jamison

*Your thoughts and comments are always appreciated. Email me at [flomauri@aol.com](mailto:flomauri@aol.com)*

Have a Joyful Month!



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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](mailto: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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