

# Chart Your Change Newsletter



*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.*

## IN THIS ISSUE

[MONTHLY DESTINATION](#)

[TRUE NORTH](#)

[JOURNEY'S END](#)

## Quick Links

[Newsletter Archive](#)  
[More On Us](#)

## Events

[2008 Coaching/Training Programs](#)

[New Managers](#)  
[Emerging Leaders](#)  
[Dream Teams](#)

[Request Flo for Your Next Event](#)

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Dear Flo,

HAPPY VALENTINE'S DAY!

This month's Chart Your Change has a brand new look and layout but the format is the same. Would love to hear your comments on the new look or content. Email me at [flo@thinkingwellconsulting.com](mailto:flo@thinkingwellconsulting.com).

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

Buckminster Fuller

## MONTHLY DESTINATION:

Articles on evolving, enhancing skills and transforming



## CRAFTING TRANSFORMATIONAL CHANGE

Typically, in my newsletters I offer ideas concerning thinking patterns, frameworks, improving performance, quality work relationship and generally attempt to inform the "thinking" needed for a successful way forward. In my larger view of what is possible, I have a desire for a conscious evolution (a positive future) of our planet -- and the workplace is an excellent place to start. So much of what transpires between people is about how entrenched we are in our own mindset. How we think is so much more important than **what** we think.

A Naturally Occurring Transformational Change in

## Society

Sometimes there is a convergence of culture, catch phrases, music, beliefs, generational divide, internal strife that all lead to a tipping point. People can sense a shift taking place, in a type of collective consciousness. Sometimes it spreads to create an era that fires the imagination and propels the population in a new direction. I'm thinking of an era I call "1968." Many of you were not yet born and some of you were too young to remember. Lucky for you, New York Magazine (in a recent article) recounted the lives and times of that era and it seemed a time in which new thought emerged, the art world reinvented itself and life possibilities were entertained through new filters. Society was taking a conscious step forward and broke some old patterns of behavior.

## Individual Transformation

On an individual level, when your mind questions, be in an environment that supports the process. If not, you may need to change that environment. To be in a place of where questions can't be entertained, is a place of fear. To question is to open the mind to possibilities; to see with a new perspective; to shed a new light on the past and bring clarity to your current reality. Asking the right questions is evolutionary. Debbie Ford's book, "The Right Questions" has some inspiring life-altering questions: Is this an act of faith or an act of fear? Will this choice propel me toward an inspiring future or will it keep me stuck in the past? These are the coachy questions that elicit greatness in an individual and begins a transformative process.

### Quote about transformation:

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, SERVICE was JOY."

Rabindranath

Tagore

**TRUE NORTH:**

Articles on Direction and the Road Less Traveled

## Walk In Balance This Day

When emotionally upset, notice what your body is doing. Are you breathing too fast? Is your heart racing? Are you in a flight or fight response mode?



You can slow down this primal survival reflex by taking deep breaths. For those who practice yoga, you know how breathing restores your well-being back to its natural level. Let your breath bring back your right brain function to have the appropriate emotional response.

## Seeing the glass half full

Do this exercise now: sit up straight, plant your feet on the floor, relax your arms, take three deep breaths and allow negative emotions to flow out with your exhale. Ask yourself what three physical sensations you are feeling. Notice that if you are focusing on aches and tensions, you are at a starting point of seeing the glass half empty. It's okay. It means you are still focusing on what is not working (the perceived problem). As you keep breathing deeply and asking yourself what physical sensations you are feeling, you will notice what is feeling good. The more you notice what feels good, the more you are focusing on what is actually working.

This exercise will help you to state what you want in positive terms. This is especially helpful when there is tension, conflict and negative emotions surrounding a situation.

## JOURNEY'S END:

Articles on insights and taking the leap

## TRENDS AND CHALLENGES

Excerpt from "*Engagement, Meaning and the Generational Divide*"

by Flo Mauri

Some of the relevant trends that have emerged in the past 5 to 10 years are an indication of the future focus training and development will take. Here are some excerpts from my article on these

trends:

"The inter-generational and diverse/global workplace of today is adding another layer of complexity to... [click to continue](#)

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Have a joyful month.



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