



# Chart Your Change Now

Mastering the Workplace

September Issue 2010 - Vol 5, Issue 9

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**Course Correction Quotes:**

"So long as a person is capable of self-renewal they are a living being."  
- Henri-Frederic Amiel

"If you don't like something, change it. If you can't change it, change your attitude."  
- Maya Angelou

## Fourth Quarter Course Correction

*"Most people can look back over the years and identify a time and place at which their lives changed significantly. Whether by accident or design, these are the moments when, because of a readiness within us and a collaboration with events occurring around us, we are forced to seriously reappraise ourselves and the conditions under which we live and to make certain choices that will affect the rest of our lives." - Frederick F. Flack*



**The word deliberation** is often used to advise a jury to carefully ponder with forethought all possibilities, weighing, exploring, and debating all the evidence at hand to arrive at a decision. How often do you deliberate with forethought to arrive at a well-considered outcome?

Planning is a crucial part of any endeavor. A few decades ago, the graduating class from an Ivy League school, was asked to consider their future goals. Only 3% actually wrote down in detail their plans for the future. Decades later, that same group of graduates was contacted to determine whether they achieved their goals. Of those who wrote down their plans, 90% achieved their goals. Of those who did not write down their plans, only a small percentage achieved their goals.

What have you planned for your future? What have you written down? The fourth quarter is an excellent time for re-assessing your direction. Are you consistently moving towards your goals? Are you in need of a helpful structure or support to assist you in gaining clarity and taking action? Or, perhaps tweaking your plans or redirecting yourself? Are mental blocks cluttering up your path? Explore with me your course direction and align yourself with your personal and professional aspirations.

### Fall Schedule:

- This fall, **Flo's Monthly Coaching Café** continues to provide valuable tips in a virtual setting. To sign up, [click here](#).
- Coaching women from diverse cultural backgrounds has inspired me to customize a new program addressing issues of multi-cultural professional women. For more info and to sign up for this new **small group coaching** starting in October, [click here](#).

- **Inner Work Mastery Coaching:** (one-on-one) unleash your confident self, discover your personal power, assert your wants and needs. Be the force of change in your life. Overcome blocks to your focus, manage your emotions, increase your interpersonal skills. Work with me and design your own model of success. [Click here for more.](#)
- In addition to one-on-one coaching and training services, I provide small business consulting and coaching services. Small businesses have multiple areas to tackle, and are often missing critical resources to manage people and tasks. Contact me for a complimentary consultation.

The dominant theme in all the services I provide is based on my values and principles as a coach. I believe that extreme self-awareness, emotional and social proficiency is the foundation for excellent communication skills. As a result, the client achieves new levels of confidence and a more solid capacity to influence others. With this newfound wisdom, the client is open to opportunities and possibilities not previously sighted on their radar screen and is willing to let go of past impediments to achieve his/her desired goal.

*Share your thoughts about making a course correction on my blog [Chart Your Change](#).*

**Join this month's *Coaching Cafe*, a virtual space of collaboration and community... get peer advice, coaching tips, take away action steps.**

**Have you signed up yet, for Flo's Coaching Cafe?**

**Next: September 29, 2010 at 8 PM.**



**A FREE call-in series designed to address timely issues. What's on your mind?**

**[Click here to join us](#)**

***This month's theme --"Changing Your Beliefs"***

***What is the overriding filter through which you frame your life?***

***[Sign up](#) and receive "Reframing Your Life Tips"***

*Have a comment? Go to my blog, [Chart Your Change](#).*

*To experience a complimentary coaching session, click on [Complimentary](#).*

***Have a Joyful Month,***



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