

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.

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THE GIFT OF INSPIRATION

Chaos is a name for any order that produces confusion in our minds.
-- George Santayana

One must still have chaos in oneself to be able to give birth to a dancing star.
- Friedrich Wilhelm Nietzsche

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September/2008

Dear Flo,

BE THE EYE (OF THE STORM)

"Chaos in the world brings uneasiness, but it also allows the opportunity for creativity and growth."
-Tom

Barrett

It's all swirling about us: financial markets in upheaval; a half dozen real storms have wreaked chaos on the Gulf Coast; national economic woes directly impacting our way of living; uncertainty and worry about job stability and a freight-train-approaching presidential election that has the American psyche vacillating between which issues are having the most impact on us and which candidate is most believable.

It has been said that the truth is told by the one you believe is telling the truth. . .

Read "Monthly Destination" and learn how to be the calm in the storm of your own life.

Do you have a question for me? Click on the new offering, [Ask Coach Flo.](#)

MONTHLY DESTINATION:

Articles on evolving, enhancing skills and transforming



QUENCHING CHAOS

"Chaos results when the world changes faster than people"

- said by many

It has been said that the truth is told by the one you believe is telling the truth. . . Unfortunately, this is not a precise method for ascertaining the truth. Perhaps, King Solomon had the right approach... But in today's world of media frenzy, sound bites and political image enhancing consultants, the baby may very well be cut in half, or thrown out with the bath water, but more than likely, it will be held up and kissed by all -- and we will never know who is telling the truth.

However, we are a nation that has recouped and thrived in the face of adversity and with our checks and balances, will survive, no matter who is elected. So, how does this scene being played out on the national wide-angled screen, match up to the scene of your own drama (suspense thriller, comedy or documentary)?

Recently, my own scene was a suspense thriller. My home was viciously vandalized twice in two weeks. I went through the motions of filing a police report and insurance claim and then trying to make sense of it. Who would do such a thing? Why? There was no sense to be made. It could have been delinquent kids or a ritual hazing or perhaps a sociopathic neighbor. At the very least, this experience was expensive and inconvenient. Also, as much as I thought I remained calmed, part of me went to the "dark side." I imagined finding a likely suspect -- my mind needed to place blame. I also felt unsafe and for the first time that I can remember, I had no way of making myself feel safe. I plunged into upgrading my security system without my usual due diligence and research and realized I was making some blind-folded emotional decisions and had to dig deep to find my core, be at integrity with myself and others and take my own coaching tips!

I became very conscious of my thoughts and what reality I was creating with them. What outcome did I intend from all of this? I realized

that I have always felt good and happy in this home -- a gathering place and a sanctuary. I am filled with many warm memories and the joy it has provided for all who have shared in it. This has not changed.

Being thrown into a whirlwind leaves little time to think and it is a time when instinct takes over. A time to be grateful for that reptilian part of our brain that wants to keep us alive. Yet, staying calm and emotionally centered becomes just as critical, especially when the storm is all around us and ceaseless. We then need to be the eye of the storm.

Read True North for serious tips on maintaining your cool in stressful times.

Do you have a question for me? Click on the new offering, [Ask Coach Flo](#).

TRUE NORTH: Articles on Direction and the Road Less Traveled

MAINTAIN YOUR COOL



We are seeing thousands of workers lose their jobs in an unprecedented way. Thus, generating fear for many who are concerned with the sustainability of their own jobs. How then, to handle these fears and stressful situations?

1. First, notice the thoughts you are having and how they make you feel. Thoughts create your reality. If you are rationalizing your situation and getting angry about it, then look deeper. As an example:

How You Rationalize vs. The Real Fear Running You

I'm so mad at my boss, my career I hate

I went into a

coworkers, customers -- because I was
totally
they'd better make it worth focused on
money. Now I'm
my while to do this damn job. miserable but
afraid to quit.

What is your truth?

2. The quality of your thoughts dictates the quality of your life. Try this challenge: be complaint free with no criticism or gossiping for 21 consecutive days. When you fall off the wagon (and you will), just start counting again. Eventually, you will make it to a week and finally 21 days. Be warned -- it may take several months.

Tip: Take any stretchy bracelet that can be easily shifted from one wrist to another. Switch to the other wrist each time you complain, criticize or gossip.

3. Increase your capacity to get more done by keeping your energy high. Energy comes from four main sources: the body, emotions, mind and spirit. Energy can be expanded and renewed by establishing rituals that are practiced and precisely scheduled. These rituals are similar to routines practiced by athletes between performance sessions to maximize recovery time. The idea here is to make these behaviors second nature so that you will always have reserves of energy.

Item 1 concept from battle for the brain, from "Steering By Starlight" by Martha Beck

Item 2 based on "A Complain Free World" by Will Bowen brought to my attention by Denise Hedges

Item 3 based on "The Power of Full Engagement..." by Jim Loehr and Tony Schwartz

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JOURNEY'S END:

Articles, thoughts on insights and taking the leap

This month, we offer a journey's beginning. A new training approach for the individual or the corporation,

Mastering the Workplace.

Issues clients have cited as causing stress and impacting productivity

- Frustration with difficult employees and their challenging behaviors
- Dealing with a boss or coworker who expects all things but doesn't communicate his/her expectations, or doesn't include you in decisions, or doesn't give or ask for feedback
- Lack of motivation, loss of focus, job responsibility overwhelm
- Challenging obstacles (mainly human) of a new leadership position
- Unresolved, or damaging political situations where artful confrontation, negotiating and influencing skills are required

The benefits of *Mastering the Workplace* include:

- Learn and use essential Emotional Intelligence competencies
- Learn to give feedback that has impact and improves workplace relationships
- Develop a strategy to manage the political environment
- Build confidence and awareness of personal styles
- Master critical conversation techniques

Great things will start to happen when you become more aware and masterful in your environment. If you are ready for professional development/skills enhancement for yourself or your organization, I'll be happy to meet with you and discuss how I can help you.

Feel free to pass this on to those you may think would benefit from my programs and services.

P.S. Do you know someone else who'd enjoy this newsletter? Why not forward them this email today?

Have a joyful month.



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