

THOUGHTS FOR THE

good life

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As we step more deeply into fall, thoughts of the holidays and the end of the year begin to surface. Are you satisfied with how you have spent your year? Have you made decisions that have brought you more in line with your values? Have you stopped to really enjoy the moments before rushing on to your next activity? Are you aware of your gifts on a daily basis? Enjoy everything on your life platter, even the challenges!



Be well and enjoy.

Susan

FALL RESOLUTIONS

I love the feeling of fall in the air. Even though it has been years since I went "back to school," I still love the feeling of getting back to work in the fall. It's a great time to check in with myself and see if I am on track to reach my goals for the year.

Coaching is an ideal forum for getting your actions in line with your goals. Give me a call so we can get to work on your agenda. You will be thrilled with yourself when everyone starts the annual resolution dialogue at the end of year! Call now!



Is Coaching Therapy?

When I explain coaching, someone will inevitably say, "Do you have a background in psychology? Are you a therapist?" The answers are no, my background, prior to becoming a trained coach, was in business. What is the difference between coaching and therapy? Here is the distinction:

Therapy traditionally focuses on the client's past and works on deep emotional issues, often centering on the family of origin. The primary distinction is that therapy moves the client from dysfunction to more normal function. People usually go to therapy because unresolved issues keep them from enjoying happiness in their daily life.

Coaching is designed for emotionally healthy individuals. Coaching moves clients from satisfactory functioning to greater levels of success and fulfillment. The work is action based and focuses on present and future goals. Coaching sessions include plans and behaviors to achieve the defined goals.

Does coaching deal with emotional issues? Absolutely. The human experience is full of emotions, especially for healthy, strong individuals. Trained, certified coaches are schooled in how to deal with client's emotions without taking on the role of therapist. Additionally, trained coaches know when to make a referral to a therapist if appropriate. This underscores the importance of hiring a coach with good training and experience.

Can individuals do coaching and therapy at the same time? Yes. However, trained coaches recommend clients handle unresolved emotional issues prior to starting a coaching relationship. If an individual requires therapy, coaching usually isn't successful. Coaching can uncover issues that need to be handled by a therapist. In this case, the coach and client will determine if it is the client's best interest to continue coaching or take a break.

How does one know if a coach or a therapist is best? If you are not sure, call a well-respected coach and/or therapist. Be honest about your thoughts and concerns. Together you can determine a plan that works for you.

Can my therapist be my coach? No, given the ethical guidelines for the psychological community, once a therapist establishes a therapeutic relationship, no other type of relationship should be formed. Many therapists have become coaches and treat their roles as two separate branches of their business. Make sure you work with someone who keeps them separate.

How to Hire A Coach

The International Coach Federation (ICF) suggests following these recommendations when looking for a coach:

- **Educate yourself about coaching.** Hundreds of articles have been written about coaching in recent years. Check out the ICF website, coachfederation.org.
- **Be clear about your objectives.**
- **Interview three coaches before you decide on one.**

Questions to ask a coach:

- **What are their qualifications, experience and coaching styles?**
- **How much are the costs?**
- **Is there a recommended duration for the coaching commitment?**
- **Ask for at least two references.**

Remember, coaching is an important relationship. There should be a connection between you and the coach that "feels" right to you.

DO YOU WORK ON A WINNING TEAM?

Working on a team can be a delight or an incredible challenge. Does your team work well together? Are projects done on time and within budget? Are there strategies that can help your team be more productive?

Yes, Susan Spritz Myers can take your team through a TeamSuccess® Seminar. Each team member will get an in-depth understanding of how they naturally operate, as well as hear how the team members naturally take action. Issues that are challenging the team will be discussed and specific recommendations made.

This half-day workshop can have a huge impact on your team's ability to be successful and greatly increase productivity and communications.

Here's what other participants have said about the TeamSuccess® Seminar:

"Excellent! Well worth our time. Will help us drive results and value people."

"Got a better understanding of myself and an opportunity to understand what it takes to build an effective team."

Call Susan to discuss your team and to schedule a seminar.

Turn off the News

How do we stay open-minded and available for opportunities when there are so many negative messages swirling around us daily? The stock market continues to lose points, the unemployment rate continues to increase, and there is a constant flow of news reports of terrorist activities. How do you handle the constant negativity in the daily news without incorporating the thoughts into your personal attitude?

If you realize the media drains you, especially when you start your day or just before you go to sleep, turn off or limit your exposure to the news! Dr. Andrew Weil, in his book *Eight Weeks to Optimum Health*, recommends a news fast that allows your body to heal naturally. He asks his readers to start with a one-day fast from news: no newspaper, TV or any news for one day. By the end of the program, he increases the fast to seven days. Dr. Weil says, "I do not want you to be uninformed about the state of the world. I do want you to discover and make use of the fact that you have a choice as to how much news you allow into your consciousness, especially if it disturbs your emotional well-being and equilibrium."

I challenge you to experiment with a news fast. See how it affects your mood, your motivation levels and your beliefs about yourself.

Deepak Chopra's quotes are taken from The Path to Love, Renewing the Power of Spirit in Your Life. I highly recommend the book if you have a new or old love, or if you are seeking a love relationship. The writer takes us through the natural cycle of the love relationship with many engaging stories. As the book jacket says, "It demonstrates how bringing spirit back in love, we can transform our lives and relationships."

I hope you enjoyed this newsletter. If you want me to forward a copy to a friend or don't want to receive future copies, you can call, fax or send me an e-mail message at coach@susanspritzmyers.com

Be well and enjoy! Susan Spritz Myers Tel: 847.242.0351 Fax: 847.242.0352

WHAT'S IMPORTANT TO YOU?

Many people have a clear definition of their values, however, their daily activities do not always reflect those values. Sometimes their disconnected feelings become so intense that a career change evolves quite naturally.

Corinne recently underwent such a change. She had started her own public relations business several years ago. In addition, to her busy business schedule, each Sunday she visited older and ailing patients in the hospital or nursing homes as a messenger from her church. Her Sunday work filled her so deeply that she began to dream of doing it full time.

This past year, Corinne took the plunge; she began a masters in divinity degree and started an internship at a hospital as a student chaplain. She significantly limited her PR projects during the transition. The challenge of becoming a student and working as an intern was a huge shift from her previous life as a successful business owner. Corinne reports feeling more alive and having a greater sense of purpose. She is thrilled with the changes she has made for herself.

"If you recognize that certain situations always bring the same reaction, ask what you need to learn in order for that reaction to change." DEEPAK CHOPRA

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