

3rd Quarter, 2010

NEXT COACHING FORUM BREAKFAST:

20 OCTOBER

Time : 07:00—09:30

VENUE TO BE ADVISED

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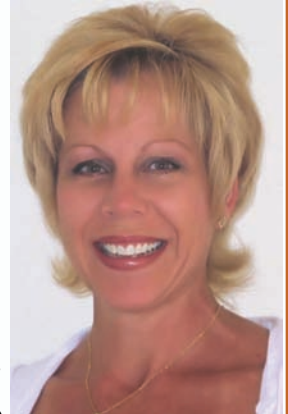
E-mail the Editor -
Your comments, contributions and photos are welcome!

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NETWORKING AND INSPIRATION
FROM THE TMS GAUTENG COACHING FORUM

COACHING FORUM 'LINK'

... *Unleashing Human Potential*



To all the special women in this Forum ...

Happy WOMEN'S DAY! Of all the days in the year, this is probably the one day of the year that we feel more connected to all women of the Universe!! I sincerely hope you were all spoilt by the people close to you!

'The day that started the craze' (our Women in Coaching Forum) last year was TMS Gauteng's Women in the Lead Women's Day celebrations and we were very fortunate to once again, repeat the day which now, is in its eighth year! Thank you to all the exceptional ladies who attended this year's function! A **BIG** thank you also to all our speakers ... our very own **Carrol**, Dr. John Higgins, and Wilmarie J v Rensburg. Thank you also to **Charmaine** for all her hard work in arranging this exceptional day...once again without a flaw! Cha, I don't know what I would do without you!!

As with last year's event, we have a wonderful spin-off for all the ladies who attended, and of course this includes our Coaching Forum members!

Andre and Hendrik very kindly offered a two hour '**work-out workshop**' at Virgin Active, Glen Acres where they will not only show us what exercises we can do with very limited time available, but also how to do them correctly to avoid injuries. This workshop will include cardio vascular -, weight -, strength and toning as well as kettle bell exercises.

The date set is!!! 15 September it will be - from 15h00 – 17h00!! A limited number of keen ladies can be accommodated in the studio ... so if you want to come, please let me know by latest 8 September ...first come first serve!!!

(Should we reach the limit as set by the gym before that date, we will let you all know!) Also, please come if you have booked!

continued / ...

Congratulations also to all our Lucky Draw winners!!! Especially Cindy who won the Speed Queen Free Bike Riding Beginners Course from Wilmarie Janse van Rensburg! We will certainly be there to take a few photos for our Newsletter!!! Not too long Cindy and you will be going round the track like this!!!



Above : Our Panel Members - Isabel Swart, Carrol Roberts-Harrison and Candice Mundell (middle) Dr John Higgins; Charmaine and Lydia; (right) Hendrik and Andre

Now, our last Coaching Forum, which was hosted by Hatch (Thank you!!) we discussed Coaching and more specifically the process of coaching. Many ladies could not attend this one, so please let me know if any of our existing (or new) members would like to know more about the process.

Ladies, we are desperately looking for a sponsor for our next forum which is on 8 September 2010 as well as for our Year-End meeting in November. Please would all interesting parties get in touch with either Charmaine or Carrol soonest?? Help!!

The discussion on 8 September will be how to make impromptu speeches including the art of introducing and thanking speakers, both formally and informally (such as at meetings in the office etc.) The art of networking will also be touched on...so please....bring your business cards – this will be a very practical session!

In closing, Isabel Swart (Panel member) sent this to me which is so in line with our Conference theme – enjoy!! Thanx Isa!

“When God wants to bless you, He sends a person in your life. When the devil wants to destroy you, he sends a person in your life. How can we tell the difference? By knowing your people connections! Your success depends on the quality of people you are connected to, and there are two types of people you’ll come in contact with throughout your lifetime: Those who add and multiply, making you more than you are and those who subtract and divide, thereby devaluing you. Never allow people into your life without knowing their agenda. Find out where they came from and why they want to be connected to you. When a person is in your life and your life is declining, they are not a God connection! A healthy connection will protect your self-worth even when you’re experiencing a season of pain or struggling with a failure in your life. A true God connection will never abandon his assignment until you reach your full potential!!!”

Looking forward to seeing you all again .. Until next time .. Blessings ..

Lydia

ACCEPT YOUR POWER!

AFFIRMATION

I now give myself permission to reclaim my power. No one else has a right to it. It's mine by Divine Right. I have the right to decide what is best for me and to ensure that I follow through on it. My values, beliefs and opinions are as important as anyone else's on the face of the planet. I now accept responsibility for my life, and know I have the power to change it whenever I choose.



Some people don't accept their own inner power. Many times, they abandon it because they're afraid they'll misuse it. Generally, this is because they've been the victims of other people who abuse their power and authority and don't want to be like the abusers.

They've confused power with control. Power is the energy and ability to affect their own world. Contrarily, control is attempting to dominate the world of others for an advantage. Controllers manipulate, denigrate, discount and put others down to make themselves feel more powerful.

Since they don't recognize their inner power, controllers feel they have to take it from others. This is the realm of bullies and abusers. They're trying to make others do their bidding so that they feel better in some way. This is control, not empowerment.

If you don't accept and exercise your power, then you're making yourself a victim and living in survival mode.

Instead of impacting your life in an assertive fashion, you're always reacting to outside events. This causes you to live in fear, feel helpless, and let others define who you are. They're filtering who you are through their own beliefs about who they think you should be.

When you accept this and don't set and keep boundaries, you've actually abandoned your inner self.

Living at the mercy of someone else's whims isn't conducive to spiritual growth or personal development.

By not taking responsibility for your power, you hand it over to others. Instead of making decisions for yourself, you let others choose for you. This is how the Law of Attraction works. Personal power is simply energy. If you don't exercise it consciously, or reject it, it will go elsewhere. That disowned energy projects into the world and attracts people who will use it, usually to your detriment.

Personal power is a sense of confidence, strength and authenticity. Control comes from fear. When you accept your own inner power, you accept responsibility for yourself and your decisions. You rest in the assurance that you have the right to say "Yes" or "No," based on knowing your limits and what's appropriate for you.

Reclaiming your power may affect people in your life, because it changes the relationship. The other people now have to fall back on their own resources to meet their needs. Simply remember that they have their own power they can cultivate. They don't have a right to yours.

Only by being authentic and claiming your power can you attract what you want into your life. When you don't hold yourself hostage to another's motives, you can realize that you have a right to your life. Personal power means you decide what is best for you, rather than letting someone else do it.

You accept that your values, beliefs and opinions are as important as anyone else's. They're individual to you and appropriate for you. Other people can disagree with your ideas, and that's fine for them. But yours are valid for you. You are the person driving your life.

When you empower yourself, you authorize yourself to use your inner power to create your life. You're accepting the responsibility for your beliefs, thoughts and actions, knowing that doing so means you can change any of these when you choose.

Believe it or not, when you accept your power and begin to exercise it in your life, other people will respect you more. You'll be calmer, your inner self will be happier, and Life will be much more supportive of your endeavours. It takes courage to empower yourself, but it opens you up to the flow of the Universe.

- Linda-Ann Stewart

How to Get High - The Legal and Healthy Way - By Valery Satterwhite

It's a funny thing...

We come into this world full of wonder, amazement and an audaciously authentic ability to laugh out loud at whatever tickles our funny bone. To our young minds - free of attached meanings, assumptions and suppositions - the world is a delightfully cacophony of silliness. Just looking at Mom or Dad evokes a sense of pure joy and well being.



It seems we spend the rest of our lives trying to get back to that place of euphoria. Like a crack addict we consume one drug of choice after another in a misguided attempt to sustain an inner high. For the moment, let's put aside the various incarnations of illegal drugs sold in the dark seedy back-alleys or lined across the tables at errant fast-lane jet set parties. You don't have to be a rocket scientist to know that continued use of such narcotics would land you either in jail or in the morgue.

As a society, we know all too well the fated downward spiral of an alcoholic. Whether it is within the family or splattered across the tabloid headlines we get the crash and burn pitfalls of an alcohol-fueled life. We turn a blind eye to culturally acceptable "feel good" drugs of choice including:

Compulsive Shopping (or Collecting); Hoarding; Excessive Cosmetic Surgery; Over Eating, Anorexia or Bulimia; Stress; Whining & Complaining; Verbal or Physical Abuse - of others and self

These 'drugs' are consumed for a fleeting state of euphoria. Like a narcotic, the effect wears off and the addict goes after the next hit. "If I just buy this one last Prada bag, nip /tuck, box of cookies THEN I'll be who I want to be and good enough. If I beat up on everyone and everything around me then I'll feel better about myself. If I create more stress I'll feel vital. Yes, you can become addicted to the adrenalin by the brain under stress. Know any Drama Queens or Micro-Manager Control Freaks?

If I make someone else wrong, I'll be right and better than them. If I hit someone I can control them and have control over my life. If I beat up on myself I will Find Excuses And Reasons (F.E.A.R.) not to rise above. It will be ok to stay right where I am where it is comfortable.

All these mind meshuggas stirred up in an effort to get back to the ecstatic state we experienced as an infant.

Noted psychologist Abraham Maslow defined this feeling of euphoric harmonious interconnectedness as a peak experience. It is experiencing the joy, excitement, well-being, wonder and awe we knew at day one. We were bundles of love overwhelmed by the beauty, possibility and delight that was our world.

Here's the thing...

We don't need to commit a crime or go down what is certain to be a path of self-destruction in order to live in the ebb and flow of peak experience. Nothing outside of us is required to achieve a transpersonal state of awareness that makes us feel good down to our French manicured toes. What we had as babies is still there. All we have to do is reach deep within, re-connect with who we really are, boldly express this truth, and have the moxie to go after what will make our heart sing - no matter what anyone else says or thinks about it. That's what I call Moxie.

I won't kid you. It's not an easy reach. It takes a willingness to go places that are uncomfortable. It takes the guts to be vulnerable. It requires a firm commitment to yourself centered in the truth of who you are. It is taking a stand against those who wish to cross your personal boundaries, what you value. It takes effectively communicated co-jones.

Take the high road in the path of a legal high. You did it as a baby. You can do it now. Like learning how to walk again, the first step begins with you. It's ok if you fall. Pick up the gifts in the lessons learned while you're on the ground. Your next steps will be bigger and stronger. Soon you'll be off and running with wild abandon in a self-generated state of bliss.

Aspirations and Inspirations ...



Left—Bev Reyneke of the Banking Association, with some learners.

This photo appeared in the annual publication of WINGS (Worldwide Initiative for Grantmaker Support based in the Philippines, but moving to Brazil next year). So 'our' Bev is famous—their networks are in over 70 countries!

Invitation to our Readers

Ladies .. This is YOUR Forum .. Please send us your news, photos, requests, ideas, suggestions. We'd love to hear from you. Articles and snippets of interest are also welcome—those you've written yourself, and those you've enjoyed reading and would like to share.

The Courage Prayer - Mother Teresa

There is a light that beckons you forward and it comes from within you. Embrace it.

Don't try to hide in the shadow of fear it casts behind you.

For if you are committed to finding the courage to live with an open heart, there is no greater way to love others, or to love yourself, than to fulfill your unique potential, to express your unique greatness and to become the unique leader you have it within you to become.

Finding the courage to be a leader and touch the lives of others in ways that only you can do, is the most profound act of love, and service, and significance.

Dare to want more from your life and to dig deeper into yourself to experience its mystery, its richness, and its sacredness more fully.

For when you do so you will see with greater clarity just how universal we all are.

And sensing that we are all part of a bigger whole, you will come to know, perhaps for the first time, that your life is truly holy, and that it is not just your responsibility to honor the sacred within you, but your obligation.

This is the truth that speaks from my heart.

I invite you to open yours to receive it.

Give the world the best you have, and it may never be enough;

Give the world the best you've got anyway.

TMS GAUTENG presents 'THE FENOMINAL FIVE'

Score a HOLE-in-ONE with FLUENT, FOCUSED and FORWARD thinking!

Times like these require FEISTY and FEROCIOUS brain-and-heart actions

5TH NOVEMBER — GUY FAWKES AND FIREWORKS !!

WE HAVE A CRACKER OF A WORKSHOP FOR THE MEN - GOLFERS OR NOT ..

MEN OF ALL AGES WELCOME

"WARM up your hearts with FIREworks in your brain"

- ◆ How to stay fit, fearless, feisty, and on top of your game
- ◆ THINK inside the hole; don't settle for 'par for the course'
- ◆ Five fenominal strategies for greater foresight into the game of golf, and business
- ◆ Breaking the rules to AIM well - INTO the hole and INTO the hearts of your clients
- ◆ Fantastic people in a fascinating game

The above topics will introduce Wellness Tips; Powerful Thinking Truths including Scientific Formulas; Vision Power, Goal Setting, Emotional Intelligence Characteristics and more ...

Too much stress .. ?
Too much strain .. ?
FIRE UP your HEART ..
INSPIRE your BRAIN ..

JOIN US FOR THIS
INFORMATIVE, FUN
AND INSPIRATIONAL
WORKSHOP

VENUE:
Vodacom World of
Golf, Midrand

DATE:
Friday, 5th November

TIME :
09:00—15:00

Followed by a braai and
opportunity to putt a few balls
around the 19th hole!

FACILITATORS' WEBSITES

Annie
www.annicoetzee.co.za
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Lydia
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Carrol
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SEMINAR INCLUDES A 1-HOUR GOLF CLINIC WITH GARY PLAYER GOLF EXPERIENCED PROFESSIONALS, AND A 9 HOLE PUTTING CHALLENGE