

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

March 2006

Team Work

As many of you know, I provide life coaching services at Big Vanilla Athletic Club. In January, the club kicked off a program for members called The Big V 90-Day Challenge. The program goal was to help people reach their personal fitness goals, whether it be weight loss, body fat reduction, or increasing muscle mass. Each member established and documented individual program goals and was assigned to a team. Each team participates in six team challenges that involve various resources at the gym such as the rock wall, cycling, tennis, and an obstacle course. Participants gain points for their team by participating in challenges and logging their individual workouts.

I have been fortunate enough to be involved with the 90-Day Challenge as the life coach providing informational seminars, as a team co-captain, and as a participant. Let me say...my experience has been amazing! As a kid, I never played a team sport. In fact, I cannot recall ever being part of a team the way I am part of the 90-Day Challenge team. Since team members received shirts in their team colors, we can recognize each other when we work out. Teammates now know the names of people they have seen for years and only barely acknowledged. The teams have formed a group mentality that provides motivation, pride, and loyalty. When it seems too tough to come because "you need to exercise," participants find inspiration in coming because their team is counting on them and their efforts matter. I can almost hear a collective sigh of relief from the participants who realize they are not alone in their quest for better health and fitness.

That sigh of relief leads me to ask, "What if teams are not just for sports?" and "How we can bring a team mentality to other areas of our lives?" We approach most situations with a "If I want it done right, I'll do it myself" attitude, meaning we work independently and are responsible for our own success. We create a lonely place of existence that deposits excessive responsibility and pressure on us. When problems arise, we believe we need to solve them ourselves. We do not want to impose on, bother, or burden anyone. And, we do not want to appear incompetent, needy, and unable to care for ourselves.

However, what if we viewed life as a team journey where we shared our knowledge and abilities since it is impossible for each of us to know and do everything? Yes...there it was...I heard the collective sigh of relief! We can create teams in our lives. Here are some examples. "The Home Team"- consisting of your significant other, children, or roommates that divide and conquer the home management. "The Friends Team" - available for support, encouragement, stress relief, and emergency help. "The Work Team" - who shares information and skills to create an efficient and effective office. "The Job Hunters Team" - anyone you know who knows another person that can lead you to your dream job. Most of us have these resources but do not necessarily view them from a team perspective.

These "teams" are illustrations of how the whole, or result, is greater than the sum of the parts. When we collaborate with someone in any area of our life, we are likely to get a better outcome in less time than if we took the same action alone. Teams stimulate power, creativity, motivation, and camaraderie.

So, who is on your team? Who is a resource that you can count on? If you bravely asked for help, who would gladly provide it? How can thinking from a team perspective increase your personal and professional success?

Coaching Groups:

Moving You Forward (Open to participants of the Big Vanilla 90-Day Challenge ONLY!)

Begins: Wednesday, March 15

Time: 6:30pm – 7:30pm

Location: Big Vanilla Community Center

Cost: \$25 per group

Focus: Goal setting, problem solving, sharing struggles, increasing motivation, and achieving success in the 90-Day Challenge

Deliberate Living

Begins: Wednesday, March 22

Time: 12:00 – 1:00pm (Bring your lunches!)

Location: Big Vanilla Community Center, Arnold, MD

Cost: \$25 per group

Focus: Increase your awareness of the choices you make everyday and overcome negative thoughts and beliefs that create roadblocks to personal and professional progress

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

For more information, visit www.passion-for-life-coaching.com.

Want to learn how to overcome the emotional roadblocks to living a healthy lifestyle? To create your success plan for emotional fitness, contact Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. Schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.

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