

Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

Lessons from the Rock Wall

April 2007

A recent Friday evening found me at the gym - an odd occurrence even for a gym frequent flier such as myself. I collaborated with the rock wall staff to host a program called Women Rock. Our rock wall manager noted that women were often interested yet reluctant to climb the wall. Women expressed a concern about how they would look in the harness and were self-conscious of their success. The manager felt that women were most comfortable when the gym was least crowded and that women might be more willing to climb together. The assistant manager filled with enthusiasm when she had the opportunity to coach women in climbing. She thrived on the power, strength, and challenge the rock wall provided as well as how the rock wall built self-confidence. I loved how the challenges of the rock wall were metaphors and teaching moments for life challenges. From these three perspectives and interests, a program was born.

Our evening plan consisted of introductions, why the participants wanted to try climbing, points for self-observation when climbing, climbing instruction, supported climbing, and processing what was learned while climbing. The two hours of the program were non-stop! Our participants were willing, anxious, able, fun, fearful, curious, brave, and open-minded. We all laughed, clapped, cheered, and learned.

Our group experienced a few of what I call A-Ha Moments. (These are those moments when a light bulb goes off and you realize why you do or don't take certain actions.) Some women found strength they did not realize they possessed. Others set new goals for their personal and physical development. Overall, the evening was fun and inspirational.

So what were some of the lessons from our evening on the rock wall? Here are just a few:

1. If you want to succeed, plan a course, and don't look down (or back).
2. Finishing what you start builds trust in yourself.
3. Anxiety makes it hard to keep going and can make you feel weaker if you let it.
4. Support makes it easier to succeed.
5. Feel the fear, and keep going!
6. Success is a something to celebrate and brag about.
7. Always challenge yourself so you can continue to grow.

As I observed the women climbing and their comments, I became keenly aware of the lessons that applied to me. Particularly, feeling the fear and doing it anyway. I realized my fears will only prevent me from reaching the next level of professional growth if I let them. I acknowledge that the fears exist. However, I refuse to let them stop me. Each day, I take a deep breath, calm my nerves, and take the next step in my journey. I instruct the negative voice in my head that stirs my fears to go away because I don't have time to listen and argue back. I have goals to accomplish. Consider where you are personally or professionally. What lesson from the rock wall speaks to you? Why is that lesson attracting your attention? How can you take that lesson and put it into action? Do you need to plan a course of action? Are you working through your fears? Maybe you have already been successful and need to take time to pat yourself on the back. Whatever lesson attracts your attention right now, may you take time to listen and learn about yourself.

What lesson from the rock wall would you like to bring into action in your life right now? Coaching can move you into action. Contact Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326 to find out how. I offer a complimentary 30-minute session to explore how coaching can work for you. Coaching sessions are offered by phone or in-person.

Need a Stress-Buster?

Check out:

The Best Ways To Erase Stress in 15 Minutes or Less

A collaboration to help you live a more relaxed life using practical techniques — each one taking 15 minutes or less. I contributed a chapter on beating stress by reducing your self-criticism. This book is filled with great ideas, practical tips, and wonderful tool for easing stress. Cost \$12.95 plus postage (\$1.91 USPS Media Mail or \$4.86 US Priority Mail)

Order online at <http://www.lulu.com/content/507233>

Upcoming Workshops

How Wobbly Is Your Wheel? - Monday, April 23, 7:00-8:00pm

The Wheel of Life Assessment allows you to assess the balance and fulfillment in your life. Discover which areas you are thriving in and how improving one area of life can increase satisfaction in other areas of life.

Fee: \$20 per person

Workshop for Women – Sunday, May 20th, 2:00-4:00pm

Feeling frazzled and tired? Are you always on the run? When is the last time you took time for yourself? Take a couple of hours to stop your world and gain perspective. Learn how to eliminate energy drainers and how to say “no” gracefully. Discover why “selfish” is NOT a dirty word! Meet and connect with other women as we discuss how meeting your needs fits in with significant others, children, friendships, careers and all the rest that is your life.

Fees: \$40 per person. Bring a friend and pay \$60 for both to attend!

Workshops will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

Brick Bodies Lecture Series – Reisterstown Location

The first 4 Tuesdays of May (May 1, 8, 15, and 22) from 5:30pm – 6:30pm

Visit www.brickbodies.com or www.passion-for-life-coaching.com for more information.

Pre-registration REQUIRED for the program to be held.

Getting What You Want – Are you having difficulty reaching your goals? Maybe your goal isn't your priority. Learn how to align your goals with your priorities, set SMART goals and create an attitude for success.

Time Vampires: What's Sucking the Life Out of Your Day? – Who hasn't felt pressed for time or thought there's just not enough time in the day? Identify the time vampires that suck the life out of your day and end their hold over your schedule.

Small Change for Big Success – Are you overwhelmed by the constant stream of exercise and nutrition information in the media? Are you confused about what's healthy and what's not? Have you ever committed to make a dramatic change but then failed to follow through? You are not alone! Learn some small lifestyle changes you can make that will add up to big results. Plus, take the "Portion Distortion" and "Which is better..?" quizzes.

Find Your Balance – Feeling out of balance? The Wheel of Life Assessment helps you assess balance and fulfillment in your life. Discover which areas of life you are thriving in and which areas need support. Learn how to use your strengths to build balance your life.

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.

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