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What Are You Communicating? Part 3 of 5 What Are You Pushing Against?

Email Cathy

Want Healthy Confident Daughters?!

Free Event

Albemarle Road Recreation Center, Girl Spirit Foundation and Girl Scouts of America are partnering together to host **Dove Self-Esteem Workshop For Girls**. This program is designed to empower girls and promote new ways of thinking about beauty, body image and self-esteem. On March 7, 2009 starting at 11:00 a.m. until 5:00 p.m. join us for this life changing workshop for girls. For more information contact 704.567.1941.

Recommended Resources

Pathways to Successful Living

Here you will find two of my greatest mentors: Sue Paige and Chris LaPak. For a powerful experience in uncovering and learning to live your Purpose, Strengths

As the current economic challenges directly or indirectly impact each of us, it's difficult not to feel frustrated, anxious, concerned, even fearful. Every time a friend or colleague shares a difficult update with me, my heart goes out to him or her and their family. Sometimes I feel useless because I don't know how to support them. Are you having experiences like this? **If so, are you "pushing against" or are you staying focused and moving forward?**

"In struggling against anguish one never produces serenity, the struggle against anguish only produces new forms of anguish." -Simone Weil-

Many of us are getting pulled into the negativity, thus putting ourselves in a less powerful position to create what we want and to stay focused. Yes, it's tempting at times to complain, maybe even throw our hands in the air and say, "Screw it!" When we do though, we are only creating more negativity and frustration for ourselves and those around us.

Let's instead stay focused. Centered.

How?

Word Shift

As I often say to Madison (our six-year-old), "Use your words." When you're in conversation with others, **be intentional with the words you're using** and the messages you're sending. Right now, many of us have more "bench time" because our clients are tightening up—what are you doing with it? Hopefully, you're using some of it to build relationships. Lunch, coffee, dinner—now's the time to strengthen those connections, help others keep you top of mind and reach out a hand to support one another. And when you do, use your words. Instead of allowing the conversation to turn negative and unproductive, use it to replenish, rejuvenate and re-focus. Use your words to express gratitude for what you do have in your life. Aren't you noticing how certain people are responding to the current challenges? Are they turning into Poor-me Patsy, Complaining Colin or Angry Amos? What are people learning about you now that you're under some pressure?

Mind Shift

Most people believe that we've got to shift our thinking before our words and actions can change—my clients know better. They understand that

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being deliberate with their words creates a fantastic shift in their thinking and their energy.

The most important place to be deliberate with your words is in **your conversations with yourself—your thinking**. Create a powerful mind shift for yourself by **being conscious**. Now is NOT the time to allow your auto-pilot to drive you. Now's the time to switch back into manual mode! When the terrain is rough or you're driving uphill, do you have your vehicle on cruise control? I don't think so! Shift that baby into 4WD and tell everyone with you to tighten up their seat belts!

Energy Shift

What are you doing to stay centered? I've been making the big mistake of skipping my exercise to "work harder." Not smart! I make a commitment here and now to cultivate strong, positive, calm energy. That affects everything else in my life!

How about you? Are you eating nutritious foods? Taking time to read? To play with your kids? Whatever helps YOU cultivate the energy that sets you up for success. I'm here for you guys! If you want an objective sounding board, someone to "vent" to, or you want to celebrate a success—call or email me!

If you have ideas you think may help others stay powerful in their thoughts, words, actions and energy, send them on and I'll share them in the next eTools!

Blessings of peace, clarity and focus to you!
Cathy



We hope you enjoyed this month's Wingspan Coaching eTools! Please let friends and colleagues know about us by forwarding this newsletter.

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Cathy Maday is the founder of Wingspan Coaching Corporation, which specializes in providing powerful tools to senior leaders who want more success and satisfaction for themselves and their teams. Visit our website at www.wingspancoaching.com for more information.

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