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What Are You Communicating? Part 5 of 5 *Just Show Up!*

Email Cathy

The current climate is definitely fertile soil for fear. I'll admit that more than once, I've wanted to just curl up in a dark room and hide for a while because I was afraid to hear the "next bad news." Like last week when I found out my exhaust manifold had two cracks in it and it was going to cost almost 800 bucks to fix it. Yeah, like *now's* the time for unplanned expenses like these!

How about you? It's easy to start isolating and giving into distractions when we're under pressure. Have you been hanging around the house or the home office a little more than usual?

I wonder if you're getting a solid return on that investment.

Recommended Book

"We **block** when we say no, when we have a better idea, when we change the subject, when we correct the speaker..."
from the book
Improv Wisdom by Patricia Ryan Madson

Note from Coach Cathy:
Stop blocking your connection with others. Instead, adopt a "**Yes, and...**" approach.

Let's take a look at another strategy—**Just Show Up!**
Sounds pretty simple, right? Too simple?

Where we are and how often we *just show up* in life makes a difference! Are you showing up in places that move you closer to your goals, your dreams? The gym, the desk, the seminar, lunch with a friend? Speaking of lunch with a friend, I had lunch last week with two great friends—Jack and Charlie. Not that I needed a Small Block, fries and rings from The Penguin. What I did need was some enjoyable and productive conversation! Hearing their insights and simply sharing what we're all doing was eye-opening and encouraging—it gave me energy and ideas for my business. I liked hearing Charlie's approach to his Just Showing Up with clients and prospects. After extending an invitation to one of his clients to have coffee, the client answered, "I don't have money in my budget for anything right now." Charlie's response? "Great! Then *now is the perfect time to talk.*" He understands that Just Showing Up right now for others is good for them, good for him, good for his professional success.

Just Show Up. Prerequisites such as motivation, money and warm fuzzy feelings aren't necessary. It's misleading to think you must have these to get going. Players of improv and sports know this. They walk onto the stage or the field and magic happens.

If you keep hiding, holding back and hanging around your house or your desk--what messages are you sending yourself? A typical one: I can't handle it.

Get up. Get out there! Start making things happen for yourself by simply Showing Up!
Or, you can stay home on the couch. Last time I checked though, not a lot of magic happens there.

Keep me posted,
Coach Cathy



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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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