

The Joy of Mentoring

So Much Fun!



Nanaimo Notary Tiah Workman with sons Graham (left) and Sean

My involvement with children began in September of 1996 when I became a Beaver Leader with Scouts Canada. Growing up, I was involved in Girl Guides and remembered how much fun we had. I also recalled all the wonderful things we did in that fine organization.

I hoped to find the same things with Scouting. My children had been going to their meetings with wide-eyed wonderment. Everything was new and special. There were traditions and a new “language” to learn. In my older son’s third year came a call for new leaders. I decided to step forward.

As a parent, you seldom have any idea about the amount of time and energy leaders put into the meetings and camps. I was mind-boggled but persevered and attended my “Beaver Leader Training.”

I realized one of the best parts of being a leader is that you have to be able *to play*—it is mandatory to think like a child again.

In my second year with Scouting, I became involved with the Beavers at a District level. I attended “Woodbadge Training” and found my inner child. Until then, I did not know I had lost her.

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One thing led to another, and I was soon one of three leaders organizing a huge “sleep-over” for approximately 175 Beavers (ages 5 to 7) and their leaders. What a blast! I stayed involved with Scouting until my children turned their full attention to sports in 2001.

I walked into my first baseball AGM in the Fall of 1997, thinking I would just go check it out. I left the meeting as league treasurer. As a child, I was anything but athletic and had not played sports. By Spring 1998, I was hooked. When it came time for all-stars in June, I jumped in to help out the team Manager and soon found myself taking on everything to do with the team that was not part of the on-field training/coaching. I loved it. I have always been a bit of an organizer and I found that running the team was so much fun!

Although a lot of work, I enjoyed being a real part of what was going on—and my son thought it was great that I

was so involved. For the next four years, I jumped on board each year as the off-field manager and kept us all organized.

Last year I agreed to go a little further, to take on the duties of tournament director for the provincial tournament we were hosting in Nanaimo. It was a huge project that took a great deal of time. (It’s good that my job is flexible.) The other parents and volunteers were outstanding, making our tournament a great success—possibly the best Nanaimo has hosted. It was hugely satisfying to be part of it.

I have seen my children through dance, beavers, cubs, scouts, hockey, baseball, football, soccer (including Metro soccer), and volleyball, and have usually managed to get myself involved somewhere. The scary thing is—they are only 12 and 14! Think of all the years we have left to go!

We have bounced on to basketball. My Notary firm sponsored the Junior Boys basketball team at my son’s high school this year; I attended every game and bought the team ice cream when needed.

We have also started squash, piano, and clarinet. Just for the heck of it, I rented a flute when we picked up my younger son’s clarinet for school. I have now joined the local community band. I play on a ladies softball team (first base!)—and my brand new golf clubs are actually seeing some regular use.

My husband once said I spend a great deal of time volunteering, and in my spare time, I am a Notary Public. That is somewhat true, although since

we have all become busier these days, it's now about 50/50!

I love being involved because I have some say in how things go, what is going on, and "just because." The benefits to me are huge—I love the great sense of good and accomplishment I get out of it. When I was a child, I can recall fondly looking up to adults involved with my various activities. It would be gratifying to think I have served as any type of role model for a child, but it would be enough to know that they remember me fondly.

Tiah Workman

Point Sparring as a Life Lesson



Vancouver Notary Dawn Lagerbom, Black Belt, with young Tae Kwon Do enthusiasts

I've been enjoying the opportunity to help youngsters develop their point sparring techniques for Tae Kwon Do tournament matches.

One of the things I've found is that kids and adults both display a healthy fear of the process, but children seem more willing to trust themselves and to accept coaching—and instruction—on faith. That attitude helps them to be mentally ready for the possibilities that can arise.

I feel so lucky to be a part of helping kids add another skill to their storehouse of learning. I believe people develop and learn best when teaching is done in layers—this is another rung on the ladder of acquired knowledge, reinforcing other levels and providing another piece of the foundation for life. ▲

Dawn Lagerbom

The Leverage of Life and Executive Coaching

Dr. Terry Anderson



What do leaders like Nelson Mandela, Billy Graham, Indira Gandhi, Oprah Winfrey, and Tiger Woods have in common?

1. They don't attempt to "go it alone." They all have a Mentor or Coach.
2. They understand there is time and energy-saving leverage in having a Coach.
3. They are first to admit they wouldn't be where they are today if it weren't for their mentor or coach.

Behind successful leaders are people who mentor them, believe in them, and challenge them to clarify their vision and grow into their full potential. For centuries, coaches have inspired people to live out their deepest dreams and their truest destinies.

- Do you have "secret" dreams for your business life or primary relationships that you've abandoned or just thought you would deal with later?
- Do you wish to take your company to the next level, and find you have reached a ceiling or that some obstacles keep getting in the way?
- Are there specific tasks you want to complete in your life?

If you want greater success in your life or business, having a coach makes a lot of sense.

What Results Can You Expect from Coaching?

1. Have more success in the important areas of your business.
2. Optimize your life by making better planning decisions for yourself and your business.
3. Create a balanced life that works and stays balanced.
4. Communicate more effectively to build important relationships.
5. Get more done in less time.

6. Position yourself to take more worthwhile actions.
7. Eliminate or stop tolerating many hassles of life.
8. Raise your standards and extend your boundaries.
9. Understand your personal search process.
10. Feel better physically and emotionally.

Executive, Life, and Corporate Coaching is emerging as a profession that synthesizes the best aspects of business, leadership, psychology, communications, organization development, change management, counselling, consulting, sports, philosophy, theology, health, and finance.

A coach is a navigator who keeps you on the course you really want to follow and who serves as a personal catalyst to move you toward your vision of a preferred future for yourself and others you love.

A coach creates the environment for you to discover and express the highest and best use of your talents and time. ▲

A university professor for over 30 years, **Dr. Terry Anderson** has extensive executive coaching and mentoring experience. His clients include small business, Fortune 500 firms, multinational corporations, and government leaders, police chiefs, prison officials, and other public servants.

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