

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.

Voice: 604 542-0703

Fax: 603 688-6580

DrCoach@ConsultingCoach.com

www.consultingcoach.com