

WINTER NEWSLETTER OF LCA AUCKLAND - JUNE 2009

Hello and Welcome!

Introduction

Hi and welcome to our winter newsletter for 2009. I have included some articles from LCA Auckland Affiliates and one from the founder of Life Coach Associates, Clem McGrath, for you to read and also some information on a new one day workshop we have coming up on August 1. At the moment I am currently in Crete enjoying the sunshine and warm weather. The Greek people are very friendly and laid back which is awesome to experience on a day to day basis.

On June 6 we celebrated the success of 5 people who graduated from our Life Coach Training course of 2008 as Qualified Life Coaches. This was indeed a special occasion for the participants as they have put a lot of time and energy into succeeding and have also been on a powerful transformational journey personally. There are also a number who are still working on their case studies and will be looking to graduate next year.

As you will see in the newsletter we have a new one day workshop called 'BEING YOU'. The day is very experiential for participants allowing people to have the opportunity to connect with like minded people, meet new acquaintances, have some fun, and explore current beliefs and habits that may require some attention and best of all discover more about you and who you are. Becoming more Conscious of Self, helps to understand and heal the past, which allows us to live the unique life we were all born to live.

Enjoy the winter reading and please take away something from this newsletter that will allow growing and expanding of your life.

Jay Lincoln

Who are these people? →

This picture is taken from Module 2 of the 2009 Diploma in Holistic Life Coaching Course.

Module 2 is about **Vision Through Mythology**, and people are invited to dress up for one of the evening activities.

You just never know who may turn up at this Module!



Succeeding With Clear Intent

by Clement McGrath, February 2009

Success means different things to us all. But so very often it is measured largely in material and worldly terms, and fails to take account of what aspects of our humanity may have been sacrificed in attaining that success. All human beings operate within a paradigm, or predominant view of the world, and this paradigm will determine how they act and respond in all of life's situations.

For many the paradigm that defines success has been defined by perceptions of struggle, scarcity, competitiveness, and looking after number one. This view allows us to cultivate many worthwhile qualities such as commitment, hard work, focus, courage and the willingness to take risks. Sadly it often fails to include our deeper sensitivities and can end up diminishing our sense of humanity.

Is it possible to enjoy success in a way that allows us to cultivate a deep heart-felt connectedness to all of life rather than isolating us and alienating us from the world around us. The answer is yes and one of the main ways to do so is to create a clear intent that is open and inclusive

We all operate by intention but for most it is unconscious and has never been examined or consciously chosen. Your intention is closely connected to your values and the values that are important to you will powerfully influence the nature of your intention. So what is intention?

Intention is a quality of the heart and is much deeper to the truth of your being than the goals that may fill your mind. Intention is an expression of your very nature as the one who is acting. It speaks of what you want to give to life.

What is the quality of your self that you want to give to life and to the world?

What is the type of impact you wish to have on the world?

The answers to questions like these will characterise your intention.

Intention is the energy that carries everything towards fulfilment, whether that is the grand sweep of evolution, starting a business, or entering a new relationship.

One of the most powerful things you can do when aiming for success is to get clear and conscious about your intention. Spend some time finding your deepest answers to these questions

What quality or experience do you wish to bring to life through this success?

In what ways will this success add value to you and to your world?

What do you wish to give to life?

As with values, you need to be clear about the ways you embody your intention into your life. It's easy to give yourself a warm fuzzy when you are reading something like this, but how do you consciously live with clear intent day in and day out?

How do you live with clear intent during a recession?

How do you add value to the world when the competition is squeezing you out?

Why bother giving anything to life when you are struggling with problems?

These are the types of questions and objections that can arise in your mind when you think about living with intent. There is no easy answer. Embodying a conscious intention is not for the lazy but if you are determined to live your own extraordinary life then you need to commit yourself to living with conscious intention. By doing so you are saying to yourself - **My life counts for something. I am the living expression of something great and magnificent. It is important that I do the very best I can with integrity.**

When you have a conscious powerful intention then you give a clear message to Life about what it is you want and how you can be best supported. We hear much talk these days about synchronicity and the Law of Attraction. They happen because of the power of clear intent. The scientific definition of life is that it is an infinite field of energy and information and, as Deepak Chopra points out, it is intention that organises the informational field and aligns us with the greater life that surrounds and supports us.

We have inherited the Darwinian interpretation of evolution that it is "survival of the fittest." This is just one perspective that can lock us into feelings of struggle and fear. Another more helpful perspective is that evolution supports those activities and successes that enhance and add value to life.

With clear intent it is easier to have a big picture of life that supports a compelling vision that fulfils you personally and adds value to life. It can help you to overcome the temptation to settle for quick easy solutions that may sacrifice the good of the whole. All great leaders have been filled with clear intent and guided by a compelling vision. That is the energy that Life supports and it is that energy that will bring you success in the world and in the fulfilment of your humanity.

If you want support in establishing clear intent and a compelling vision, contact us.

Clement McGrath
Life Coach Associates
Phone 03 355 3759
Email info@lifecoachassociates.co.nz

Awareness (in action) heals

BEING YOU ONE DAY WORKSHOP

August 1, 9am-5pm

EVER WONDERED WHAT IT MEANS BEING YOU?
WANT A DAY TO SHARE AND EXPLORE IDEAS?
HAVE FUN WITH NEW PEOPLE?

This workshop is all about you: understanding you, celebrating you, and empowering you to change in whatever way you want

Imagine being able to wave a magic wand over your life and make whatever changes that excite you,

- a more fulfilling job, great relationship, a fresh start in some way.

Are you enjoying your quiet moments?

This morning my daughter woke for school on the wrong side of the bed. Our morning started out rather confrontational, with me growling, and her moaning whilst rushing to get out the door in time for the school bell. I kissed her goodbye.

On returning to the kitchen I found myself in total silence - a very quiet moment. My body heaved a sigh of relief. I put on the kettle and made a cup of tea. Oh how I enjoy some mornings to sit in quietness for a moment.

Are you aware that living in the present moment is your personal strength and happiness? The past has been and gone. The future has not yet unfolded. Therefore the present is a gift.

'How many of us actually are present in each moment?' I wondered as I sat and sipped my cup of tea. What does it mean to each of us to be able to enjoy a quiet moment?

How many of you find yourself in the present moment, yet focused on the future, rather than the present?

I would like to invite you to allow yourself in your next quiet moment to be very present with yourself and your thoughts. Our thoughts are part of our being that only each one of us has the privilege to hear at any given moment. There is a great old say that **“the thought becomes the deed”**. What are your thoughts saying about you in

those quiet moments? What deeds are you creating for yourself that you may not be aware of?

Enjoying the quiet moments:

Dad says men enjoy the quiet moment in the toilet to read the newspaper undisturbed.

Mum says her Sunday evenings bath with bubbles and candles is her enjoying the quiet moments.

I read an article an elderly couple were enjoying the fact that they could sit without the need to talk. Allowing your spouse to know that it is ok and that you enjoy even their quiet company can be a strong statement of your love for them.

A child on his back watching the clouds rolls by.

A morning coffee all alone as the family have left for school and work after the rush. My choice is to enjoy the quiet moments by being present with myself to know myself better.

Each one of us is worthy of enjoying our quiet moments whenever, wherever they might be.

Dairne Kirton

Life's Abilities

Phone 09 443 7402

Email dairne@lifesabilities.co.nz

Graduates of the 2008 Diploma in Holistic Life Coaching course - June 2009



left to right; Valerie O'Shea, Melody Allport, Heidi Jennings, Diane Oxley, Lauren Parsons, Clem McGrath (facilitator)

Time for a change?

A friend of mine was telling me about a recent change at her workplace.

It seems that as part of these recessionary times, her company decided to take advantage of the situation and trim out some 'dead wood'.

One of the ladies that worked in the office was targeted for this clear out. She was often bored and directionless within her job. She would be seen playing Solitaire on her computer because she had run out of work and didn't know what to do next. She would always be the one leading the decorating team for the whole office at Christmas time - such a helpful person. Let's call her Claire.

One day, a couple of months ago, Claire got called in to her manager's office and told that she was being made redundant and had just two weeks of employment left with the company.

Claire had no idea that the company was not happy with her or her performance and became understandably upset. She thought about all the things she had done for the good of the company, and this is how they were going to re-pay her? She went home and cried. She didn't even go in to work the next day.

Instead, she examined her situation and made a conscious decision. *"I am not going to let this happen to me!"*, she said to herself and got on her computer and started work on updating her CV. She spent the next couple of days getting it just how she wanted and all this time, working through a plan of action in her mind.

Once she was happy with the presentation of her CV, she went to a photocopy shop and got several hundred copies made. She then went to every business in her local area and asked to meet with the person in charge of hiring and spoke with that person personally, explaining she wanted a job and would consider anything. She did this for several days, never giving up on her dream of finding a new job, and fast.

Two weeks after she hit the street dropping off copies of her CV, Claire got a phone call

from a company that was interested in taking her on and so they made a time for an interview. The interviewer was so impressed with Claire that she was offered the position there and then on the spot. Clare was very excited.

Actually as it turns out, Claire ended up better off. Her old company was quite some distance from home and she spent just over an hour each way going from home to work and back home again. This new job was only 5 minutes walking distance from home. Perfect!

Now she has been working there for around 6 weeks, she is still very happy and content. On one of her recent days off, she went to visit her friends at the old company to say hello. Her friends there hardly recognised her because she had a smile on her face and she looked like a different person. She told them she was really enjoying what she is doing now and felt part of a team.

What is in this story for us as readers?

Change.

Change is happening all the time and all around us. Some people don't like change at all. *'I like things just the way they are'*, but guess what? We can't do anything about it. What we can do is embrace change as a way of being. Sometimes change is put in our path, just like in Claire's case, to present us with an opportunity to do something new and different and even something that serves us better.

Do you say 'yes' to life when change is presented to you? Or do you hear those doubting voices in your head?

I invite you to be like Claire when the challenge of change comes knocking on your door. If you feel resistance to change, or it brings up some fear within you, then perhaps it's time to examine what is going on in your life.

Are you like Claire?

Stuart McIntyre
Holistic Life Coach
Phone 09 6347600
Email stuart@smlc.co.nz

On a Journey

My journey through the Life Coach Training course proved to be the most intensive, inspirational and life changing experience I have ever taken in my life.

There were 8 of us on the course and by the end of it, had formed life long friendships.

When we got to the stage of doing case studies, I had no problem finding eager clients. They came in a variety of shapes and sizes and cultures and experiences. They all had one thing in common. All wanted to be happy.

I recall the pure terror I felt when faced with my first client. I also recalled though that at some stage throughout the course I had experienced and knew it to be true that hidden deep within our greatest fears are our greatest gifts. Then gradually with more experience my confidence grew, and the training kicked in and I quickly realized that more I was able to come from a place of intuition or from my higher self (that part of ourselves that is who we are), the more successful I would become. I also discovered that there was something for me to learn from whoever was in front of me.

Robyn Fallon
Phone 09 361 3971
Email robynfallon@orcon.net.nz

Diploma in Holistic Life Coaching

9-12 month part time course

Our coaching is holistic and helps people to radically change themselves and their lives in ways that they have always felt possible. The course actually operates on 3 levels all at once:

1. Professional training in life coaching
2. Training and support in setting up your practice
3. Personal transformation and a huge growth in self-awareness

Applications and deposits for a place on our next intake are being accepted now.

We do have an interview process that is required for people attending so do not hesitate to contact one of the **LCA Auckland** Afilliates for further information.

ASKING FOR HELP!!

How many of you have been in situations where you would like to ask for help, yet there is a fear that stops you? This is not uncommon and if we sat and reflected on our life, there will always be some time when we did not do this or wish we had done this! Some people are better than others at doing this, yet there will always come a time when you do not. This week I would like to share an example of a client whose name has been changed, who was going through this not only at work yet also in his personal life as well.

Coach: Hi Greg what would you like to talk about today?

Greg: Well I have been finding myself becoming more and more stressed lately. I am quiet worried about things at work as this is becoming more and more busy and I am not being given any support. Also I am finding that my partner is not listening to me or even helping me to come up with some solutions as to what I could do because every time I seem to talk about work she tells me to leave work at work and to not bring it home.

Coach: so Greg tell me about work?

Greg: we had a store men leave about 3 months ago and was not replaced. I was asked to take over some of the duties he was doing until a replacement was found. I did not see a problem with this as I used to do his job before he was employed and I knew what had to be done. The challenge I find now is that I have to do my job and some of his and this is increasing the amount of time I am spending at work rather than doing things with my partner or hobbies I enjoy.

Coach: Greg tell me about your partner and the relationship you both have?

Greg: we have been together for nearly 4 years now and we love spending time in the outdoors together. We also spend time with friends and family and often catch up with individual friends from time to time. We have both taken on a project to renovate a house as well and this is becoming a challenge for both of us.

Coach: Greg how often to do you and you partner spend time alone together?

Greg: Quiet often, yet when we do, we are either tramping, fishing, walking, running, or doing some form of activities. We do not regularly sit down and talk about things because normally we would end up arguing or not agreeing on things.

Coach: How long has this been going on in your relationship for?

Greg: probably the last year or 9 months and is slowly becoming worse

Coach: Greg if you are aware this has only started to happen then why is it you have not discussed this with your partner or done something to stop it?

Greg: I actually only just realized it when you asked that question. But also why should I have to bring this up there are 2 in this relationship it is bit like work why do I always have to be the one to bring things up all the time?

Coach: Greg I sense you are becoming agitated over always feeling you have to bring things up.

Greg: yes I am sick of always having to be the one.

Coach: tell me more Greg?

Greg: All my life I feel I have to always tell people when they are not doing things etc. I also remember when I was young I used to spend a lot of time at my aunties and uncles and my uncle used to always be doing this and my auntie would always talk about him behind his back saying to people that he is like an old woman, always nagging.

Coach: Greg being aware of this who do you think is suffering in your life at this point?

Greg: Me yet if I was to speak up then I would be like my Uncle he was always looked at like an old woman and people did not respect him so really I am in a no win situation. Dammed if I do and damned if I don't.

Coach: that is an interesting place to be Greg.

Greg: yes so what should I do to stop it? How would I overcome this so I do not feel this way?

Coach: Greg as a coach this is not my job to tell you what you should and shouldn't do. I am here to facilitate you, to come to an understanding of why you do this and how you can look to change things, so that you do not keep doing it. There is also some fear in behind the reason you act and behave this way Greg. I would invite you to just sit for 5 minutes and be with everything you are feeling and thinking at this point in time. Is that ok Greg

Greg: yes.

Coach: So Greg now that you have had 5 minutes to reflect what do think is really going on with you?

Greg: Yes there is fear and the fear I have, is that I do not want to let people down. I have been let down by people over the years and I think it stinks.

Coach: please tell me about some of these!

Greg: Well when I first starting working my boss at the time promised to send me on courses that would help to develop my organization skills and also give me the opportunity to learn a lot about the industry I was working in at the time. After being there for 1 year this never eventuated, so I left to go and work some where else. There is another time when I was going out with this girl who was looking to go overseas and do an OE. She asked me if I wanted to come with her. I told her at the time I could not afford it, yet if she waited for 6 months I could save up to be able to go with her. Because she had a job organized overseas, this was not possible for her to wait. She told me that I could contact her when I was ready to leave and if she was not in a relationship, then that would be okay for me to join her. Then there is my father, he always promised to come and watch my sports when I was growing up. I think he attended 5 times over a period of 10 years. His excuse was, "something else has come up and I need to do this so I can put food on the table for the family".

Coach: Greg lets look at the lady you were going out with that did the OE what happened there?

Greg: I started to save some money and would be in contact with her every week, catching up on what she had been doing and vice versa. Then after about 3 months she told me that she had met someone else and felt it best that we did not contact each other anymore because it would not be fair on the other person. Great I said what a waste of 3 months saving and being loyal.

Coach: Ok what about the boss you had?

Greg: Well that was another non event! I spent a whole year working my arse off for him and believing he would honor his word and nothing happened. He used to give me bonuses every now and then for the work I did yet never sent me on any courses.

Coach: Now about your father?

Greg: Well he's dead now so not much to say about that. All he focused on was putting food on the table for us and pleasing my mother all the time. He used to do everything for her and we kids came second. I suppose one thing I could say, "He gave us the opportunity to go to the best schools and gain a good education." He used to tell us "a good education will serve you well in life and make things easy." My father never had much of an education; he always had to help out on the farm they lived on. So his life was all about work, work, and work. Any way why are we talking about him I can not resolve anything there he is dead and I am still alive so I need to just move on!

Coach: that's an interesting comment you make about your father and him being dead etc. What if, what you are saying is incorrect and you could look to resolve it even though he is dead?

Greg: oh yeah so how would I do that?

Coach: Greg you told me a little about how your father was brought up re always having to work etc and never being given the opportunity to have an education. What do you think someone would believe about life growing up like that?

Greg: Well I suppose he would either make sure he did not do that to his family and give them opportunities that he never had or he would do the same thing to his family.

Coach: yes true so why would he do that?

Greg: Well that was all he was taught I suppose.

Coach: so if that was all he was taught, is there a possibility that if he took time to look at this, could he change things?

Greg: well course he could yet I suppose he never took time to do that!

Coach: exactly, so understanding that about your father does that apply to you?

Greg: Yes of course it does.

Coach: Great, so you know how you told me that you do not like to let people down and also ask for help when you require it!

Greg: yes

Coach: is this really true that you need to keep doing it?

Greg: AAAHHH I see if I started to do some of the opposite I might get a different result from what I have been getting.

Coach: ha who knows are you willing to give it a go?

Greg: Yes what do I have to loose?

Coach: Yes good question wonder what the answer is?

Greg: well nothing really, yet I could gain a lot from it.

Coach: Great how about we catch up in a month and see what is happening then?

Greg;: Awesome, see you then.

Article written by

Jay Lincoln

Holistic Coach

E-Mail jay@freedomtochoose.org.nz

For things to change, I must change

LCA AUCKLAND - AFFILIATES

Dairne Kirton



Life's Abilities

p: 09 4437402

m: 021443642

e: dairne@lifesabilities.co.nz

i: www.lifesabilities.co.nz

Stuart McIntyre



Stuart McIntyre Life Coaching

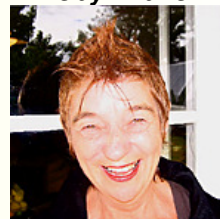
p: 09 634 7600

m: 0274 432111

e: stuart@smlc.co.nz

i: www.smlc.co.nz

Robyn Fallon



p: 09 3613971

m: 027 4802214

e: robynfallon@orcon.net.nz