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Coaching Currents from DBCoach

September 2008

Dear Subscriber,

Welcome to the latest issue of "Coaching Currents from DBCoach"! Each month, this newsletter will offer you some thoughts and ideas based on my experiences as a coach.

Thanks to all of you who commented on my daughter's letter last month. She is settling in Switzerland quite nicely and making new friends. The adventure has begun!

This month I have lots of tools for you to help you weather the storm and also get some inspiration and fun. In addition, I am introducing my new book "Beyond Boundaries," which hopefully will serve you as a worthwhile tool as well. Join us for our 90 Day Call to Action, a group coaching initiative to not just talk about change, but to actually make the change.

I hope you find this edition of the 'coaching currents' both practical and inspirational. Feel free to share it with colleagues and friends.

Warmly,
Dany

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Edgy

It seems we are living in challenging times. The financial markets are unstable to put it mildly. News from around the world is scary and the media does it's best to fuel the hype. People are either afraid of losing their job, reorganizations or steering their companies through rough waters. In addition our daily living is affected by rising prices of fuel, food and just about everything else. Everyone seems to be on edge, people are stressed.

One feels grateful when not directly affected by the mortgage crisis or flooding somewhere in the world.

It feels we are in a downward spiral and yet, I am impressed by my clients, who, despite uncertain environments, find jobs, grow their businesses, stay focused and keep the momentum going.

For each and every one of us, hard times offer tremendous opportunity. The possibilities are endless, if we are willing to observe and listen.

Following are my top 5 ways to de-stress and stay on target regardless of what comes at you. They won't cost you a dime and help you weather the storm:

1. Journal

Use the power of writing down, ideally by hand, what is on your mind. The good, the bad and the ugly as well as everything you are grateful for. Feel free to do a brain dump daily and don't worry about grammar or punctuation. No one will criticize it!

2. Be Selective About Media

I was raised with the notion that you need to be informed about what's happening in the world. I do actively observe and read newspapers, magazines and broadcasts from around the world. However, I am very selective as to how engaged I get with the news. I get informed and yet not sucked in. Sensationalism angers me, so I stay away from it - quite appropriate for a past journalism major.

3. Focus On What Truly Matters Most

Even, if we had 100 hours in a day, we'd never be DONE. As we tackle issues on our to-do lists, we are constantly creating new to-do items. The trick is to focus on what's most important and accepting the letting go of everything else. Not always easy, but doable and a path to sanity.

4. Set Boundaries Where Appropriate

Often our needs aren't met because someone is stepping over our boundaries. When did we forget the word NO? It's ok to say NO to not being treated respectfully, to another project you really don't have time or energy for, to hundreds of email in your inbox that drain your energy, to the clutter surrounding you, to you for eating food that's not healthy for you. The list is endless. It's time to say NO!

5. Treat Yourself Well

A car doesn't run too well on empty. Neither does a human body, physically, emotionally and spiritually. If you surround yourself with healthy food and exercise, love and food for your soul, your energy level goes up and things look much brighter. Only if your glass is full are you capable of giving to others.

Good luck staying the course!



DBCoach

Article about Team Coaching by my colleagues, Sabine Fischer and Bev Baker-Hofmann: [Read article](#)

Congratulations to Kim O., who for the 4th year in a row is participating in the Arthritis Foundation's California Coast Classic Bicycle Tour sponsored by Amgen. It's a 500-mile, 8-day tour from San Francisco to Los Angeles. Way to go Kim!

www.californiacoastclassic.org

90 Day Coaching Call To Action

Are you in job transition?
Are you nervous about the economy?
Are you stuck and spinning your wheels?

Join us for a 60 minute group coaching call every other week for 3 months. In small groups we'll support each other to reach your outrageous goals within 90 days.

Rather than worrying, it's time to act.

Fee \$175/month, bring a friend and you'll pay only \$100 the first month. Dates still flexible, starting in October to achieve a strong year-end.

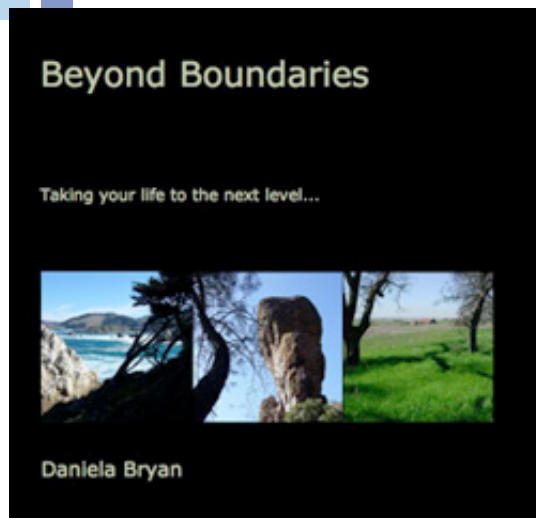
Just think what it is costing you not to act on this opportunity! We are looking forward to your email at db@dbcoach.com to sign up.

Quote of the month

"When you write down your ideas you automatically focus your full attention on them. Few if any of us can write one thought and think another at the same time. Thus a pencil and paper make excellent concentration tools."

~ Michael Leboeuf

Book Recommendation



Beyond Boundaries

Taking your life to the next level...

by Daniela Bryan

[Tell me more about this book.](#)

[Click here for further book recommendations...](#)

Website Recommendation

Check the following website to give you piece of mind. You can figure out, if your money is protected: www.myfdinsurance.gov

In case you haven't seen any of the "Where the hell is Matt videos", here is the link for the 'Dancing' video as well as a link to a presentation as to how he got people to dance with him. What a great example for bringing people in the world together, bridging cultures and pure fun! I am happy every time watching the video. Enjoy!

[Where the Hell is Matt?- Dance Video](#)

[How the Hell Did Matt Get People to Dance With Him?](#)

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