



The Personal Coach BULLETIN

balance through partnership

111- 460 Kenaston Blvd
Winnipeg, MB R3N 1Z1

office: 204.489.9534
cell: 204.782.1362

email: james@coachladd.com
web: www.coachladd.com

February 2011

www.coachladd.com

COACHING POINT

IS ANYBODY LISTENING?

I bet there have been times in your life and I am sure there will be times still to come when you feel depreciated, angry or drained. Have you ever wondered why that is?

Now you might be inclined to think that it is quite simply that you are tired; worn out from too much work, too little sleep, from eating the wrong foods, driving yourself too hard, trying to do too much, from not living a balanced life. Any of the above may be the case at least some of the time but have you ever stopped to consider that; **"it might be because people are not open to your energy!"**

Our emotions are the primary source of human energy, aspiration and drive, activating our innermost feelings and purpose in life, and transforming them from things we think about, to values we live, actions we take (where motivation comes from). Make no mistake, if we are not **right** with our emotional self, how can we ever expect to continuously stay the course and work toward our life purpose?

So then, what does not being open to one's energy mean exactly?

Essentially, people are just not listening; turned off by what you have to say or how you say it, or maybe it is just that you turn them off? Perhaps all of the above?

Communication is so vitally important and yet we give it so little attention in

our day-to-day lives. We just put ourselves out there with little or no regard for how we are being received. Too often in our encounters with one another, we simply come from our perspective, our place, our way of communicating; the way we see, interpret and live in the world. Not often enough do we consider that perhaps others are coming from a different perspective entirely.

"I know that you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant." Robert McCloskey

Yes, what I am proposing is that when it seems that others are not open to your energy look to yourself for the answer. Don't put it off on others, take responsibility for it. Tell yourself the truth about your communication.

In our relationships with one another we must be sensitive to and understand how our style of communication comes across to others and at the same time we must as much as possible be aware of the communication style(s) of those we are trying to communicate with. Being sufficiently aware of both ours and the other person's style provides us the opportunity to 'style flex,' or adjust our style to meet the needs of the other person thus creating the best possible climate for positive communication to take place. Sounds like a round about way of saying; "practice Emotional Intelligence."

ACHIEVE BALANCE THROUGH STRATEGIC LIFE COACHING

One On One Coaching

One on one support to achieve balance in your life.

Coaching For Team Effectiveness

Workshops tailored to specific organizational needs. Here are just a few of my offerings:

Twelve Angry Men

The Personality Workshop

Emotional Intelligence

The Johari Window

Value Cards

The Tao of Teams

What Makes an Effective Team Player?

Speaking Engagements

LIFE ON PURPOSE

(What on Earth am I Doing Here)

DO YOU TREAT YOUR EMPLOYEES LIKE PETS?

Self-Study Guide

The Personal Transformation Guide ©

Uncovers who you are and how you impact the world around you, ultimately leading toward change and personal growth.

(Available to Purchase)

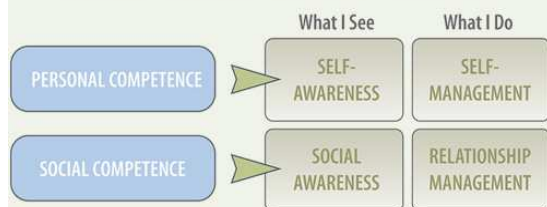
www.coachladd.com

If you are interested in investigating the idea of your own personal coach, contact me for a one hour exploratory session at no charge: james@coachladd.com or 489-9534

Emotional intelligence plays an integral role in defining character and determining both our individual and group destinies. It involves the ability to monitor one's own and others' emotions, to discriminate among them, and to use the information to guide one's thinking and actions.

In short, it means to embrace the power of emotions intelligently.

4 Core Emotional Intelligence Skills



It involves abilities that may be categorized into four domains:

Self-Awareness: Observing an emotion as it happens; realizing the prior ideas and conceptions that underlie an emotional response; being open to intuitive insights; emotional honesty - a developed sense of integrity and authenticity.

Self-Management: Facing up to fears and anxieties, anger, sadness and discontent and expressing that energy constructively, whilst retaining spontaneity.

Social Awareness: Sensitivity to others' feelings and concerns and a willingness to respect their perspective; valuing the differences in how people feel about things; the capacity to trust and be trusted, to forgive and be forgiven.

Relationship Management:

Managing emotions in others through communication based on empathy and understanding, to build mutual trust; social skills, including constructive handling of disagreements and the ability to create and sustain friendships; leadership effectiveness.

An important point to make here is that much of the misunderstanding that manifests in our communications with one another and which we too often 'personalize' to the degree that relationships are damaged is really nothing more than not understanding and being sensitive to one another's styles. Very

seldom in our communications with one another is a person deliberately setting out to hurt or in some way damage you and/or the relationship. As they say in Rome; "it was all just a misunderstanding."

We are all familiar with **IQ** or intelligence quotient: a measure of a person's intelligence. Know that has very little to do with emotional intelligence and in and of itself will get you nowhere in establishing meaningful relationships but emotional intelligence **EQ** will.

On the subject of; "is anybody listening," in very broad terms emotional intelligence could be called a **sophisticated form of listening** that is listening beyond just the words. Sophisticated listening involves paying attention to not just the words but to

the feelings behind or underlying the words.

Unfortunately by now you probably know that listening no matter how you define it is one of our most neglected of skills or maybe even art forms?

In this fast paced world we have created and live in today, there seems little room, time or even the desire for legitimate and truly meaningful face-to-face communication. All we seem to have time for these days as we run from one appointment to the next are quick and desperate conversations on our cell phones, 'tweeting and texting' and a promise that just as soon as I find some time we'll get together for a cup of coffee and catch up!

Truly meaningful communication; open to your own as well as another's energy is only going to happen if we attach sufficient value to it in our lives.

Coach Ladd

For a description of; EMOTIONAL INTELLIGENCE (A Primer) click on the picture below on the home page of my website:





The Personal Coach BULLETIN

balance through partnership

111- 460 Kenaston Blvd
Winnipeg, MB R3N 1Z1

office: 204.489.9534
cell: 204.782.1362

email: james@coachladd.com
web: www.coachladd.com

February 2011

www.coachladd.com

COACHING POINT

Shay's Story

At a fundraising dinner for a school that serves children with learning disabilities, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question:

"When not interfered with by outside influences, everything nature does is done with perfection."

Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do.

Where is the natural order of things in my son?'

The audience was stilled by the query.

The father continued. 'I believe that when a child like Shay, who was mentally and physically disabled comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child.'

* * * * *

Then he told the following story:

Shay and I had walked past a park where some boys Shay knew were playing baseball. Shay asked, 'Do you think they'll let me play?' I knew that most of the boys would not want someone like Shay on their team, but as a father I also understood that if my son were allowed to play, it would

give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

I approached one of the boys on the field and asked (not expecting much) if Shay could play. The boy looked around for guidance and said, 'We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning.'

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. I watched with a small tear in my eye and warmth in my heart. The boys saw my joy at my son being accepted.

In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three.

In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as I waved to him from the stands.

In the bottom of the ninth inning, Shay's team scored again.

Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game?

Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact.

The first pitch came and Shay swung clumsily and missed.

The pitcher again took a few steps forward to toss the ball softly towards Shay.

As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The game would now be over.

The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman.

Shay would have been out and that would have been the end of the game.

Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates.

Everyone from the stands and both teams started yelling, 'Shay, run to first!'

Run to first!'

Never in his life had Shay ever run that far, but he made it to first base.

He scampered down the baseline, wide-eyed and startled.



The Personal Coach BULLETIN

balance through partnership

111- 460 Kenaston Blvd
Winnipeg, MB R3N 1Z1

office: 204.489.9534
cell: 204.782.1362

email: james@coachladd.com
web: www.coachladd.com

February 2011

www.coachladd.com

COACHING POINT

Everyone yelled, 'Run to second, run to second!'

Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base.

By the time Shay rounded towards second base, the right fielder had the ball, the smallest guy on their team who now had his first chance to be the hero for his team.

He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head.

Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, 'Shay, Shay, Shay, all the way Shay.'

Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, 'Run to third!'

Shay, run to third!'

As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, 'Shay, run home! Run home!'

Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

'That day', said the father softly with tears now rolling down his face, 'the boys from both teams helped bring a

piece of true love and humanity into this world'.

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making me so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!

Footnote:

There are so many opportunities in our day, everyday in fact, to help realize what Shay's Story refers to as 'the natural order of things.'

At first glance what many might see as seemingly trivial interactions between people are in fact, that is if we stop and look beyond the obvious as we tend not to do in a typical day, opportunities for choices? Do we pass along a little spark of love and humanity or do we pass up those opportunities and leave the world a little bit colder in the process?

It's a little like the idea of paying it forward; committing an unselfish act toward another without any particular provocation or expectation other than a desire to be kind. What often results, although we may never see it happen, is that the person you directed your kindness toward, turns around and pays it forward to another. Before you know it a ripple is created that potentially could travel around the world. Kind of like the wave at a football game. It starts with a few and gradually picks up momentum until the entire stadium is involved. And everyone loves it when that happens.

In philosophy, the **natural order** is the moral source from which natural law seeks to derive its authority. It encompasses the natural relations of beings to one another, in the absence of law, which natural law attempts to reinforce.

What these young boys did on that baseball diamond that day was truly amazing, so much so that perhaps some who read this story and/or may have even heard the dad's speech find it hard to believe. What these boys did 'when not interfered with by outside forces' was to demonstrate "nature done to perfection."

I can only imagine what Shay must have felt, his dad felt, and all those boys from both teams, the coaches, and spectators in the stands.

In all frankness if I had been in the audience that night and heard his speech I would have been in tears.

"A wise man once said every society is judged by how it treats its least fortunate amongst them."

Coach Ladd