

Define Yourself

health and career coaching



November 2006



danielle vindez
personal coach

Danielle Vindez Personal Coach Danielle@defineyourself-coaching.com P.O. Box 594, Redondo Beach, California 90277

In this Issue

Articles:

- Non-violent Assertiveness Statement
- Ten Steps to a Healthy Attitude

Distinction:

Articulate vs. Reporting

Tools:

- The **“Get Juiced Up”** Alisal Ranch Retreat.
- Tru-Values Assessment
- MAPP

See www.defineyourself-coaching.com for info., & tips on exercise, behavioral change, and choosing a healthy attitude.

Simple Truth

We'll walk hand in hand
We'll walk hand in hand
We'll walk hand in hand some day

Charles Tindley

New

Healthy Body and Soul

Click link

<http://www.defineyourself-coaching.com/healthybodysoul.htm>

Non - Violent Assertiveness Statement

How do we communicate, in a non-violent way? By non-violent I mean communicating without causing defensiveness and delivering a heart felt message.

First we observe what is actually happening in a situation: that is either enriching or not enriching our lives. The trick is to articulate the observation without introducing any judgment or evaluation – to simply say what others are doing that we either like or do not like.

Four components of Non Violent Communication:

1. Observation
2. Feeling
3. Needs
4. Request – what we want from the other person.

Next we state how we feel when observing this behavior, are we hurt, scared, joyful, amused, irritated, etc., (We are not always readily aware of what we are feeling).

Thirdly we say what we need and ask for it.

For example, a mother might express these three pieces to her teenage son by saying “Felix, when I see two balls of soiled socks under the coffee table and another three in the TV room, I feel irritated because I need more order in the rooms we share in common. Would you be willing to put your socks in your room or the washing machine?”

When-----
I feel-----
Because I need -----
Request-----

Fourth, we practice, practice, practice to make it a natural flow.

Spread the Smile.

Smiling is not only an endorphin stimulator that makes you feel good, it helps you radiate love. Get those teeth gleaming and open your mouth and heart. Re-energize yourself. Now, do you notice how those around you also start to act more vitalized?

Distinction:

Articulate vs. Reporting

Articulating is saying what is occurring for you in the moment.

Reporting is saying what has already happened.

Tools:

The “**Get Juiced Up**” retreat at Alisal Ranch was a tremendous success. It was a time to practice patience, vanquish fear, commit to healthy habits, and see life from the quiet beauty within.

Next opportunity to listen to what horses are telling us about how we are being is March 2007.

Ask me about:

The Tru-Values program

Identify what you truly value, and learn to be an expression of them daily.

The Motivational Appraisal of Personal Potential (MAPP)

A world-class personal assessment that takes 15 minutes to complete. MAPP identifies your true motivations towards work and allows you to match yourself to job categories to see where you best fit.

Ten Tips for Choosing a Healthy Attitude

Health = a body, mind, and spirit synchronicity of well being

Attitude = disposition, manner of thinking, way of being

1. Understand that your attitude affects every aspect of your well being, (body, mind and spirit).
2. Understand YOU control your attitude and not outside influences. It is your choice.
3. Honestly evaluate your attitude over the long term and short term, in specific areas, and in general.
4. Ask for the assistance of a coach and trusted friends to give you honest feedback.
5. Evaluate the influences that cause you to experience a positive disposition, and those that elicit a negative disposition.
6. Determine how you can make choices to consciously change your attitude in general, and about specific things.
7. Develop an “early warning system” that alerts you to the potential of unhealthy attitudes. Decide ahead of time how you will cope with impending influences.
8. Monitor your attitude for a specific period of time, journal this, and evaluate it based on how enabling is your attitude.
9. Give your coach and friends permission to hold you accountable to a healthy attitude.
10. Hold yourself accountable to always choosing health, and be open to opportunities that challenge and strength your commitment.

Did you know? Just as a B.A., M.A., and a PhD can be obtained for a fee, from non-accredited schools, there are non-accredited coaching schools. The International Coach Federation, a not for-profit organization, reviews the structure and nature of programs to ensure specific standards for credentialing and accreditation.