



June, 2010 Volume 1: Issue 1

Welcome to the Premier Ezine from Launching Lives!

a MESSAGE from SYLVIA

Creating Spaces of Peace

For those of us living in Pennsylvania, USA summer is here once again. Where do the years go? Now in my fifth decade of life, I am so aware of the speed at which time passes. It seems like we no sooner settle into the routines, gifts, and challenges of one season when the next taps us on the shoulder.

Because of the heat and humidity associated with it in this part of the country, summer has not been my favorite season since childhood. But summer has one big blessing for most of us: pockets of time when we can slow down, take some deep breaths, and actually relax. This change of pace is essential. We need to recharge our physical, mental, and spiritual batteries in order to pick ourselves up and jump back into the frenzy that defines most people's lives these days.

What does a week of slowing down look like for you? Less responsibility? Fewer tasks and projects? Freedom from emails and phone calls? More sleep? Vacation with the family? Activities you normally don't



get a chance to enjoy? For me, a period of slowing down means time to indulge in a good novel, time to try new recipes, time to nap with Pierce (my seven year old [rescued dog](#)), time to reflect on where I've been, where I am, and where I'm going. There's a lot to be gained from being still, quiet, and introspective. We need this so we can consciously decide what we want to come next for us.

I intend to create spaces of peace for myself this summer. These may be blocks of several hours, a couple of days, a week at a stretch. In those peaceful spaces I intend to contemplate how I want to grow both personally and professionally between now and the end of the year. I'm going to let myself dream. No pressure. No forcing my thoughts to go in certain directions. I'm just going to see what comes up for me. Try this and see what comes up for YOU. Fresh ideas tend to flow into minds that are calm, uncluttered, and open to receiving that next BEST thing.

FEATURE ARTICLE

Five Benefits to a Summer Slow-Down

Getting off the merry-go-round this summer can benefit you in some significant ways. Here are a few of them:

1. You relax physically.

By leaving work at the office and taking some time for yourself, you give your body an opportunity to release muscle tension and minor pain. You get a chance to appreciate your physical self in ways you may be otherwise unaware.

2. You allow your mind to focus on different subject matter.

Instead of laboring to solve complex problems, your mind is now free to plan fun activities, create an exotic dinner, revel in a movie you've been wanting to see. The mind relaxes best when thoughts are varied and free of stress.

3. You connect with all of your senses.

When you're multitasking and wildly busy, you eat your lunch without really tasting it. You hear beautiful music without really absorbing it. You see a rose in a bud vase on your desk without really smelling its sweetness.

You pet your dog without really feeling the velvety softness of his head. Withdrawl from busy-ness lets you savor the beauties and textures of life.

4. You get clearer about where you want to go next.

It's hard to think through next steps when you're barreling through your days at ninety miles an hour. Clarity generally comes during moments of inner stillness. Insights about your career direction, relationships, and goals enter your consciousness when you are truly ready to receive them.

5. You see possibilities.

When you are unburdened, relaxed, and at peace, you are in a place where you can see beyond the mundane, tedious tasks associated with the daily grind. You start to see what is entirely possible for you in different aspects of your life: perfect health, the job promotion, the permanent love relationship, the house you've dreamed about, the baby you want, the book you've considered writing. Suddenly you can feel that all of this is within your reach.

RESOURCES

A Book: *The Passion Test*

Want an ideal book for summer reading? Get yourself a copy of *The Passion Test: The Effortless Path to Discovering Your Destiny* by Janet Bray Attwood and Chris Attwood. This New York Times bestseller can inspire you to create the life you truly desire by helping you discover your greatest passions. Be sure to complete all of the exercises. Summer is a great time of year to dig into this kind of resource. In order to enjoy the path through which the book leads its readers, you really do need some peace and quiet so you can focus on YOU. Who knows? You may find out that you want to pursue a new career, a new hobby, a new relationship, a new skill, a new goal. You may want to design a whole new you.

TIP

Schedule Time for YOU

Schedule time for yourself this summer. Put a few days or a week on the calendar, and view that time block as sacred. Don't let anyone talk you out of it. Know that you are worthy of resting, refreshing, re-energizing. Honor yourself by giving yourself a chance to wind down. If you follow through with this commitment, you'll find that you can get back on the merry-go-round later with stronger motivation, new perspective, and a sense of joy.

[Find more Tips from the Coach here](#)

About This Ezine

This Ezine is 1) to provide readers with valuable FREE content which contributes to both personal and professional growth and 2) to invite them to take next steps toward working directly with Sylvia. **Launching Lives Ezine** is dedicated, above all, to “building people...building businesses.” ©

about SYLVIA

Sylvia Hepler, Owner and President of Launching Lives, is an executive coach based in South Central PA. Her mission is to support corporate and nonprofit executives and business owners as they solve problems, develop leadership skills, and increase balance in their lives. Her background includes: nonprofit executive management/leadership, public speaking, business and freelance writing, teaching, and retail sales.

A [certified executive coach](#) through The Rescue Institute in Colorado and a participant in extensive continuing education, Sylvia is a platinum level expert author on ezinearticles.com. She has produced an audio CD entitled, “Making Change”, [two special reports](#) for persons in management positions, and an e-book entitled, No Surprises: A Business Guide for Starting Your Coaching Practice.

More information at her [Launching Lives Website](#)

[Click to contact Sylvia by Email](#)

Reach Sylvia by phone at 717-761-5457

Launching Lives SERVICES

Launching Lives is an executive coaching company located in South Central PA. Its mission is to support persons in management positions to solve their most pressing problems, develop leadership skills, and increase balance in their lives utilizing a holistic approach. Launching Lives focuses on BUILDING PEOPLE through individual, private coaching, group coaching, specialized products, speeches, and retreats. Most coaching takes place by phone.

Often people don't really know HOW they might benefit from coaching. Quite simply, ask yourself these questions: "What can't I seem to resolve on my own? What is keeping me awake at night? What am I missing when I look at a certain situation? How can I get to the next professional level? How can I learn certain skills quickly? How can I narrow my professional gaps? How can I motivate my staff? How can I communicate more effectively so I serve myself and others better? How can I reduce my work-related frustration? How can I develop a viable plan of action for myself and/or my organization? How can I obtain greater job satisfaction? Coaching is the SOLUTION to any of these issues.

© Launching Lives Executive Coaching 2010 Forwarding and sharing content is permitted with attribution.

[Click here to Unsubscribe](#)