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a MESSAGE from SYLVIA

What Is the Point of Struggling?

By now most of you are aware that I published a very personal book, *Learning Leadership Through Loss*, at the end of March. When I saw “my baby” on Amazon and Kindle for the first time, I felt a huge sense of accomplishment. I also felt a certain amount of relief that I’d actually completed such a complex, long term project. A lot of books get started, but many never get done.

After I wrote the first draft of chapter 3, I realized the honeymoon was over. Writing a book is hard work! I saw that it required superb organizational skills, weekly time blocking, unexpected sacrifice, and a great deal of persistence. After checking in with myself, I saw that somewhere along the line I’d slipped into the space of struggle. Intuitively, I knew that wasn’t good.



*Not a struggle!
A new season
begins for my
Pierce*

Honestly, I didn’t want a fight. I didn’t want to be stressed out. I didn’t

want to feel like I was carrying concrete slabs on my back. I just wanted to enjoy the process of creating the book that was right for me and my business. If I bought into the struggle, I trusted I'd be able to complete my book. But deep inside I understood that I might resent every hour of typing at the computer. And even worse? I probably wouldn't like the finished product.

Seriously, before moving on I needed to ditch the struggle. So do YOU. Take a look at my feature article below to read examples of the struggles we choose, allow, and manufacture at work.

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FEATURE ARTICLE

Substitutes for Struggle

Over the last seven years I've heard scores and scores of client **struggle stories**. While all of them have involved different people and situations, they've had something major in common: negative energy. Believe me, I've thrashed around in the pool of struggle too--more often than you'd guess. It's an exhausting, dark place. You don't have to go there. Or stay there. Let me show you what to say and do instead.

1. I'm struggling to make a certain decision.

Do you say that? If so, try this: "I'm in the process of making a decision about X." Believe that you are capable of making that decision.

2. I'm struggling to make sense of this.

This is an over-used expression. You could say: "I don't understand this complex process, and I'm willing to do what it takes to acquire the level of understanding I need." Trust that this can happen.

3. I'm struggling to follow that advice.

There's no need for strain and strife. You could ask: "How is your advice going to help me reach my goal?" Demonstrate genuine interest in the person's explanation.

4. I'm struggling to connect the dots.

Are you someone who says this on a regular basis? Try this instead: "I'm taking my time connecting these important dots." Seek clarity and believe you can do it.

5. I'm struggling to find an answer.

Most questions have multiple answers; most problems have several solutions. Consider using the following language: "I'm looking at a

number of options now.” Be curious about what is possible.

6. I’m struggling to understand your point.

How often do you say this? Use different words such as: “Although in this moment I don’t understand your point, I’m open to learning more.” Remain in a neutral space.

7. I’m struggling to get everything done before I go home .

Does this sound like you? You may want to stop and substitute this: I’m getting a lot done today and joyfully anticipate crossing the last item off my “to do” list by 5:00 PM.” Stay focused.

Altering your state of being, your language, and your actions as they relate to struggle takes practice. You’ve spent a life time being, talking, and behaving in certain ways. Of course all of it is deeply ingrained. But like a rotten tooth, the stuff that doesn’t serve you can be pulled and replaced. Start with a commitment.

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What Clients Say

For a year I had struggled on my own to try to figure out what I really wanted to do professionally. It was a very lonely, frustrating twelve month period that ended with no decision made. I now know that back then I was just spinning my wheels, letting nebulous thoughts fly all over the map. During a conversation a trusted friend of mine recommended that I contact Sylvia. I had never heard of her, but I concluded that at least talking to her was worth my time. Needless to say, I hired her to lead me through her process for choosing meaningful work and an employer with whom I was ideally aligned. If YOU want to jump ship but have no idea how to do it successfully, I strongly suggest that you call Sylvia Hepler. She took the struggle out.

▪ William B., Scranton, PA

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Offers and Opportunities

Zap Your Struggle in Just 10 Minutes

If you’ve been wrestling with a problem at work and feeling the fatigue of

struggle, request a FREE ten minute phone session with Sylvia. The first person to send an email to sylvia@launchinglives.biz will be the recipient of this special offer. **There is only one “winner”**. So don't delay if you're serious about viewing and approaching this troubling issue from a less stressful angle.

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RESOURCES

SYLVIA'S 5 QUESTIONS

The next time you find yourself sinking into the pit of struggle at work, step back for a few minutes and ask yourself the following questions:

1. What exactly is the real or perceived issue?
2. What specifically triggered your struggle response?
3. Where and from whom did you learn that kind of response?
4. How is the struggle response holding you back/clouding your vision?
5. What are the alternatives to a struggle response in this situation?

Remember: You always have a choice. No matter how long *struggle* has been your default response to difficult matters, you can change that today.

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TIP

Identify what you perceive as your biggest current *struggle* in your professional life/work environment. Considering guidance provided in the feature article, think about how you can alter your mindset toward this problem, dilemma, assignment, or challenge. As soon as you do this, you are likely to notice that the path to completion or resolution becomes clearer and simpler. Remaining in a place of struggle only keeps you stuck.

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Where in the World is SYLVIA?

Recently Sylvia recorded a one hour radio show interview about her new book, *Learning Leadership Through Loss*, with Dr. Pamela Brewer for

MyNDTALK broadcasted out of Bethesda, MD. This insightful, personal audio conversation is temporarily expected to air on May 19, 2015.

Sylvia celebrated the recent release of her book with 45 business associates and friends at the Charlie “T” Jones Conference Center in Mechanicsburg on the evening of May 12, 2015! Of course there were books for sale at this festive event filled with food, wine, music, and lots of wonderful people.

On May 5, 2015 Sylvia presented a breakout session workshop (in the sales track) entitled: “Likeability: No Longer an Option at Work” to PA Tourism Summit participants. This two day conference was held at the Hilton Harrisburg.

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Join Sylvia on these social networks!

About This Ezine

The purpose of this Ezine is to: 1) Provide readers with valuable FREE content which contributes to personal and professional growth as well as overall career development; and 2) Invite readers to take next steps toward working directly with Sylvia.

Back issues are [available here](#). Send an email by [clicking here](#) to manage your free subscription. Sharing content with attribution is encouraged as is forwarding the Ezine email. Include launchinglives.biz in your list of safe senders or friends, depending upon your email software, to be sure you receive the monthly emailed issues.

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About SYLVIA

Sylvia Hepler, Owner and President of Launching Lives, LLC, specializes in career development for both corporate and nonprofit executives and managers. Based in South Central PA, she specifically supports clients as they upgrade their current job performance, seek a promotion, or plan/navigate a career transition.

What makes her services unique is that Sylvia helps people to cope with change, loss, and grief as they work on developing their careers. Her professional background includes: nonprofit executive management/leadership, nonprofit community health program start-up, program evaluation, public speaking, business and freelance writing, teaching, and retail sales.

A certified executive coach through The Rescue Institute in Golden, Colorado and Quantum Endeavors in Chicago, Illinois (plus a participant in extensive continuing education opportunities with several coaches of national notoriety), Sylvia offers individual and group coaching, assessments, teleseminars, workshops, keynote speeches, and retreats. She also has created tangible and downloadable products that augment her coaching and speaking services.

For more information and to connect with Sylvia try:

[Launching Lives Website](#)

[Click to contact Sylvia by Email](#)

Reach Sylvia by phone at **717-761-5457**

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Launching Lives SERVICES

Launching Lives, LLC is a full service career development company for managers and executives located in South Central PA. Utilizing a holistic approach to service provision, Launching Lives focuses on supporting clients as they create the platinum level career they desire by upgrading their job performance, seeking a promotion, or planning/navigating a career transition

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 may be the SOLUTION to any of these issues.

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