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a MESSAGE from SYLVIA

Self-Care Starts With Who You Are BEING

At networking events in the community I state that I'm a career development specialist targeting managers, licensed professionals, and executives. But after nine years of business serving women and men of all ages representing twenty-five different industries, legitimately I could probably say I'm a healer of hearts. Okay. Now I have your attention.



Click or go to Where in the World, below, for photo info

As I leaf through current client files on my desk and past client files in drawers, I see evidence of hurting hearts: People who suffer from broken strategic relationships, bosses who can't seem to get the best from some of their employees, hard workers who don't receive the support and recognition they need, ladies who never learned how to stand tall in leadership, individuals who move so fast they barely stop to breathe. I also see lots of names of folks who know they aren't—or weren't—in a job that's right for them. Physically or emotionally, scenarios like these cause heart pain that can make you sick or drag you down. But you know what? You don't have to go there.

In this National Heart Health month I invite you to lay a strong foundation of self-care. All self-care begins with taking full responsibility for what isn't working, for whatever brings misery, for what prevents you from living an extraordinary life. For specific guidance around how to set the stage for exceptional self-care, see my feature article below.

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FEATURE ARTICLE

7 Strategies That Set the Stage for Exceptional Self-Care

Recently I heard somebody online declare that self-care is a need, not an option. She went on to say that it's not selfish to nurture your body, mind, and spirit. In fact it is healthy, appropriate, and wise. Yet taking care of ourselves does not come naturally to many of us. Especially to women. Pondering this, I found myself thinking that we must BECOME a certain person before we will decide to DO certain things. The following **seven strategies** can move you forward on your journey of becoming:

Cultivate awareness. To what extent do you live in a state of chronic anger, disappointment, resentment, self-loathing, boredom, grief, or guilt? How does this form of quicksand make you feel?

Assess how you treat your body. Do you value yourself enough to choose healthful foods, go to bed at a reasonable hour, follow an exercise regimen, and schedule time to relax and play? If not, why not?

Practice the art of presence. Do you ever sit quietly with yourself, free of demands, shoulds, and distractions? Do you know what it's like to come back home to YOU?

Manage your negative thoughts. How often do you beat yourself up with

destructive mental messages? Why do you allow this to happen?

Examine the whole truth. Do you engage in periodic truth inventories focused on all aspects of your life? What do you need to face that scares or unnerves you?

Imagine a new standard of living. Do you wonder what it would be like to set responsible boundaries and take back the personal power with which you were born? What beliefs prevent you from taking these steps?

Receive graciously. Are you able to honor and actually receive the gifts that come to you every day? What has to be true for you in order to accept compliments, offers of help at work, unexpected resources, and expressions of appreciation?

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What Clients Say

Several years ago I worked with Sylvia for six months when I was struggling in my senior management role within a nonprofit organization. At the time I was having significant relationship problems with some of my staff, and I was “beyond burned out”. After just a couple of phone sessions, Sylvia observed that most of these issues were rooted in the fact that I burned the candle at both ends, always put myself last, and rarely did anything to take care of ME. Until she said it, I hadn’t thought about my problems in this way. Together we created a custom designed self-care plan that, once implemented, began to turn things around. As the coach, Sylvia held me accountable to it too! Today I’m pleased to say that I feel much more at ease in my professional position, and I like myself a whole lot better. Learning to care for myself has made a huge difference both at work and at home.

- Crystal W., South Central PA

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Offers and Opportunities

Need Help to Develop a Basic Self-Care Plan?

Because Sylvia sees the serious personal and work-related problems that result from many of her clients' resistance to conscious, ongoing self-care, she is motivated to help YOU to develop your own basic plan: **FREE of CHARGE!** If you are interested in working with Sylvia to create a holistic skeletal outline that's appropriate for you, simply send your request to: sylvia@launchinglives.biz. The first person to respond is the sole recipient of this special offer. Note: To be considered all requests must be received by midnight EST on February 10th.

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RESOURCES

4 Minutes of Audio With Sylvia

In this brief, very personal audio clip Sylvia pinpoints the primary block to most people's implementation of regular and essential self-care. To access this message directly [click here](#):

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TIP

The next time you doubt the importance of self-care...the next time you are tempted to minimize it or skip it...stop first to consider the price you, personally, will pay physically, emotionally, psychologically, relationally, and even financially. You cannot be healthy, fulfilled, and happy without taking good care of yourself. Then take a few minutes to identify the price others around you will pay. When you are not living the best version of yourself, know that you impact the people in your sphere in very negative ways. Do you *really* want that?

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Where in the World is SYLVIA?

At the top of this ezine you saw Sylvia's photo with Janelle Stelson, Anchor for WGAL in Lancaster. As President of the Gannett Fleming

Toastmaster's Club, Sylvia had the opportunity to hear Janelle speak about highlights of her journalism career during the special open house the club hosted over lunch on January 23rd. This well-known local television personality helped to attract approximately twenty-five guests both from within Gannett Fleming and from other businesses in the vicinity. Several people have expressed interest in joining the club as a result of attending this meeting!

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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.

Launching Lives Ezine is dedicated to “building people ... building businesses.” ©2010, 2011, 2012, 2013, 2014

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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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