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a MESSAGE from SYLVIA

The Value and Power in Intuition



I can't tell you how often I hear admissions like these from my private clients: "I could kick myself for not speaking up sooner about a particular problem with my team. I kept getting little nudges to do something about it, but I ignored them." Or, "Deep in my gut I knew my company was heading toward layoffs last year, but I didn't trust my feelings enough to act on them. Now I'm unemployed and miserable." Or, "When we were interviewing candidates for a key position a few months ago, I had the strong sense that we shouldn't hire a certain person. Everyone else thought this man was the right choice, but I disagreed. To keep the peace I ended up going along with their preference, and now we all realize we made a big mistake."

I recall times in my own life when I silenced my intuition and paid a price. For example, back in 1994 I moved from Lebanon County to Camp Hill, PA to take a retail sales position that appealed to me then. Early in the hiring process I privately questioned the character of the general manager. Days later I couldn't shake those doubts.

But since I really wanted that job, I heard myself saying "yes" when the offer

came. Guess what happened: Two months into it I quit.

There is a reason why we are born with this inner wisdom. We are meant to use it. Because most of us don't understand it, we tend to brush it aside. We tell ourselves that we are imagining things or that those nudges aren't valid. I want to tell you that they are real, powerful, and precious. Check out my feature article below to gain more specific insight into this mystery and how you can tap it.

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FEATURE ARTICLE

10 Things You Need to Know About Intuition

If you do a little research, you'll discover many definitions for intuition: The natural ability that makes it possible to know something without any proof or evidence; an effortless, unreasoned sense of truth; a quiet awareness; a sixth sense; an illogical subtle knowing you cannot explain; a gut feeling; an invisible yet reliable guide. All are accurate.

Steve Jobs once said that intuition is more powerful than intellect, and Princess Diana declared that her instinct was always her best counselor. I fully agree. This article highlights ten things about intuition which, once believed and incorporated, can change every aspect of your life and career:

- Pay attention to your intuition. Focus on it. It's trying to communicate something of value.
- Ignoring your intuition is generally a mistake. You'll miss opportunities, make poor decisions, act prematurely, take a wrong turn.
- Your ego doesn't want you to listen to your intuition. Your ego, which is fear-based, prefers that you tune into your logical mind that keeps you safe.
- Your intuition is a vital component of your support system. It is present whether or not you are aware of it or act upon it. It cannot go away.
- Your intuition never prompts you to slight or harm others. It works only for universal good.
- Intuition is a download from your higher self. It comes from the part of you that houses your deepest truths and constantly but gently pushes you to connect to the best version of yourself.

- Intuition comes in various forms. You may experience nudges, hunches, gut feelings, clear senses about things, or daydreams. You may receive immediate knowledge.
- Following your intuition could come with a price tag. It may cost you a relationship, money, a promotion, a job, security, comfort, or even reputation.
- You can open up your intuition. Set aside fifteen minutes of quiet time each day to reflect or meditate. Close your eyes, and completely unplug from electronic devices. Take walks in nature, or write in a journal. Ask for truth to be delivered to you.
- The more you develop your intuition, the sharper it becomes. You can develop it mostly by using it and testing it on a regular basis.
- Chronological age, educational credentials, professional skills and experience, and the size of your financial portfolio have little to do with your intuitive abilities. Intuition is a gift given to all human beings at birth. It is our responsibility to acknowledge, honor, and activate it. Ponder this:

If you seek to make wise decisions in life and work, you need to balance your rational thinking with intuition. There is no other way.

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What Clients Say

A few years ago I hired Sylvia soon after my husband died tragically and unexpectedly. This situation left me holding the bag with the business we owned. My head was spinning. Within days I realized that I didn't know how to do many of the necessary tasks associated with running our law practice. He had been the one to manage the staff, create the budget, and pay the bills. I had focused mostly on serving the needs of our clients. Ever since we had started the practice I'd gotten little nudges to learn more of the day to day operational ropes. But I'd never acted upon those nudges. I'd never asked my husband to sit down and teach me. Upon his death I faced the fact that I was totally lost outside my comfort zone. Over a period of several months Sylvia coached me in the areas of employee supervision, planning, time management, and resource identification. Without her guidance I could not have maintained the business on my own. Her help saved my business.

- Hannah S., Attorney at Law, Philadelphia area

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Offers and Opportunities

We Have a Winner!

You may recall that the May ezine, focused on productivity, invited readers to submit tried and true strategies for boosting productivity in the workplace. Sylvia promised that the person who emailed the BEST idea would receive a check for \$25 and would be honored by seeing this tip published in the June ezine. Beth Romanski of Lebanon Valley College in Annville, PA won the contest. Although Beth actually submitted seven great practical strategies, only one is printed here to conserve space. Perhaps YOU can use it.

- *Disable the audio notifications alerting you to incoming emails and messages on your computers and phones. They are distracting and stressful.*

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RESOURCES

Want to Dig Deeper into Intuition?

Grab yourself a copy of John Prendergast's paperback book entitled *In Touch: How to Tune In to the Inner Guidance of Your Body and Trust Yourself*. This 2015 publication, filled with real life stories and helpful insights, is a solid groundbreaking guide to your inner knowing. Available on Amazon for \$14.

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TIP

Acknowledge whatever it is that you've been getting some gentle or even strong nudges to do recently. Initiate a necessary but awkward conversation? Volunteer for a leadership role with a special project? Ask for a promotion?

Leave a dead end job? Now take action in alignment with those nudges. Remember: Your intuition doesn't feed you false information or steer you in the wrong direction. Acknowledgment must precede action.

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Where in the World is SYLVIA?

On June 7th Sylvia delivered the keynote address for Central Penn College's Business Partner of the Year event held over breakfast in the conference center. The title of this interactive presentation was "Likeability: The Foundation for Your Professional Image." Approximately one hundred professionals from the community attended.

On June 14th Sylvia will present a forty-minute seminar entitled "10 Steps to Resolving Conflict With Confidence and Skill" to the Chamber Business Women's group affiliated with the Harrisburg Regional Chamber of Commerce. Over thirty women representing various industries have registered.

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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.

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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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