



WELLSPRING

A Quarterly Newsletter for Clients and Friends of Watershed Coaching

Volume II, Issue I

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Quarterly Quote:

"A garden is half-made when it is well planned. The best gardener is the one who does the most gardening by the winter fire."

-Liberty Hyde Bailey

Great Link!

Noticing the extraordinary

This is a powerful reminder of the capacity of the power of attitude. It keeps things in perspective when we think we've had a rough day. (2:40 minutes)

<http://www.guzer.com/videos/are-you-going-to-finish-strong.php>

Greetings!

It's February, and while the holidays are but a memory, spring here in Vermont still feels a bit far off. In the natural cycle, it is a time for rest and reflection, and so in this issue I invite you to spend a little time reflecting and planning now for the "garden" you'd like to have in the future. What would you like to grow? What crops do you have too much of? What would you like to change? Enjoy the visioning as you sit in your coziest chair and think about what you'd like to have grow and bloom this year.



Warmly,

Kerry

Important vs. Urgent

A Distinction

So much of our lives is dictated by the urgent things that need to be addressed. The last minute work request, the broken appliance, the unexpected phone call, and even the more mundane- the dishes that need to be washed, the mail, the paperwork, etc . . . Our lives are constantly filled with items demanding our attention. And yet, what is the cost? Sure, some of these we need to attend to, maybe even most of them, but given that our lives will always be filled with a long "To Do" list, how do we fit in the good stuff, too?

First get clear about what "Important" actually means to you- whether that's in your work or at home (see the Reflection exercise on the next page). For most, it's the big things- family, friends, making a contribution in the world. And then prioritize- what are the top things on the list and what doesn't make the cut?

For me, cancelling my long-standing National Geographic subscription was a simple gesture in taking a stand for my commitment to what is important. I loved the articles and photographs. It reminded me of my international traveling days, and looked good on my coffee table. Yet there were small but real costs- the time to read it, the mental energy of feeling guilty about not reading it, the decision about what to do with old issues when the next one arrived even though I hadn't read the previous one- throw it away, pass it on, put it somewhere? Cancelling my subscription was a way to take something off my plate to make room for more important things- like reading to my girls, or just relaxing. So in the life of your garden, what do you want to grow? And what do you need to weed out to make some space for the new plants? What is one obligation you can give up now, small or large? Beginning to plan in your mind is the first step in planting a beautiful garden.

Reviews

"Kerry is a dynamic and enthusiastic facilitator; very knowledgeable; great stories shared; very pertinent info for our group. One of the best trainings I've received. I am really inspired!"

-Non-Profit Leader

Your Thoughts?

Engaging in dialogue

I'd love to hear your reactions and thoughts to this newsletter. To drop a note, email:

kerry@watershedcoachingllc.com

Receive the Newsletter:

If this was forwarded to you and you'd like to receive it in the future, please go to:

http://

www.watershedcoachingllc.com/news.html

Reflection Exercise

Moving from Theory to Action

To support you in exploring what is important to you, take just half an hour to reflect upon and answer the following questions:

- What would I like more of in my life? Less of?
- What nourishes me? What saps my energy?
- What am I passionate about? What did I used to be passionate about when I was younger?
- In the next 3-5 years, what do I want my life to look like? What will add meaning to my life?

Afterward, take a look and see what jumps out at you. What one step would you like to take to move you toward planting the garden you'd like to have?

Book Review

Leading Change

by John P. Kotter

This hands-on book is a classic for understanding the change process in business. John Kotter researches more than 100 companies in how they make effective change. He shares the most common mistakes leaders make, and offers an eight-step model for implementing successful change initiatives in the workplace.



This is an engaging book filled with vivid examples and a clear outline for making change happen- whether in a small organization or a large company.



Kerry Secret is a leadership coach for individuals and organizations who inspires the best in individual and organizational performance. For more about Kerry, see: <http://www.watershedcoachingllc.com/about.html>.

Please feel free to contact me with comments, questions or to find out how I can help you or your organization!

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