

WELLSPRING

A Quarterly Newsletter for Clients and Friends of Watershed Coaching



Volume I, Issue I

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Quarterly Quote:

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee."

-Marion Wright Edelman

Great Link!

[Noticing the extraordinary](#)

A little inspiration never hurts -- This is an amazing clip about staying true to one's goals and dreams (just 3:37 minutes):

[Check it out!](#)

Welcome to the first issue of Wellspring Newsletter!

I am celebrating my first anniversary of Watershed Coaching and wanted to thank everyone for their support and encouragement. It was a tremendously successful first year, and I was pleased to be able to help a variety of new local, regional, and national clients. (Go to "Quick Links" on the left for a more detailed description from my website of what I do). I hope you will find this newsletter interesting, and please feel free to forward it to anyone else who might enjoy it. (If you wish not to receive future newsletters, just hit the unsubscribe button at the bottom).

Thank you!
Kerry

Self-Judgment vs. Self-Correction

A Distinction

We're all familiar with it. Something happens that didn't go as expected and a nagging internal voice starts in- *"Why did you do that? Don't you know any better? Shouldn't you have done it that way instead? What will people think? I'm so embarrassed!"* Your internal judge has spoken, and you're left feeling awful, licking your wounds and trying to escape from the ever-watchful eyes of your judge.

Does learning a lesson need to result in a beating up of oneself in the process? Not if you're self-correcting rather than self-judging. When you self-correct you evaluate your actions objectively and identify ways to do it better next time (or if there is no next time, to at least get clarity on what happened and clean up the situation if necessary).

With self-correcting we respect ourselves and who we are; with self-judging, we are blaming, punitive and demeaning, which serves no purpose. Whether you self-judge or self-correct is not determined by "who you are." It is a **choice**, and recognition of this distinction between self-judging and self-correction gives you the power to choose.

Reflection Exercise

Moving from Theory to Action



Each day for two weeks reflect and/or journal on the following questions to explore and reinforce. It may be helpful to stop twice or three times a day to ask yourself these questions and make notes so that you can begin to notice patterns.

- When did I self-judge and self-correct today? What were the circumstances/conditions?
- What can I do to allow for more self-correction versus self-judgement?
- What have I learned from this exercise?

Reviews

“I’ve been to a lot of trainings in my career, and this was one of the best!”

- Manager, Regional Hospital

Your Thoughts?

Engaging in dialogue

I’d love to hear your reactions and thoughts to this newsletter. To drop a note: [click here](#)

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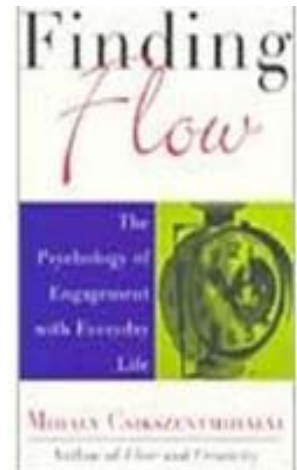
Book review

Finding Flow

By Mihaly Csikszentmihalyi

This engaging book explores the concept of “peak experience” as a way to access greater fulfillment and joy in life. Csikszentmihalyi, of the University of Chicago, argues with compelling quantitative data that a life filled with ‘flow activities’ is more satisfying than one spent consuming passive entertainment.

Based on a far-reaching study of thousands of individuals, this book provides a unique look at how we actually spend our time, shares reported satisfaction levels of different types of activities, and then suggests ways to build a life that is more engaging and life-affirming.



Kerry Secret is a leadership coach for individuals and organizations who inspires the best in individual and organizational performance. For more about Kerry, click [\[here\]](#):

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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