

The Examined Life, From the Valley of the Sun, Edition 16, September, 2005

A free, electronic newsletter brought to you by:

Debra Exner, CPCC
Business & Personal Coach
Exner & Associates
Examine, Explore and Excel!
602-298-1129
<http://www.ExnerAssociates.com>

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From the Valley of the Sun

We've made it! After two years of planning and arranging we're here in Phoenix, the valley of the sun. Our multiple trips west went quite smoothly – the driving with the cars and my bass, and even the flight with the cats in tow wasn't bad (though we were all glad to finally arrive). After twelve days of camping out in our house, enjoying its facilities and getting familiar with the neighborhood, our stuff arrived. Now we're in the midst of boxes, unpacking and arranging.

Beaufort, SC is the furthest West I've ever lived so there's a lot to explore here. I still have this "Keep off the Grass" mentality, which makes me hesitate before taking the shortest route from our front door to the mailbox – for you Easterners, there is no grass in our front yard and there's no harm in walking across the river rock and around the flowering desert plants.

We have inherited a patch of grass in part of the backyard and it is lush and long as we have no lawnmower. I've already checked books out of the library on desert plants and xeriscape (i.e., water-wise) landscaping and I'm looking at flowering native plants that are drought resistant and attract hummingbirds and butterflies. I'd like to plant a lush but hardy garden with a path through the middle of it, especially because the type of grass that is there must be reseeded each year.

Our lime tree has turned out to be an orange tree. It sure looked like limes when we were first looking at the house but they're too big for that now. I began to wonder if they would turn out to be grapefruits by the time they are ready for harvesting but we've had official corroboration from a bemused gardener.

We've met a few neighbors and realize that this is a neighborhood with lot of young children. Maybe we'll actually get some trick-or-treaters this year! Our old neighborhood had aged and our interim rental house had a killer hill of a driveway – my son joked that I should lay in a supply of full-size Tolberone bars for anyone who made it up that hill. I did, but then, what a pity, I had to eat them myself! So, shall I get with the spirit and buy a lighted plastic saguaro cactus jack-o-lantern or some other decoration to attract them?

This month marked the culmination of a 2-year goal and the start of a new life chapter. I now have the opportunity to pick and choose, consciously, among the possibilities that present themselves and to create a terrific life in this glorious setting. And I find new interests emerging.

What's beginning for you? Are there small or radical changes that you want to make?

Tip: Now What?

If you're wondering what's next in your life, I've got a book for you. ***Now What? 90 Days to a New Life Direction*** by Laura Berman Fortgang provides a practical system for identifying a new life path and creating a plan to pursue it.

This summer I really enjoyed attending a Now What training program for coaches conducted by Laura. She is a remarkable person, author of several books, a very experienced coach and teacher and she has used the methods in this book with many clients to achieve great results. I know I enjoyed and benefited from doing the exercises myself and from learning her methodology and completing the training to become an authorized Now What program facilitator.

Especially fun was writing my life story and wild fictional accounts of how I might realize my goals and dreams. Visit my website to take the Now What Quiz and see which parts of this book particularly apply to you.

Because it can be difficult to buy a book, read it and implement its ideas, I'm offering a group coaching program, described below, which includes support, accountability, group coaching and individual coaching in addition to reading the book and working through the workbook.

If you want to make a change in how you are living or working and need help getting started, read the book on your own, form your own group or sign up for group coaching – just be sure to find a way to do it!

Coming Events

NEW! Group Coaching based on *Now What? 90 Days to a New Life Direction*.

Dates: Mondays 10/17, 24, 11/ 7, 14, 21, 28, 12/5, 12, 19 plus 2 individual coaching calls

Time: 7-8:30 PM ET

Introductory Rate: \$200/month for 3 months, book and workbook included

Maximum: 8 participants

This program can help you get clear about what's next in your life, especially if you are:

- Re-entering the work world or seeking more satisfying work
- Considering your options after a major life transition
- Looking for fulfillment and meaning
- Wanting to discover what's next for you

The work between calls involves reading a chapter or two from the Now What book and completing exercises designed to uncover limiting beliefs, wisdom from your past and direction for your future. The individual coaching calls will help you to personalize the information and create your action plan.

Call 602-298-1129 or go to <http://exnerassociates.com/events.htm> to print a fax registration form.

Book Discussion Group: *The Inner Game of Work: Focus, Learning, Pleasure, and Mobility in the Workplace*

Dates: Wednesdays November 2, 16 and 30 and December 14

Time: 7-8 pm Eastern Time

Group Size: 8-10 people

Fee: \$75 (Book available from amazon.com for @ \$10)

I read my first Inner Game book (innergame.com) years ago because it was frequently recommended to musicians. One of its tenets is that Performance = Potential - Interference. The more we can get rid of the interference put up by our negative self-talk, or by trying too hard to do things right, the more we can allow our potential to shine through.

Read this book and discuss it with a small group to learn ways to:

- Examine your definition of work and your motivations in the workplace — and change the way you work forever
- Overcome fear of failure, change-resistance, boredom, and stagnation
- Change a rote performance into a rewarding one
- Get out of the way of your own growth and development

Call 602-298-1129 or go to <http://exnerassociates.com/events.htm> to print a fax registration form.

What's a virtual book discussion group?

Interactive, informative and fun, a virtual discussion group is just like attending an in-person book group but instead of driving, parking and making sure your hair is combed, all you need is a free hour and a phone! The discussion groups meet by phone for one hour on the dates listed above. The commitment to the group will keep you on target with the reading and the discussion will help you find ways to apply the ideas to your own work and life.

[Click on this link to register via a faxed form or call 602-298-1129](#)

Many of my clients come to me because they want to increase their satisfaction with their work – they want to transition to a different career, their job has ended and they need to find new work, they want to start their own business, they want their current business to stop running their entire lives or they may be in a life transition that has them thinking about what's next (i.e., the kids have grown, they want to partially retire, etc).

If you are ready to make changes in your business and personal life or know someone who is, I'm looking for you. I work primarily with people in career transition and with self-directed individuals and business owners who want to maximize their effectiveness and satisfaction at work while maintaining a healthy life/work balance. Curious? Email me at DEXner@ExnerAssociates.com or call 602-298-1129 to schedule a complimentary 45-minute coaching session.

If you are enjoying this newsletter, please forward it to your friends and colleagues! Or direct them to the subscription form and past issues at exnerassociates.com

Thanks,

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Life is a succession of moments. To live each one is to succeed.
— Corita Kent (1918-1986, American Artist)
