
The Examined Life, June 2003

A free, monthly electronic newsletter brought to you by:

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Business & Personal Coach

Exner & Associates

Examine, Explore and Excel!

www.ExnerAssociates.com

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SECOND BEST

Can second-best BE enough? It can when it's your best — or your best for right now. Last month I attended several Toastmasters contests where members of my club were competing. Both of my colleagues were competing for the first time. Laura won first-place in the table topics contest and Amy won second-place in the speech contest.

I noticed that Amy hid her disappointment well. We talked a bit about her drive to excel and competitive spirit. Later I sent her a question by email:

Here's a question for you... You were up against two excellent speakers who also had interesting topics, great speech structures and great presentation skills and you won second place. Would it have meant more to you to have inferior speakers and to have won first place?

Amy told me that question really gave her a different perspective. In fact, she went on to build her next contest speech around that story, including my question. In her award winning speech, Amy said that for years she had been letting her desire to win deprive her of activities that she really enjoyed, such as acting and painting. She vowed not to add speaking to the list. She created a new philosophy for herself:

I will:
stop comparing myself to others,
have fun,
practice, practice, practice,
and believe in myself.

Does the drive to win or the fear of losing ever hold you back?

In The Other 90%, Robert Cooper writes:

Whenever you notice you're comparing yourself to others, change the view. How about comparing your self to the best in yourself? ...

Yes, there are times when the gold medal goes only to the winner. But not in the race of life, where the winners are those who are superior not to others but to their former selves. In excelling, you save time and energy that would have been spent comparing yourself to others and fighting others, and you apply that time and energy to being your best. At the same time, you maximize the opportunities of others by enabling them to build their success around your success. That's how submerged resources are brought into the open and individual growth blossoms. It's also how collaboration takes its wings.

Collaboration has been a great force in my life. In my previous business, computer software training, I was reasonably successful on my own for about ten years. Then I collaborated with Susan Boyd on developing and teaching training programs for new custom software. Our skills complimented each other and the ideas we developed and implemented together were far superior to what we would have done on our own. Not to mention how much fun we had working together.

From then on, collaboration became a way of life for me. In the upcoming events listed below, you'll see collaborations with three different groups of coaches. I hope you can participate in one or more of these events (all are free of charge) and join in the collaboration.

What are you happy to do even though you may not be the best at it? Write to me at DEXner@ExnerAssociates.com and tell me about it.

NAME THE NEWSLETTER CONTEST

Thank you all for the wonderful response to the first edition of this newsletter and all of the great name suggestions. It was a tough choice. The winner is Quinn McDonald and the name is The Examined Life. Quinn is the winner of one month of coaching!

TIP OF THE MONTH

Most of us have fears that get in our way. It might be the fear of failure, the fear of not being the best, or the fear of rejection. Or we might even be afraid that success will take us away from familiar people and places. For example, a common fear is the fear of public speaking.

Does a fear of public speaking hold you back? If so, you're not alone. Polls indicate that many fear it more than death. One way to overcome a fear is to face it. Toastmasters is a great way to do that. There are Toastmasters clubs all over the world. Find one near you by checking the website toastmasters.org. You can read a description of a typical Toastmasters meeting at our club's website crtoastmasters.org. The Toastmasters program provides a safe and supportive place where you can give frequent attention to developing your communication skills, one step at a time. In addition to overcoming fear, Toastmasters learn how to present information clearly and concisely and within a specified time limit. A very valuable skill!

COMING EVENTS

Tuesday, June 10 from 8-9 pm ET

How to Unclutter your Life!

Free Teleclass

Co-facilitators: Rae Booth, Debbie Exner, Wendy Mackowski

Maximum of 20 attendees. Contact me (DExner@ExnerAssociates.com or 302-478-5919) to reserve your spot.

Would you like ideas, support, structure or coaching around getting rid of clutter in your life? Join us for a fun and interactive hour of discussion with others who share your desires for more simplicity and space!

You can participate in this free teleclass wherever you are on the globe! All you need is a telephone. You call the access number at the appropriate time and join the others on the call for a facilitated discussion. Just contact me for the access telephone number. The only cost is the long distance phone call.

Thursday, June 19 and Wednesday July 2 from 7-8 pm ET

Overcoming the Tyranny of the To Do List!

Free Teleclass

Co-facilitators: Debbie Exner, Maria Saxton

Is your To Do list a tool that serves you or does it run your life? Join us for a highly interactive teleclass and create strategies for how your To Do list can serve you rather than get in your way.

Maximum of 10 attendees. Contact me (DExner@ExnerAssociates.com or 302-478-5919) to reserve your spot.

Sunday July 13, at noon

Coaching for Leadership Development

Host: Tony Maxwell

Guests: Debra Exner, Mario DiCioccio and Carol Marturano-Becker

Tune in to Radio Alchemy on WVUD, 91.3 or online at <http://www.wvud.org/>

SPREAD THE WORD

If you are ready to make changes in your business and personal life or know someone who is, I'm looking for you. Curious? Email me at DExner@ExnerAssociates.com or call 302-478-5919 to schedule a complimentary half-hour coaching session.

If you are enjoying this newsletter, please forward it to your friends and colleagues!

Thanks,

Debra Exner, CPCC

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Please let me know if you'd rather not receive these messages.