

VALUE ADDING

How coaching adds value to business and life!

Edition # 43 Feb - April 2006



Kate Ramsay and the AnD Coaches wish you a successful and learning filled 2006 and welcome you to our staying in touch newsletter.

We begin this edition in **Learning Moments** with a simple, yet profound, definition of leadership. **Did You Know?** cites a testimonial from a recent Learning Retreat client and our **AnD Story** outlines a curriculum for helping we humans learn and grow. In **Meet the AnD Coaches** you will be re-introduced to the AnD Coaching Group and in **The Power of Vision** Megan Young, one of the AnD Coaches, shares how overcoming chronic illness ultimately led her ever closer to her vision.

Learning Moments

John Quincy Adams (1767 – 1848) – 6th President of the US wrote:

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

Did You Know?

Ian Robertson, the CEO of RYDA (Rotary Youth Driving Awareness), an innovative road safety education program sponsored by Rotary and aimed at reducing the car accident rate in young drivers, recently took time out from his busy schedule to work on his vision at a Learning Retreat in the hills inland from Byron Bay. He had this to say about this experience:

My Learning Retreat was a journey, an inspiration, and a challenge and it had a great outcome. It was made possible by my stay in Cloud House and my time spent strolling on the beach. Thankyou, Kate, for enabling me to build my path forward. I now feel relaxed, refocussed and reconstituted.

If you would like to be clearer about your vision and purpose for 2006 and beyond, check out the Learning Retreat pages at www.andconsulting.org and give Kate a call on 0418 164 260.

An AnD Story

We turn once again to the book Destructive Emotions and how we can overcome them – a dialogue with the Dalai Lama and narrated by Daniel Goleman (Bantam Books. Great Britain. 2004) for the AnD Story in this edition.

Chapter 9, called Our Potential for Change, explores ways to overcome the hunger many of us now have to change our inner lives and to more effectively deal with those around us.

Described as a ‘Gym for Emotional Skills’, a curriculum is proposed which draws on the cognitive behavioural techniques for increasing interpersonal skills now being used widely in the west and additional techniques from Buddhist methods.

The proposed curriculum suggests we:

1. Learn how to become more sensitive to reading the subtle signs of emotions in others; in their faces, their voices, and their posture.
2. Train ourselves in the internal sensations of emotion so we become more aware when our emotions are beginning.
3. Gain support in dealing with emotional conflict and in practicing new ways of handling it with a coach who can help us better understand the process we are going through.
4. Commit to regular practice. As we all know, it is hard to change, so this curriculum draws on the Buddhist use of repeated practice by using our day by day interpersonal situations as learning opportunities.

The book gives this example:

If a boss has a bad temper but wants to improve, he has to practice each day in every situation he can, over many months; then he changes!

A great outcome for this ‘boss’ from the application of this unique combination of western and eastern techniques.

Meet the AnD Coaching Group

We are a group of twelve. Kate Ramsay is the Managing Director and lead coach and, as well as coaching clients, it is her role to manage client relationships, support the other AnD Coaches and maintain the integrity of the AnD brand. Kate lives in northern NSW and regularly commutes to Brisbane, Sydney, Melbourne and Adelaide.

Eleven Associate Coaches, accredited in AnD's Leadership Coaching methodologies, make up the rest of the group. They are:

In Adelaide: Anne Skipper
In Melbourne: Marie Davis
 Pamela Fitzpatrick
In Canberra: Marilyn Hatton
In Sydney: Lisa Doherty
 Rob McIntosh
 Joy Pitts
 Diana Ryall
 Genevieve Vignes
 Andrew Wu
In Brisbane: Megan Young

Coaching referrals are made direct to Kate and, based on the brief, she matches each client with the AnD Coach who is best suited to their learning needs and who has the most appropriate coaching style and geographical location.

For more information about the AnD Coaching Group, look at the [About Us](#) page of our website.

The power of Vision

Megan writes: Many things can apparently 'get in the way' of us living our chosen vision. One of the things that 'got in my way' was illness.

Six years ago I contracted chronic fatigue syndrome (CFS), a debilitating, mysterious condition that left me unable to work at all initially and then only for a few hours here and there for many years. This has meant that for the past six years I have had to focus on a part of my vision that I had previously taken for granted - being well. Attending to the basics of life were my major achievements over these years - a long way from living the beautiful vision I had created over eleven years ago!

CFS is a multi-factorial illness. I sought a range of solutions to raise the many 'anchors' that were holding this little boat in one spot including having my amalgam fillings replaced, undertaking a heavy metal detoxification and rebuilding my compromised immune and digestive systems. Also, working with a wholistic Kinesiologist, I uncovered and dealt with my limiting causal beliefs and related emotional disturbances. I have stayed on this slow and difficult road by keeping in mind the goal of healing my mind, body and soul.

Six months ago, feeling a lot stronger but still not completely well, I had a sense that there was something inside me, a 'seed' that I would have to get rid of in order to get completely well.

In her book 'The Journey', Brandon Bays tells the story of how she cured herself of a football size tumour without medical intervention. She identified the childhood emotional trauma related to her illness and invented a guided visualisation process to heal and release this trauma.

I underwent Brandon's Journey process seeking the root of the CFS. I saw myself as a three year old child standing in the doorway of my father's bedroom. He was lying on the bed, a paraplegic in the final stages of dying. I wanted to fix his terrible situation and I felt myself 'take in' his illness. This was the 'seed' I could now feel. In the guided process I gave his illness back to my father and went outside to play with my friends.

From this I realised that my three year old self began a habit of 'taking in' others' distress. I am now committed to offering support to others in ways that strengthen them and look after me, and the sick feeling I had for six years is dissipating.

I am now able to work and enjoy life again. And, by staying in touch with my vision through this long, hard journey, I believe my illness ultimately helped me to become the person I first saw in my vision over eleven years ago: a wise, strong, accepting and loving person, and a healer, facilitator and coach.

Stop Press Enable your team to be in good shape for 2006 with the help of AnD's New Year Process for Teams (see attached).