

# CONSTRUCTIVE CHOICES

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### 1. NEWSLETTER AUDIENCE

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Constructive Choices is a newsletter for:

Professionals wanting to be at choice in their career and daily work,

Entrepreneurs wanting their creative choices to also be constructive,

Small business owners balancing the personal and professional choices of one's dream

Executive, Managers and Supervisors of organizations choosing new directions in the face of change and transition,

Students looking forward to a lifetime of choices,

Individuals wanting to sort through the choices and build a more fulfilling life, and

Coaches who choose to reach out and support the choices of others.

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### 2. COACH QUOTE

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“Individuals are always stronger when they have their successes and strengths clearly in mind.” From Soar With Your Strengths by Donald O. Clifton and Paula Nelson

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### 3. BECOMING A PART OF THE TEAM

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Let's seek out the fore of the team and explore what it means to be a part of the team –the coaching partnership, a dynamic duo, a team of 2! Some readers are former players, others currently active participants, while others are considering becoming a part of the team. The contents will provide value to all players - past, current, and potential. There are discovery tools, answers, questions, answers to questions, and maybe some thoughtful ideas.

Bring your varied strengths, along with your challenges, and make them known, from the beginning. Fully and, more completely, participate in this “season of your life.” Be clear about your expectations, but be open to have them challenged or redirected. Be ready for a path of discovery! The guiding principle for this team - energy and focus will determine the outcomes.

Read on for more specifics on the activities of the team, how to know if you are ready, and learning how to make a constructive choice. ...Maybe it is a choice to becoming a part of the team.

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#### 4. THE COACHING INTRODUCTORY CALL

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Let's face it...it's not easy to ask for support. The American Dream was fabricated from the rugged frontier of individualism. Like pioneers in unexplored territory, we believe that our strength lies in being self-reliant, forging ahead, and discovering what works for us as an individual. But you don't have to go on the journey alone. An introductory call to coaching is the first step in a journey with a coach for that extra hand and support. Often, there are questions, but an uncertainty about what questions to ask. And...that is the whole point of the coaching intro call. Do you need that extra hand and heart to support your change, transition, choice, opportunity, challenge? This is your time to ask the questions, whatever they may be. Do you want to know more about coaching? Do you want to understand my role and yours? Do you want to know whether I am the coach for you? Have I worked with others in the same situation, and is there the possibility of success for you? To make it easier try an introductory call using the Choice Line as the reason for contact. You can obtain this free in this newsletter or requesting it from my web site. A free half-hour follow-up call is offered to clarify any questions after you complete the Choice Line.

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#### 5. WORKSHOP TOPICS

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- “Dream Cleaning”
- “Constructive Goal Setting”
- “Coaching Performance – Coaching Skills Development”
- “The Choice Line”
- “Constructive Choices for Life”

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#### 6. ARE YOU READY?

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Coaching is a partnership, and with any partnership, both parties have responsibilities. The Coach is ready to support you in each of the following ten items. Are you ready?

Respond to each of these statements with a number between 1 and 10, with 10 being YES!, if you are.....

1. Ready to keep regular appointments – your first investment is time.
2. Seeing this is the right time to accept coaching – you want more or less of something.
3. Willing to commit to the commitment - no one said it would be easy, and the time to make some changes is now.
4. Willing to keep your word without struggle and sabotage –You believe in your heart there is an easier way.
5. Willing to try on new beliefs or ways of doing things – the old ways just aren't working, you are ready for the new.
6. Able to speak straight and tell the whole truth – about yourself, and to yourself.
7. Wanting to request all you need – this is what you MUST have to be your very BEST!
8. Willing to stop limiting behaviors – the first step is to really identify what these behaviors are and you can.
9. Ready to invest in your life – the “you” you want to become is worth your time and money.
10. Willing to partner for success...you are ready to grow stronger, as you receive gifts from others.

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#### 7. READING CORNER

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- “Who Moved My Cheese?” by Spencer Johnson, M.D.
- “Work Less, Make More” by Jennifer White
- “Soar With Your Strengths” by Donald O. Clifton and Paula Nelson

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## 8. THE CHOICE LINE

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This is an exercise to explore your choices about a certain challenge or opportunity you currently have in your life. None of the choices you identify will be right or wrong, good or bad! What I want for you is for you to know that you have an abundance of choices and you can find one constructive choice you will feel wonderful about!

Directions:

1. On a piece of paper, turned horizontally, at the top, in the center, write a statement (no questions) to identify a challenge or opportunity to explore. Be as clear and specific as possible in writing your statement.
2. Draw a horizontal line in the middle of the page side to side.
3. At each end of the line write the two **extreme** choices to your statement. Remember, use as many words as you need to – be clear and specific!
4. Now, on the line, in the middle, create a choice that is a combination of your two extremes. The compromise choice - allowing you to have a bit of each extreme. CAREFUL...this is your choice, not anyone else's!
5. Now - to the left of the middle, create a new choice – a combination of the extreme left and middle choice. Write this choice above or below the line, between the middle and the left end
6. Now – to the right of the middle, create a new choice – a combination of the extreme right and the middle choice. Write this choice above or below the line, between the middle and the right end. Other choices may come to mind – add them anywhere on the page where appropriate. You now have at least 5 choices!
7. Which of your choices are you **drawn** to (most comfortable with, seems doable)? Any changes, or there more choices?
8. For your selected choice – answer a few more questions... (who's involved, when can it happen, where can it happen, how can it happen, etc.)
9. Now...will you commit to taking action to implement this choice? When and how?
10. **CONGRATULATIONS!** You have worked hard to make a constructive choice – a solid choice – one you can build upon.

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## 9. COPYRIGHT AND SUBSCRIBE AND UNSUBSCRIBE INFORMATION

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