

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
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November 2010 "REFLECTIONS"

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CHOOSE TO...

Quotable Quotes

"And time for reflection with colleagues is for me a lifesaver; it is not just a nice thing to do if you have the time. It is the only way you can survive." ~ Margaret J. Wheatley

"I never saw an ugly thing in my life; for let the form of an object be what it may - light, shade and perspective will always make it beautiful." ~ John Constable

"One ought, every day at least, to hear a little song, read a good poem, see a fine picture and if possible, speak a few reasonable words." ~ Johann Wolfgang Von Goethe

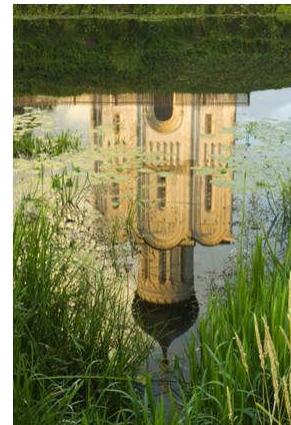
Dear Jean,

REFLECTIONS - The Views That Make You Ponder

I have just returned from attending the 15th Annual International Coach Federation Conference. This is my fourth ICF conference since 2000 and one of the most inspirational. Inspirational because it provided an opportunity to reflect on my career to this point in my life as well as my work as a professional coach and offered some valuable insights on how I do the work I do. I thought I might share a few of these insights I collected in those 3 days...

"Trust the experiences you have to share with another." - session on Coaching Constellations with John Whittington

"Life is who you know", "To stand out, take a stand"



REFLECTIONS - The Top 5

Reflections can be...

1. Your stream of consciousness
2. A generation of lists
3. Your internal voice considering, pondering
4. The questions you start or end your day with
5. The pictures you create in your mind...your memories...

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and "Personal Branding is helping people honor what makes them so very special."- session on 360Reach Personal Branding Assessment with William Arruda

"Strengths are the back door to happiness." - session on Coaching for Strengths Use and Development with Dr. Robert Biswas-Diener

"Passion is not a substitute for planning." - The 4Es - ENGAGE in conversation, EDUCATE and listen, EXCITE because it is new and it is wanted, and EVANGELIZE - your customers will be your strongest promoters." - session on Chief Listening Officer with Jeff Hayzlett

And the final insight was that LinkedIn, Twitter and Facebook along with many others were mentioned in almost every session. It is all about connections and sharing you, the real you in those connections...which truly are your reflections shared with others.

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BOOKS

A Weekend to Change Your Life: Find Your Authentic Self After a Lifetime of Being All Things to All People - Joan Anderson

List Yourself - Ilene Segalove and Paul Bob Velick

Born for Love, Reflections on Loving - Leo Buscaglia

Memories, Dreams, Reflections - C.G. Jung, Aniela Jaffe, Clara Winston and Richard Winston

Reflections on the Art of Living: A Joseph Campbell Companion - Joseph Campbell

The Artist's Way and The Artist's Way At Work - Julia Cameron

INTERNET RESOURCES

How to Write a Reflection of a Book -

http://www.ehow.com/how_4743151_write-reflection-book.html

Reflection for Learning - Why Reflect? -

[http://sites/google.com/site/reflection4learning/why-reflect](http://sites.google.com/site/reflection4learning/why-reflect)

The Sacred Space, Daily Prayer On-Line by the Irish Jesuits -

<http://sacredspace.ie/>

Teaching for Transformation: From Learning Theory to Teaching Strategies. A short 5 page newsletter discussing "teaching for transformation." It gives examples of critical reflection questions and how to encourage critical discourse. <http://ctl.stanford.edu/Newsletter/transformation.pdf>

FOR FUN and a SMILE

Dancing Badly - consider how your life can so impact others with a dance a smile...not a word spoken -

http://www.youtube.com/watch?v=zlKdbWwruY&feature=player_embedded

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Today!

#?!

In the spirit of looking back to engage your future more energetically, I wish for you a clear view,

Jean

CHOOSE to...

... jot the thought down and capture it ... exercise your brain ... consider all your thoughts - the brilliant and the silly, impractical, not-so-brilliant thoughts and ideas ... know that they all have value ... they are your quiet voice ... sometimes the voice that makes sense of it all.

... connect with your passion ... plan it in your life ... dance along in your thoughts and memories ... invite others to join in the reflections and share your heart.

Administrivia

My Constructive Choices Audience...

- * Professionals wanting to be at choice in their career and daily work,
- * New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities,
- * Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices, and...
- * Coaches who choose to step out, show up, and say - *YES, it IS all about YOU!*

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