

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
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June 2010 "SNAPSHOTS & SPOTLIGHTS"

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CHOOSE TO...

SNAPSHOTS and SPOTLIGHTS -Highlights

No. 8 of the Top Ten

"It is the story, not what you say, that will be remembered, passed on, and communicated to others." Remember, the impact or influence of what you have to say is in your **message**, not so much in the details.

(Please refer to May 2010 issue of CCI Newsletter for the complete listing of the Top Ten.)

TOOLS and RESOURCES - A Sample

BOOK:

Taking Center Stage: Masterful Public Speaking using Acting Skills you Never Knew You Had by Deb Gottesman and Buzz Mauro

(Please refer to May 2010 issue of CCI

Quotable Quotes

"A good snapshot stops a moment from running away." ~ Eudora Welty

"People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within." ~ Elisabeth Kubler-Ross

"Life is not a private affair. A story and its lessons are only made useful if shared." ~ Dan Millman, Way of the Peaceful Warrior

Dear Reader,

SNAPSHOTS and SPOTLIGHTS - Your Story...Who's Listening?

Who's Listening? Whomever, you are in front of.

Maybe that is too easy of an answer. It isn't only the spoken word that others hear. Consider all that you write, even in the space of an email, or a thank-you note. Whatever you say, whenever you say it, someone is listening.

As the quote by Dan Millman says, life is not a private affair. You reach out and speak ... you reach out with your writing ... someone is the recipient of those words. What they choose to do with what you have said ... well, that may transform into an action.

We have all heard that there is power in words - whether spoken or written. More important, we must understand that power - how it changes us, how it may influence change in our world or for those whom we connect with.

This month is the reflection piece of Snapshots and Spotlights. In the April issue of the Choice Connection and the intro of this theme, I spoke to defining moments and the choice of stepping into the spotlight. This month there is a



Newsletter for the complete listing of resources.)

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bit of a stretch to this theme - where our defining moments when shared in our stories may in fact become the defining moment for another. We each have wisdom to share and a power that may influence what others hear or read from us.

If you had one defining moment that caught you stepping into the spotlight and as a result left you with wisdom important to share with another, what would you want that other person to know?

I invite you to close your eyes and remember ...

- The snapshot of a moment you stepped into the spotlight ...BREATHE
- Remember the joy and the fear of being in that moment ... SMILE ... you made it through!
- Consider the wisdom that another shared with you in that moment - did they speak it? Did they write it?
- What will you share with another? What is it you want them to hear?
- Show up ... Share the light... Tell the story ... share the wisdom ... SMILE ...
- It is your story and someone is listening ... and know this ...
- You have touched another life ... you have enriched another's potential ... BREATHE ...
- You have potentially created a snapshot, a new defining moment and offered a new opportunity and choice to another.

*Wishing You Joy as You Show Up, Share Your Story and
Connect More Strongly With the World,
Jean*



CHOOSE to...

...smile and say, "Cheese!" A new day, a new snapshot and thus the potential to realize a new defining moment.

...stand up and share your snapshots, your voice and your story. Your story is your gift to the world and what others will connect to.

...put your wisdom into the spotlight for others to hear and see.

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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