

**Subject:** The View From ...



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**Quotable Quotes**

"It's easier to go down a hill than up it but the view is much better at the top." ~ Henry Ward Beecher

"Nature will bear the closest inspection. She invites us to lay our eye level with her smallest leaf, and take an insect view of its plain." ~ Henry David Thoreau

"If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own." ~ Henry Ford

"When you really listen to another person from their point of view, and reflect back to them that understanding, it's like giving them emotional oxygen." ~ Stephen Covey

Dear Jean,

Happy May! I am taking this month to check in with all of you. As this newsletter lands in your inbox, I am just returning from vacation in Ireland - one of my favorite places in the world. I was fortunate to visit this lovely isle in 2006 and now 8 years later I was able to visit more of the island along with some fondly remembered spots.

I never know where the topic for my writing is going to come from or land. A year or so ago, I came across an author's list of gifts that we have the potential to give others. One of those gifts, 'A VIEW,' was one of her gifts. One can think of a view as being what you see in front of you and

in this moment my view is what is running across my computer screen and yet...if I turn just 90 degrees to the right, my view changes to a view of sunlight embracing the backyard with a few tulips in full bloom. A view can also be the perspective you bring to the conversation or situation. I hear often from others their perspective of my having a very 'busy' schedule...and my response to that comment is "Yes, I keep a full schedule and actually like it that way." Feeling busy just feels so heavy and so draining to me, so my choice is to replace the word - busy - with 'full' and to imagine a life that is plentiful, abundant and of choice and it certainly IS!

I am going to stretch a bit in the writing this month and see what I can do to enlarge my and your view of our world. And as I said I would stretch a bit - was your view of me getting up out of my chair and reaching for the ceiling or did you see my mind grow and brew a bit with an idea? Well, I actually leaned back in my chair, threw my arms out, sighed and closed my eyes to imagine a new view!

And a new little feature that I had in my newsletters years ago I am bringing back ... check out the daily observances at the end of the newsletter. Who would think that each day might have its own special meaning and observance. Have fun with the reading of them!

A very merry month of May to you all!

In the spirit of sharing our gifts,  
Jean

## **The View From ... Up Here ... Over There ... Down Under** *by Jean Strosinski*

Given any situation, event, or conversation each of us walks away (chooses to actually) with our interpretation of what happened and what was said or not said. In my years of coaching, my attempts to listen intentionally to understand my clients' views of what is happening for them - their challenges and opportunities have provided so many views of how we are daily enriching and experiencing life. An unanticipated outcome of these coaching conversations is that I have found myself strengthening connections and having a greater appreciation of another's view of the world. With that deeper understanding also comes the exposure to an individual's se of language in their world.



A gift I love to offer is presenting a different perspective. The Merriam-Webster dictionary defines 'view' as an opinion or way of thinking about something, or those things that can be seen from a particular place or a picture of a place. In reality I find I can offer all three in a conversation. I can offer a way of thinking about something in a different way, and certainly my view comes from my life's picture (experiences). And possibly more important, I can support the creation of a new picture or place for the other person in that conversation. One that may evoke a deeper understanding.

In a recent conversation, a colleague spoke intentionally of responding to an event by looking at it through different lenses. I loved the exercise. This reminded me of how our varied unconscious motivators actually inform how we take in information and then how we process it. Our input mechanisms for taking in information happens in one of 3 ways - intuitively, sensing, or data seeking. Our evaluating mechanisms, the mental, emotional and instinctive - determine how

we respond to the input and gives another layer to how we interpret (view) and then organize and relate the information to others.

Up here? Down There? Over There? Under There? Actually, the view from any of those angles and the focus you give to these different positions may result in a new impression of the same object. This, of course, isn't anything new. Consider that one person who looks at a mountain's western slope vs. another person viewing the same mountain from the eastern slope may evoke not only a different feeling and influence but also a distinct description of the mountain. Ahhh... and then there is the person living in those mountains and their view and description of the view. The challenge may be more that we only choose to look at these mountains or any situation from one angle and only from that position. The opportunity to shift your view and consider another person's view or perspective and the accompanying language of their world may land you in an unexpected place, with a shifted view and one that may influence a different understanding.

These last couple of weeks we were rambling through Ireland on a small group tour where eight of our fellow passengers were from various parts of Australia and then there was our Driver/Tour Guide from Northern Ireland. Our conversations over the 12 days touched on education systems, the country's politics, healthcare, weather, vacation spots, culture, language, etc. At the end of the day and even though we were together on the same tour, what we walked away noticing and remarking on encouraged new discoveries for us all. A comment offered to our fellow New Mexico travellers from one of the Australians was a compliment on how we weren't what she had experienced with other travellers from the USA. I also found it interesting to hear one Australian respond to another Australian's viewpoint on government policies with the following, "I am not sure what country of Australia she lives in, because it isn't the Australia I live in." Consider again, the view of our world is so strongly connected to our experiences and our beliefs. Can we so easily change another's view point or is the most we can hope to do is to present another viewpoint for consideration?

Question - if you can challenge yourself to consider multiple views, can you also stretch to integrate the best of all these views into an enriched (and maybe new) perspective and take action or deepen your understanding with a different focus?

## **Tools and Resources**

### **FROM THE BOOKSHELF**

[Crucial Conversations](#) by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler (Aug. 19, 2011)

[Gifts Differing: Understanding the Personality Types](#) by Isabel Briggs Myers and Peter B. Myers

### **THE INTERNET CONNECTIONS**

[Plain White Ts - Rhythm of Love](#) (the View From Up Here)

[Kyle Eastwood - The View From Here](#) (album)

[VisualsSpeak](#) - Visuals help us see differently. By using images to start conversations, new ideas surface in powerful ways. Creativity unleashes innovation. We discover we know more than we realized.

[Photo Jolts](#) - Increase clarity, creativity and conversation.

## Reflection

Stand straight and tall ... look to your right and open your arms out to the world ... take in this view ... move 5 steps to the front and to the right and turn around to face the view that was behind you ... raise your arms above you and breathe in ... take in this view ... consider the difference ... is there more ... is there less? ... is there new language ... new words ... to share what you see and what you feel?

Have that conversation with another person ... introduce your topic of choice ... and step back and then listen to your partner. What did you hear? What didn't you hear? What new perspective or view of the world do you have from engaging in this conversation with this person? How will you use what you now know?

## Choose To

... Move ... shift ... focus anew ... look at the situation straight on ... peek around its edges ... lift it up and look under it ... express your view from up here ... and then from over there .... respond with a few different lens ... know that your life experiences and understanding are not the experiences nor the understanding of others.

-OR-

... Have a question for the day ... share the question at the beginning of the day ... allow for questions of clarify the language or the question ... think on it through the day ... engage in the conversation at the end of the day ... present your view(s) .. listen to others' views ... understand the learning ... note any shift in your view or focus of action or understanding.



## Daily Observances

May 1 - [Great American Grump Out](#)  
May 4 - [International Firefighters Day](#)  
May 9 - [Military Spouse Appreciation Day](#)  
May 16 - National Bike to Work Day  
May 23 - World Turtle Day  
May 30 - [Mint Julep Day](#)

## 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, life their voices, and...
- \* Coaches who choose to step out, show up, and say - YES, it IS all about YOU!

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