

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
Jean Strosinski, PhD, PCC, CPT



June 2014 - In This Issue:

Quotable Quotes

Letting Your Soul Work

Tools and Resources

Reflection

Choose To

Joyful Observances

Administrivia

Quotable Quotes

"Without work, all life goes rotten. But when work is soulless, life stifles and dies." ~ Albert Camus

"The good critic is he who relates the adventures of his soul among masterpieces." ~ Anatole France

"My soul is not asleep. It is awake, wide awake. It neither sleeps nor dreams, but watches, its eyes wide open far-off things, and listens at the shores of the great silence." ~ Antonio Machado

"You are a powerful, unlimited and eternal soul who is here to enjoy the experience of creativity and contribute to humanity's evolution." ~ Author Unknown

Dear Jean,

Our guest author this month is Melanie DewBerry, a friend and coach colleague, currently residing in California. I met Melanie shortly after I began coaching when Melanie was living in New Mexico for a short time. We were introduced by a mutual friend, also a coach and the three of us worked through a period of high creativity to develop a coaching skills program. Our purposes were aligned even then and yet the timing wasn't. Fast forward about 13 years and we are now all engaged in the support of a national program that advocates for a coaching approach in overcoming financial challenges and educational pursuits. Melanie truly embodies living her soul's purpose. She breathes and lives this with daily exploration and her questions below in the "reflection" are a gentle reminder to all of us on how much we have to give. Her smile, her laughter, and her skill in creating the deepest of connections are just a few of her qualities I will always treasure. I invite you to read more and join with her spirit of connection and the sharing of her soul's work.

Melanie received a Master of Arts in Asian Economic Development and Political Risk at Dominican University (CA). Taking her business acumen to the people, Melanie served the public in several

nonprofits and co-created the first youth credit union (staffed completely by youth) in Northern California. She trained as professional coach at The Coaches Training Institute, upon completion of training she was selected to teach for them. She co-created Choice magazine and wrote the wildly loved column, "The Soul of Coaching" for five years.

A coach and solopreneur for sixteen plus years, she started her coaching career at the renowned Coaching Training Institute (CTI) and was a Senior Lead Trainer for ten years. Mentored by one of the creators of CTI, Laura Whitworth, Melanie was encouraged to another first: teaching the coaching program in the federal and state prison system. Melanie is a keynote speaker gracing the stage to speak on belonging, love at work, anarchy, being inappropriate for good, and wisdom. When she's not on the stage she's coaching entrepreneurs to fly and saying outrageous truthful things that get them to lift off. Melanie pours her love of humanity into her work. She is a force of loving grit that challenges people to expand their consciousness and love their people. Check out the rest of her story at melaniedewberry.com.

In the spirit of sharing our gifts,
Jean

Letting Your Soul Work *by Melanie DewBerry*

"Resistance is futile."

The soul is already at work - are you working with it?

Do you ever wake up wondering, "Is this all there is?" It's more common than you may realize. It's rather uncommon for people to know what they're meant to do; their soul purpose. It's not something we learn in school or our community clubs. Yet it is something that calls us.

So are you living on purpose? That sweet spot where meaning and purpose intersect and joy prevails. I know, it sounds too good to be true but living on purpose is a real path for so many of my clients.

Let me make the case for bringing your soul to work. You are much more than the title on that tiny card you carry. You are expensive, high end, top shelf brilliance. Whatever it is that is uniquely yours to bring to this world will not really happen without your soul being part of that experience. When I say soul I mean that spiritual part of you that is guided by a "have to" experience that every artist feels. They have to write, have to sing, have to dance, have to innovate, have to create. They have to or they'll die. Yes, it's all very dramatic sounding but it's also true. And, yes I said you are an artist; EVERYONE is an artist. Our art may be cutting stone for buildings, project management, or software design. A colleague once shared a story about her client that had a love of creating freeways that worked for drivers. All he ever wanted to do was redesign freeways! He is an artist and so are you.

Artists do what they do because they **cannot not** do it. They are compelled to create. Ask anyone who does what they do for the love of it and you'll find the underlying force of giving their gifts and the overriding freedom that have for sharing it. This is how we are of service to one another.

In case you are shaking your head toward no, considering doing what you want after your retire and are fully vested or don't know how that could happen even if you wanted a more meaningful work life; I understand. I do. But resistance is futile. Being rational is literally rationalizing your fears and yes, your fears can win or.....or something more rich, more divine can win. You. You CAN win.

Tools and Resources



FROM THE BOOKSHELF

[The War of Art](#) by Steven Pressfield

The Heart Aroused by David Whyte

THE INTERNET CONNECTIONS

[David Whyte: Preservation of the Soul \(excerpt\)](#)

[The Roadmap to Nobility](#) with Cindy Wigglesworth

[The Power of Naming](#) with Melanie DewBerry

Reflection

What do you manage so it doesn't leak out?

What is your dream work?

What talent do you keep secret or don't take seriously as a form of work?

What do you do as a hobby but you wish it was more?

What got shut down in you years ago that niggles at you now?

I urge you to take twenty minutes, three times a week and ask yourself these questions - all of them. You may initially believe that one or all don't resonate but that is the same mind that keeps your soul from work. You cannot use the mind that separates in this space of wholeness. So drop any resistance and play with them instead. In the Native American tradition we can opt for a four day solo quest called a Vision Quest. Alone in the woods we sit, pray and ask for guidance for our purpose. "Give us a vision" we ask. In traditional western society, we don't give ourselves the space and time to consider what we want for breakfast. Twenty minutes, three times a week. You + questions = listening for your truth.

Choose To

... Ask the questions...drop the resistance...play with your resistance...sit and PRAY...ask for guidance for our purpose...give yourself the time and space...listen to your truth...release your fears...define your dream work...uncover your secret talent...acknowledge and share your gifts freely...WIN!



Joyful Observances

Women's Golf Month

15-21 - Universal Father's Week

June 6-8 - [Positive Power of Humor and Creativity Days](#)

June 12 - [Loving Day](#)

June 15 - [Nature Photography Day](#)

June 23 - [Pink Flamingo Day](#)

June 28 - Great American Backyard Campout

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!

Copyright 2014, All Rights Reserved Constructive Choices, New Mexico, LLC.

<http://constructivechoices.com>

Phone: [505-286-4079](tel:505-286-4079)

You may have received this newsletter from a very thoughtful friend and I invite you to pass it along to others. I only ask you to include copyright, subscription information and the newsletter in its entirety.