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L.A.U.N.C.H.!

**Learning to be Authentic, Uninhibited, Naturally
Confident & Happy**

**July/August
2006**

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Summer has arrived! Yippee! Yes, I actually use terms like "yippee" as part of my vocabulary. You see, I really am a kid at heart, much to the chagrin of some and the amusement of others! And as a kid, let's be honest, summer fun just can't be beat (although there is something to be said for the occasional - very occasional - careen down a snowy hill, followed by a steaming mug of hot chocolate!)

As fun as life can be, especially when the days are balmy and warm and poolside lounging is at its peak, there are things that can stop us from experiencing fun and laughter as fully as possible. In this issue, we will take a look at one of the ways in which people tend to hold themselves back, and offer some questions to ponder as a way of cranking up the volume on authentic living.

I invite you to pass this newsletter along! Our subscription list continues to grow and it's so much fun to hear from readers around the world! Until next time, happy reading!

Update on "The Control Freak's Guide to Living Lightly"

The much-anticipated book, The Control Freak's Guide to

• **Hiding Behind the Collective "We"**

So there I was, attending what I was anticipating to be an inspiring lecture, listening to an individual often heralded as motivating and insightful. And the person in question was, indeed, all of that. But there was something nagging at me. Something troubling about the

Living Lightly: Manifesting a Life of Total Trust" is finally here!

Following a successful official book launch event - hailed as "a book launch like no other" - on June 23rd in London, ON Canada, the book is now available online at

www.controlfreakseries.com.

Purchases can be made using Visa or Mastercard, and no, you don't need to have a special account or anything fancy.

Visit the website to

- sign up for the free quarterly newsletter, "Whatever News"
- register for the free 6-week e-course, Freakology 101, beginning in August
 - enroll in the fall teleclass, Get Your Light On
- view pictures of the official book launch event
 - download free exercises to support your reading of the book
- and of course, order the book itself

"(This book) is destined for success in every sense of the word. It is to the point, entertaining and beautifully crafted."

~Rick Carson
*Best-selling author of
Taming Your Gremlin: A
Surprisingly Simple Method
for Getting Out of Your Own
Way*

message being conveyed, although I couldn't quite put my finger on it. You see, his arguments all made sense; his main points, although thought-provoking, were not in anyway controversial. So why were my inner senses so put out? And then I heard it -- really heard it. The speaker kept putting his arguments out there using the collective "we". As in, "we all agree...", or "we always do...". You see, the challenge I was experiencing was this: everytime he began a sentence with "we say" or "we do" or "we contend", I wanted to blurt out, "Do we...?". Because as much as I could see that many people would fall into his definitive categories, the fact was that I didn't. And I didn't appreciate the implication that I was somehow, by virtue of being present in the room, automatically, in every way, part of a larger entity, without my own identity. Which got me thinking.

How often do I stop myself from full expression and experience, because I lump myself in with the collective "we"? As I stop and take stock, the answer to that question is astounding: because I hear myself say, "too often"! See, this is how it sometimes plays out: I tell myself that "we" -- whether the "we" refers to society as a whole, or my group of peers, or my family -- behave in a certain way, believe a certain thing, subscribe to a certain protocol. And because "we" do whatever it is that we do, then "I" can only think, act, live, speak, or whatever, within that framework. Can you hear the limitations?

Don't get me wrong. Aligning yourself with like-minded individuals is a good thing. The challenge comes, when you align yourself to the point of not being able to speak your truth within the frame of "I" or "My". Because as much as I believe that it is essential for all of us to learn to live together and find our common ground as human beings, I also believe that it is equally essential for each of us as individuals to connect with our individual missions, to know our unique messages, insights and perspectives, and to be able to contribute these as individuals to the collective whole. And, my experience tells me, that this is most effectively done when people can stand in their individual truths rather than hide behind the collective "we".

What comes up for you, when you read this article? What resonates for you? What makes you cringe? What is YOUR truth? As you settle into the summer, and find yourself in the midst of gatherings with friends and family, I invite you to watch and listen to yourself. Take note of the degree to which you are living your full truth. And then determine what it would take for you to turn up the dial on your full expression. The heat of summer often results in individuals wearing less clothing -- a means of enjoying and simultaneously coping with the heat. So maybe this is a good time to shed some metaphorical "we" clothing, and replace it with more "me". It's about the liberation of your individual "me, myself and I". Here's to the full expression of you!

Quick Links...

- [Our Website](#)
- [Control Freak's Guide](#)
- [International Coaches Federation](#)
- [Coaches Canada](#)

• Coaching Questions to Ponder...

Here are some questions to keep you thinking over the summer! Since this edition is about reclaiming your individuality, ponder in whatever way feels right for you: with paper and pen, meditating on the beach, in discussion with peers...the possibilities are endless!

- Where/when do you sell out to the collective "we"?
- What is your truth?
- What would it take for you to turn up the volume on your truth?

AND HERE'S A THOUGHT-PROVOKING ACTIVITY TO GET YOU BEING REAL :

- a) For one whole week, make note of when and where you stop yourself from being real. Maybe you refrain from speaking, or wear something you really don't want to, etc;. At the end of the week take stock of what you noticed: what patterns showed up?
- b) For the next week, everytime you catch yourself stopping short, challenge yourself to be real. Speak and live your truth as much as possible. What do you notice when you're being real?

• Your Questions Answered

What questions do you have for us? Send your questions to info@stellarcc.com and we will highlight one or two in each edition (depending on space). We will absolutely maintain confidentiality; no names will be assigned to questions in this publication. Let's hear your questions!

"How is coaching different from therapy or counselling?" *D.M.*

Great question, and oh-so-common! In many ways, coaching is a fabulous complement to therapy or counselling. In a nutshell, counselling and therapy seek to heal pain from the past. In both arenas, emphasis is on looking back, gaining an understanding from the past and then, moving forward. Often, counselling and therapy can have a more directive feel to the process, although the individual practitioners' styles play a large part in how directive the process is.

Coaching takes a different approach, by being forward-focussed. In coaching, the emphasis is on building on the clients' innate wisdom, believing that the client actually has all of the answers, skills and tools necessary to move forward right now. Coaches subscribe to the belief that there is nothing that needs to be fixed. Instead, by working with the client to create a safe space in which to ask and answer the tough questions, clients move forward NOW, efficiently and effectively -- sometimes quickly, sometimes less so -- towards the creation of the life that they want.

Another unique facet of the coaching profession is that the coach is not seen as "the expert" in the client's life, but rather as "the support". Full power and faith is placed in each client's ability to know what is right for them. Bottom-line: Coaching is about moving people forward and having them deepen their own personal learning, all at the same time.

• Coaching Gym Highlights

Our Stellar Coaching Gym is still a-runnin'! As with gyms of all sorts, activity seems to be on a down- trend for the summer. So, in case you're wondering, we've chosen to suspend all classes until the fall. The gym itself is still open for members on Wednesday mornings each week (except for July 19th), during which time you can schedule a laser-session or just call in for some "in-the-moment" coaching support.



Not a coaching gym member yet? Curious about what it is? Visit our website at www.stellarcc.com and check out the services page to read all about it. Then, head on over to the members page to sign up! We'd love to have you join us! It's a fabulous way to get the coaching you love, in a program that's specifically tailored for YOUR needs!

• Meet Gail Barker!

Gail is a Certified Professional Life Coach (CPLC), author, motivational speaker and founder of Stellar Coaching & Consulting. In her work, Gail supports individuals and groups alike in clarifying and attaining their dreams and goals, without compromising their personal values. Gail is a firm believer in the freedom gained when one chooses to live



life by active choice instead of passive default. On a day-to-day basis Gail "walks-her-talk", living a life that is in complete alignment with her values of childlike fun, integrity, human connection, serenity and surrender.

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