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

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

**May/June
2006**

in this issue

**Presenting... "The Control
Freak's Guide to Living
Lightly: Manifesting a Life
of Total Trust"**

It's Time to Celebrate!

**Coaching Questions to
Ponder...**

Your Questions Answered

Meet Gail Barker!

**Presenting... "The
Control Freak's Guide
to Living Lightly:
Manifesting a Life of
Total Trust"**

**"As a 'recovering' control
freak, I read this book**

Let's Celebrate!

Here in Southwestern Ontario the weather is balmy (most of the time), the tulips are out, soccer season is gearing up, school festivals are starting and neighbours have come out of hibernation to enjoy each other's company! There's so much fun to be had and oodles to celebrate! And so, this issue will provide you with some opportunity to consider the whole "celebration" thing and what it means.

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!

• **It's Time to Celebrate!**

"The more you praise and celebrate in your life, the more there is in life to celebrate."

~Oprah Winfrey

Celebrations are so much fun, aren't they? A chance to acknowledge significant achievements and major milestones. A chance to get together with those we love and feel the support that got us to the place where we are. And yet, my experience is that, with all our effort to celebrate the big things, we forget to celebrate the little

with a smile of recognition. A very entertaining and enlightening book."

~Susan Jeffers Ph.D.
Best-selling author of
"Feel the Fear and Do It
Anyway,"
"The Feel the Fear Guide to
Lasting Love"
and "Life is Huge!"

*Are you or is someone you
know a control freak?
Do you suspect you're a
control freak, but you're not
sure?
Are you afraid to admit it?
Are you afraid to ask?
Have no fear—The Control
Freak's Guide series is here!*

This provocative first guide
of the series is available for
purchase beginning May
16th, 2006!
To order, email
sales@controlfreakseries.com
or visit the website,
www.controlfreakseries.com,
anytime after May 16th,
2006!

**"This book is not just a
'how to' manual for
"letting go", it is about
deeply understanding the
need for such a process.
Read it and be provoked
into a new relationship
with yourself and a new
way of living that will
open the door to all your
great dreams and
desires."**

~Dr. Robert Anthony
Best-selling author of
"Beyond Positive Thinking"

**OFFICIAL BOOK LAUNCH
EVENT @
LAMPLIGHTER INN &
CONFERENCE CENTRE
LONDON, ON DATE: JUNE
23rd, 2006
doors open to the general**

things. We are so focused on the major goals, that we forget to acknowledge all the successful little steps it took to accomplish our tasks in the first place. And here's another interesting thing about celebration: to paraphrase what one of my clients recently told me, people generally don't know how to celebrate without eating, drinking alcohol or spending a lot of money. All of which brings up an interesting question for me: what exactly constitutes a celebration?

When I consider this question, I am aware that, for me, a big part of celebrating is connecting with my inner self, relishing the good that has me feel like celebrating in the first place (a successful coaching session, the arrival of spring, the chance to play with my children, a conversation with my husband). When I am genuinely celebrating, I am truly immersed in the moment, fully present as it were. Another aspect of celebration which is significant for me is that of sharing: surrounding myself with loved ones who can truly appreciate whatever it is that I'm celebrating, and experience my joy alongside me.

So where does food, drink and expenditure fit into this? I would argue that it doesn't have to. It's not necessarily a bad thing to celebrate with any or all of food, drink and expenditure. Indeed there have been many times when the presence of good food or a bottle of bubbly has seemed to enhance the celebration of that moment. AND it's not a requirement to have these components in order to celebrate. The key to real, genuine celebration as I see it, and as is often the case, is to first understand the essence of true celebration.

So, what do you feel like celebrating in your life? Did you finally get a good night's sleep after a grueling tax season? Were you able to find 10 minutes to sit and enjoy the breeze outside over lunch today? Did you connect with an old friend? Or did you pass an exam? Whatever you feel is celebration-worthy, the next question becomes, how will you celebrate it? What would capture the real spirit of celebration for you? However you choose to do it, I invite you to celebrate in style -- your style! Lose the conventional trappings and connect with the spirit of the moment. After all, it's only a celebration if you can truly savour what prompted the idea of a celebration in the first place.

• Coaching Questions to Ponder...

Here are some questions to keep you thinking until the next edition of LAUNCH; grab some paper and a pen and get ready to celebrate! All of these questions address the issue of celebration; so I invite you to find a quiet space -- or not -- and feel what it's like to celebrate. Have fun!

- What is the spirit of celebration?
- What does celebration look like?
- What's one thing that you can celebrate today?

public 7:30 pml 9:30 pm
A FABULOUS
OPPORTUNITY TO MEET
THE AUTHORS, HEAR
OFFICIAL BOOK
EXCERPTS, AND
PURCHASE SIGNED
COPIES!

- How might you celebrate, without food, drink or expenditure?

AND HERE'S A THOUGHT-PROVOKING ACTIVITY TO GET YOU CELEBRATING IN A WAY THAT'S REAL:

- a) At the end of each day, for the next month, list 15 things that you can celebrate. Remember, it doesn't have to be something huge!
- b) Create a list of 30 "food/drink/expense-free ways to celebrate" and implement one a day for the next month.

• Your Questions Answered

Quick Links...

- [Our Website](#)
- [Coaches Training Institute](#)
- [International Coaches Federation](#)
- [Coaches Canada](#)

This is a new feature that we will include in our e-newsletter, beginning now. Each edition, we will pick a question from one of our readers, and share our answer here. So, 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!

"I'm interested in working with a coach but am uncertain about the process. Is Coaching a life-long commitment?" B.P.

No, absolutely not. The whole premise of coaching, in it's purest form, is that you as the client have the answers you are seeking. What you may not have is the time or energy to source them out in order to move forward. When working with a coach, you are given dedicated "you-time", usually once a week, to work on moving your life into your vision for it. Once you feel complete and ready to move on, the coaching is complete.

Most coaches ask for a minimum 3-month commitment, in order to provide a structured time period in which change can occur. After that time, the coaching moves to a month to month format. How long a client ultimately stays varies greatly; some stay only for 3 months, achieve their goal and move on. Others move on for other reasons such as needing a break, or conflicting time commitments. Still others continue with the coaching as is, or in a modified format (2 sessions a month vs. 4 sessions a month).

In the end, coaching is intended as an interim support structure, designed to support clients in creating the life that they want for themselves, using the resources that they have within them. Generally, clients decide when they feel complete, and coaching contracts conclude with a completion session -- or as we at Stellar like to call them, celebration session!

- **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.

- **Calendar of Upcoming Events**

Teleclasses & Teleforums:

"It's Your Life...Create It!" -- 4 week class

4 Tuesdays, June 6, 13, 20, 27

12:30 PM - 1:30 PM EST

Clarify your values, move past limiting beliefs, redefine your vision of success and step into your power to create your life! 4 thought-provoking lessons for one low price! Space is limited to 15 participants; register early!

Coaching gym membership discount applies.

Cost: \$99

"Dynamic Decision-Making for Professional Women"

June 7th, 2006

11:30 a.m. - 12:30 p.m. EST

Are you entrusted with making decisions at work? Do you feel overwhelmed by the responsibility? Do you often struggle to make decisions that will be respected by the team? This session will provide participants with the tools to make important decisions without guilt, remorse or anxiety on a daily basis. Applicable for all aspects of life.

Cost: \$30 CDN

"Values-Based Goal Setting"

June 21, 2006 @ 1 pm EST

Based on the premise that goals which are in line with who you are will result in success, this session will provide participants with the tools necessary to set meaningful goals, develop action plans, and ultimately experience the thrill of success!

Limited to 10 participants

Cost: \$30 CDN

gail@stellarcc.com
<http://www.stellarcc.com>

519-245-7464

Save 10% on
any Stellar
Teleclass!

Upcoming topics include "Unleashing the Power of You!", "Dynamic Decision Making", and "Values-Based Goal Setting" to name a few.

Check out the members page at www.stellarcc.com for additional classes and updated schedules (schedules are updated as

new classes are added).

Offer Expires: June 30, 2006

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