



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

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

May/June 2007

We've all heard it said, "time flies when you're having fun"! Well, here at Stellar Coaching & Consulting we're having a boat-load of fun, and time is flying faster than I would have believed possible.

One of the inherent challenges that exists when we're having fun, is that we can forget to continue the process of nurturing our whole selves. This edition of L.A.U.N.C.H. will take a look at what it means to nurture, and how the whole "nurturing" scene can look. I'll also answer one of those nurture-related questions which so many people have, and so few dare to ask. Thanks to Joanne from Seattle, WA for daring to ask it!

Are you feeling challenged to find time for nurturing your mind, body or spirit? Visit our website at www.stellarcc.com to download your free copy of "10 Simple Strategies for Nurturing Your Whole Self", and get ready to reconnect and feel rejuvenated.

And finally, as we look ahead to the summer months, just a reminder that your next edition of L.A.U.N.C.H. will be in your mailbox in early July, so keep an eye out for that. Also, please note that there will be no teleclasses or workshops in July and August, as we take a summer hiatus; these will resume in September.

Until next time, here's to the art of **complete** nurturing!

Gail

In This Issue

Rediscovering the

Rediscovering the Art of Nurture -- Body, Mind & Spirit

No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive.

~Dr. Joyce Brothers

US psychologist & television personality (1928 -)

Nurture. It's one of those words that conjures up images of sleeping babes in arms, herbal teas, tranquil seashore landscapes and even spas. When the word "nurture" is used, there's an implication of "taking care", but in a way that really honours that which is being cared for. There's nothing cursory or superficial about nurturing, is there? And that's a good thing. It's also, however, one of the very challenges that exists for people when it comes to nurturing themselves.

You see, people tend to tell themselves that nurture takes more time and energy (and sometimes money) than they've got. Somewhere along the historical line, the idea of "nurturing" oneself has become fraught with complications, not the least of which is the idea that to nurture oneself is a luxury which many cannot afford. After all, there are children to be cared for, bills to be paid, houses to be cleaned, yards to be maintained, projects to be completed and on, and on, and on. Well I'm here to tell you to lose the illusion of nurture as a luxury. You see, nurture, especially self-nurture, is actually a NECESSITY.

It's funny; very few people struggle with seeing the necessity of nurturing something or someone outside of themselves. For some reason, however, those same people do struggle with the notion of self-nurture. It's as though the action of "taking care" only applies to entities outside of themselves. The irony, of course, is that if one doesn't take care of one's self, eventually one can't take care of others. So, take the idea that "self-nurture is a luxury", combine it with a dash of "nurturing others takes priority" and you've got a recipe for disaster in the truest sense.

When it comes to the whole self-nurture concept, the critical question for most people revolves around recognizing what it means to self-nurture. Short of a day at the spa, or a week-long vacation in the Bahamas, how does one look after one's self, reconnect and rejuvenate?

Well, three steps is all it takes.

- First, **understand** that self-nurture does not have to be complicated, time-consuming or expensive. Self-nurture really can consist of the simplest things: a cup of tea, 5 minutes with a book, a 10-minute soak in the tub (combined with reading a book, if you really must multi-task!).
- Second, **notice** the things that re-energize you and create time for those. Does feeling a spring breeze on your face melt away a headache? What about sitting for 5 minutes on your front porch? Or maybe it's the simple act of walking around the block. Whatever it is, once you know what nurtures you, now you can seek out opportunities for those things to happen.
- Which brings us to the final step: **schedule** nurture time until it becomes part of your day. Notice from the preceding examples that self-nurture doesn't have to be time-consuming. It can be; it doesn't have to be. Truly, building in 5 minutes every hour or

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two is ample to ensure that you get the time you need to enjoy the life you're creating.

If taking care of the world around you is important, what's it going to take for you to realize that taking care of others begins with taking care of you? And how will you begin to put yourself first? Questions worth pondering my friends, because truly, you are worth it!

Questions to Ponder

Here are some coaching questions -- inquiries, if you will -- to support you in discovering the keys to nurturing your specific self. Remember, what one person finds nurturing may not resonate for you. So answer the following for yourself and discover your unique nurturing nuggets. Happy pondering!

- When was the last time you took care of you, before taking care of others?
- What becomes possible when you nurture **your** self -- mind, body, spirit?
- How does the "nurtured you" show up in the world?

An Anchoring Activity

Create a list of the simple things that feel nurturing to you; include anything and everything from walking, to reading, to sitting still. Then, beginning today, carve out 15 minutes of YOU-TIME daily. It could be when you wake up, over the lunch-hour, after the kids are in bed -- whenever. The point is, it's 15 minutes for YOU. Each day, choose one activity off your list, and engage in that activity during your designated YOU-TIME. Keep a journal of what starts to shift for you. What do you notice in terms of the quality of your life? What's challenging about giving yourself you-time? What's easy? A word of caution: this is about doing the things that will rejuvenate and replenish you -- this is not about paying bills, or completing chores! It's time to start recognizing that your needs deserve to be honoured everyday, as least as much as you honour everyone else's. Here's to you!

Your Questions Answered

Dear Gail;

My question feels so basic and almost silly, I'm a little afraid to ask it. You see, I've been doing lots of "personal growth" work; I understand the need to put myself first, to take care of me, to honour my values, and all that stuff. The challenge I have is in lining up what's important to me, alongside what's important to the rest of the world -- sometimes they just don't match! How do I say no to others, and say yes to what I truly want for me?

~Joanne, Seattle, WA

Hey there Joanne;

Thank you so much for putting yourself out there, and asking the question that 99% of my clients ask at one point or another: "how do I say NO?" Believe me, it's not a basic or silly question!

You see, the inherent challenge in saying "no", is the belief that denying someone something (other than ourselves) makes us mean, a disappointment, or selfish;. The flip-side of this belief is that when we say "yes" to others we're being kind, accomodating, considerate and other great things. If you listen closely, you can hear that underlying each of these notions is the very fundamental idea that we are somehow less worthy of kindness, consideration and accomodation than those around us. Which is what makes it hard to say no to others; they, after all, deserve this consideration, we don't!

So, that's the place to start. Ask yourself, Joanne, what are you worth? How does your level of worth match up to those around you? Are you at least as worthy as them? If so (and I'm going to be honest and say that I assert you absolutely are!), then what stops you from saying "yes" to yourself at least as often as you say "yes" to them? Something to think about.

The other thing to consider is semantics. In other words we need to take your question quite literally and ask, "how do I say "no"?", as in "what are the different ways to say no?" to a request? I can recall, from when I worked in childcare, exploring ways to say "no" to a child. The list included things like "Maybe later", and "give me a minute", "let's talk about it later" and even "convince me". When you think about the various requests that are made of you, how might you say "no" graciously? This can actually be a fun little activity, and I invite you Joanne --- and everyone else who's challenged to say no -- to come up with a list of at least 50 different ways to deny a request graciously. Although you might struggle at first, I know that you'll soon be able to say yes to you, and no to others, and feel pretty good about the whole thing. And finally, once you've got your list, my request is that you challenge yourself to say no at least 5 times a day, at least until you realize that saying no can be okay. Once you know that your needs and desires are worth honouring, and that you can say no without the world crashing in around you, then you can start to play and have fun being true to you.

Where Can I Find Gail?

The following is a list of upcoming, in-person events where I am speaking or facilitating workshops. If you wish to see me in your neck of the woods, call or email to see what we can arrange.

Thursday, May 24th, 2007
7:00 pm - 8:30 pm

Me First: Mastering the Art of Self-Nurture

Are you struggling to carve out time for you? Unsure of how to even start making yourself a priority? Does the thought of taking care of you send you into a tailspin? If so, this session's for you! Join me for a light-

hearted, interactive 90-minutes of exploring tips and strategies for putting yourself first, and being guilt-free (or at least guilt-less!).

Cost: FREE

Location: 9 Juniper Cres, Strathroy, ON

Registration: Call 519-245-8928 or email info@stellarcc.com

Saturday, June 9th, 2007

1 pm - 4 pm

The Control Freak's Guide to Living Lightly -- Book Signing

Join me and my co-author Gail Nieslen for the afternoon. If you haven't got your copy of "The Control Freak's Guide" yet, this is a chance to get it and have it signed, all at the same time. A fabulous opportunity to have your control-related questions answered as well!

Cost: FREE

Location: Chapters North, London, ON

Corner of Richmond & Fanshawe

Tuesday, June 12, 2007

7:00 pm - 8:30 pm

Stop the Treadmill! I Wanna Get Off!

Is life feeling a little like a whirlwind? Are you just wanting some time to breathe, sort through your thoughts and re-group? Well then, come on out for an evening of fun and exploration, as we figure out how to slow things down and move into summer -- and then keep things from escalating again!

Cost: FREE

Location: 9 Juniper Crescent, Strathroy, ON

Registration: call 519-245-8928 or email info@stellarcc.com

Contact Information

Need more information? Want to arrange a complimentary coaching consultation? Contact Gail Barker at gail@stellarcc.com, or call 519-245-8928.

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