

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

December 2006

Your Gift to Share this Holiday Season

'Tis the time of year for giving. We hit the malls in search of the perfect gift. We walk up and down, dodging other shoppers, bumping into overstuffed shopping bags, and nearly tripping over small children dashing towards Santa. In the shopping flurry, have you ever considered what gifts you share with others? I am not referring to presents wrapped in pretty paper and elegant bows but simply the gifts you possess that others appreciate in you.

Think about the people in your life. What gifts do they bring to you each day? For example, my colleague's demeanor is always calm, unwavering, centered and peaceful. I gravitate towards her especially when I am feeling frenzied and stressed. Just taking a few moments to chat calms my nerves and clears my mind. Then, there's the delightful barista at the neighborhood coffee shop. She has a 1000 watt smile that you can't help but return. (Makes me smile just thinking about it!) And, I must mention the gentleman so enthusiastic about life and what he does that his energy is contagious. If I feel low, just a few moments with him renews my spirit.

Since junior high, friends advised me to become a therapist. In their opinion, I listened well and provided the right amount of empathy mixed with action planning. They communicated that I had a gift of listening. However, I under-appreciated my gift for years because it seemed so simple. It's simple for me because it is my gift; it comes naturally. What gift do you possess that you share naturally with others?

This holiday season, while you search for the perfect gifts, consider the perfect gift you already have in your possession and share it lavishly.

Here is a list of gifts. There are many more, too.

Gift of Peace
Gift of a Smile
Gift of Energy
Gift of Listening

Gift of Teaching
Gift of Laughter
Gift of Time
Gift of Honesty

Tell me about your gift and how you are sharing it this holiday season.

Book Release

As many of you know, my long-time dream is to be a published author. My first release is out and it's a wonderful collaboration with my friend Joanna Brandt and other great women! It's called:

"The Best Ways To Erase Stress in 15 Minutes or Less."

What do you get when thirteen girlfriends collaborate on a book about living a more relaxed life? You get great inspiration and practical techniques — each one taking 15 minutes or less.

Learn about

- The best ways to reduce stress
- Walking to heal the spirit
- Acupressure point tennis balls
- Speaking in public with ease and joy
- Inner gardening with journaling
- Creating a sacred space
- Taking the high dive
- Stopping the world — when you need a breather!
- Birthing, breathing and the basics
- Allowing silence in conversation
- A different kind of relaxed
- Your inner cheerleader (Written by Suzette Langley!!)
- Connecting with the wisdom of the animals

Joanna Brandt conceived and edited *The Best Ways to Erase Stress*. She is a wholeness coach, yoga teacher, and founder of Moving Toward Menopause™. Throughout her thirty-year career as a holistic health educator, she has provided hundreds of people with inspiration and skills to move toward self-actualization.

Cost \$12.95 plus postage (\$1.91 USPS Media Mail or \$4.86 US Priority Mail)

Order online at <http://www.lulu.com/content/507233>

Upcoming Workshops and Groups

Vision of Success- Monday, January 15, 6:30-7:30pm

Are you having difficulty reaching your goals? Maybe your goal isn't your priority. Learn how to align your goals with your priorities, set SMART goals and create an attitude for success.

Cost: \$20 per person

Lifestyle Change Group – Wednesdays Jan 17, 24, 31 Feb 7, 14, 21, 6:30-7:30pm

Are you still being haunted by your scale? Did you promise that you would lose weight and live a healthier lifestyle in 2006 but now it's 2007? Don't weight for another year to pass by. Take a different action now to get the result you want. In this 6 week group, join others focused on making 2007 a successful year. We will focus on goal setting, learn simple tips to modify eating and exercise habits, identify and learn to overcome emotional eating habits, discover the power of saying "no," and improve self-image.

Cost: \$120 for the 6-week program

Workshop for Women – Sunday, February 11, 2-4pm

In this 2-hour workshop designed for women only, learn that "selfish" is not a dirty word, how to eliminate energy drainers and how to say no gracefully. This workshop has received enthusiastic reviews for content and for providing women the opportunity to connect on common issues such as significant others, parenting, meeting your needs, and friendship.

Fees: \$40 per person. Bring a friend and pay \$60 for both to attend!

The Obesity Epidemic and What You Can Do To Stop It - Tuesday, Feb 27, 6:30-7:30pm

Explore some of the social, economic and psychological reasons Americans are gaining weight. Identify which factors are affecting you and learn what you can do to prevent or overcome obesity in you and your family.

Cost: \$20 per person

Workshops and the group will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Please call 410-544-2525 or 410-757-7326 to register.

Explore how coaching can support your goals and make your resolutions a reality by contacting Suzette Langley, at passionforlifecoaching@verizon.net or at 410-757-7326. I offer a complimentary 30-minute session to explore how coaching can work for you. Coaching sessions are offered by phone or in-person.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

For more information, visit www.passion-for-life-coaching.com.

Copyright © 2006, Suzette Langley