



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Life Coach and MSW

## **Bloom Where You Are Planted**

April 2008

Many years ago, when I moved to Pittsburgh, my dear friend gave me a small, framed saying “Bloom where you are planted.” I placed the little saying prominently where I read it daily. Moving away from friends, family, and everything familiar to a large city aroused some fear and trepidation. The saying kept me focused on finding the positives and discovering how to grow and thrive in my new surroundings.

The saying packed up and travelled to my new home in Maryland. It found a visible place to remind me to flourish again in a new place.

One of the ways I bloomed in Pittsburgh, and now the Annapolis area, is by appreciating the inherent beauty of each place. I thrive in the great outdoors and “blossom” in the warm sun. Pittsburgh offered large parks and abundant green space near our home. Annapolis offers the serenity of the Chesapeake Bay and historic charm. And, at this time of year, as the dull browns and grays are overcome by the vibrant pinks, greens, and yellows of spring, I am overcome with the urge to let everyone know that I live in the best place in the world.

What makes me say this? I wrote this month’s newsletter basking in the sun on the side of the Jefferson Memorial overlooking the tidal basin with cherry blossoms in peak bloom. Each year, weather permitting, my husband and I venture to the annual Cherry Blossom Festival in Washington, DC. Nothing like millions of pink blossoms heralding the arrival of spring!

During this trip, my husband found the cherry blossoms the perfect inspiration for letting his new hobby of photography bloom. All winter, he nurtured his interest with lots of research, reading, purchasing equipment, and experimenting with digital software. He expressed feeling fenced in over the winter with a lack of subject material (one can only take so many pictures of the dogs, house plants, and household objects!). Thus, like the cherry blossoms, he was ready to let his hobby bloom with the arrival of spring.

As I sat on the back of the memorial watching him snap pictures of a squirrel, it occurred to me that we all nurture along some aspects of our lives with research, equipment, and reading. Personally, I have read about and researched several professional coaching options, only to play with the idea of launching them and not take action. I know people who buy fitness equipment and then wait for the right time to use it while the equipment collects dust. I observe people exploring multitudes of new job options yet hesitating to make a commitment.

Now that spring is here, what have you been nurturing along that you would really like to have bloom in your life? How can you give it the space, light, and attention it needs to take root and thrive?

My husband spent the day playing with his camera settings, the sunlight, angles, and lenses. He found joy in putting his research and knowledge into action. Not every picture was worth keeping but was worth the opportunity it provided for his hobby to bloom. As for myself, I bloomed in the serenity and beauty of the sunlight and cherry blossoms, as I nurtured my passion for writing and self-expression.

Bloom where you are planted. Bloom wherever you are, each moment, each day.

## Upcoming Events at Big Vanilla Arnold

### **Women Rock – Friday, April 18<sup>th</sup>, 7:30-9:30pm**

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life's challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN' night and walk away feeling empowered!

Fee: \$25 members/ \$35 non-members

**4 women MUST BE pre-registered to hold this program.**

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

### **Rockin' Together: Women Rock for Mothers and Daughters - Friday, May 9<sup>th</sup>, 7:00-9:30pm**

Moms and daughters are busy. Finding quality time to connect can be a challenge. Instead of the usual shopping and dining routine, try a unique, exciting and physical way to connect with each other in addition to other mother/daughter teams. Rockin' Together combines the skills of Executive Coach & MSW, Suzette Langley, and one of Big Vanilla's trained female Rock Wall Instructors to provide an evening of fun that encourages the discovery of mental and physical strength, conquering fears, and overcoming challenges. Mothers and daughters will see each other in a new light and learn how the Rock Wall is a metaphor for life and life's challenges. All climbing gear is provided with the exception of climbing shoes. Sneakers and gym attire required. Bottled water recommended.

Ages: 12 and up.

Fee: \$45 members/ \$50 non-members

**2 pairs MUST BE pre-registered to hold this program. Maximum number of participants is 5 pairs.**

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

## Suzette Speaks! Upcoming Engagements

### **Introduction to the Peplemap - Tuesday, April 22 and Thursday, April 24, 10-11am**

**Fee:** The investment of 1-hour of your time

**Location:** RiverWest Marketing, 647 Ridgely Avenue, Annapolis, MD 21401

**Register:** Call Suzette at 410-757-7326

**Each class limited to 15 participants.**

In this 1-hour lecture, learn what the Peplemap™ program is and how it can enhance your understanding of yourself and others. Participants will complete the short form of the Peplemap™ Questionnaire to learn their own personality type. Each personality type and its three strengths will be discussed. This fun, interactive lecture will help you understand your way of thinking and how your natural strengths lead you to success and peak performance.

Please forward this newsletter to others you believe would enjoy it. I welcome new subscribers! To subscribe/unsubscribe, please send an email to [Suzette@SuzetteLangley.com](mailto:Suzette@SuzetteLangley.com). I also welcome feedback and ideas for future topics. For more information, visit [www.SuzetteLangley.com](http://www.SuzetteLangley.com) or call 410-757-7326.

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