



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

The Three-Winged Bird

July 2008

As you may recall, last month I discussed how task-types like myself get caught up in doing chores and zoom right past enjoying life. Based on your responses, many of you fall into the same trap! Given the responses I received and how several pieces of life intersected, I decided to stay with the task-type theme this month.

In addition to being on a mission to complete a To-Do list, task-types like to maintain control and order in all aspects and activities of their life. "There must be a plan" is their motto. Lack of structure, absence of a plan, and chaos create stress and anxiety. Yet, is it possible that chaos can lead to possibility and opportunities that are missed in planning every minute detail?

My friend planted this question in my head when she sent me "the three-winged bird." As an athlete, she participates in triathlons. One triathlon that she is participating in is a team event, and her friends chose the team name The Three-Winged Bird. Being curious, my friend googled this term and found a company (if you'd like to see for yourself - <http://www.lp-associates.com/threewingedbird.php>) that used this concept and term to describe chaotic movements whose beauty and shape can only be revealed over time.

In other words, rigid organization stifles creativity and opportunity because it requires maintaining structure. However, chaos can provide new ideas and result in breaking down of barriers that prevent growth. The advantages of chaos may not be obvious in the moment but when reflected upon, the rewards become clear.

How? For example, I planned a weekend trip that turned into a wrong-way experience. All the details I laid out were sabotaged by one thing or another. Being a task-type, my inclination was to focus on what went wrong. However, I recalled the three-winged bird concept and stepped back to observe what was happening. In doing so, I realized that the weekend was perfect in its own way. I experienced many wonderful moments that I would have missed if the weekend went according to plan.

Consider these other scenarios. Have you ever faced an unplanned job transition? Did it feel like chaos at the time? Sure! But, what did you learn about yourself, your values, your abilities that you could never have planned to know in a million years? Have you ever not planned every last detail of a trip and let yourself fly by the seat of your pants, letting whatever happens, happen? What did you do or discover that you would have missed? Are you smiling about it?

Yes, chaos is messy in the moment. It challenges our patience. It raises our anxiety. It feels out of control. Just like a three-winged bird flapping away, the line of progress remains unclear. Be patient. Take a deep breath. Wait. Look back periodically to observe and in doing so, see the order and growth that develops from chaos.

Attention Business Owners and Managers

Do you need to address any of the following concerns in your business?

- Employee Retention
- Interpersonal Conflicts
- Ineffective Customer Relationships
- Poor Team Performance
- Problem Solving Difficulties
- Vague Goals or Direction
- Low Morale or Team Spirit
- Low Customer Satisfaction

The Peopemap System starts by using The Peopemap instrument, a short personality questionnaire that takes about 10 minutes to complete and is 95% accurate, to measure personality type. The Peopemap is based in positive psychology and focuses on developing natural and learned strengths.

The goal of the Peopemap system is to teach people in a short period of time how to understand and **communicate effectively** with anyone in any situation, such as sales, customer service, team building, or management.

Contact Suzette at 410-757-7326 or Suzette@SuzetteLangley.com to set up a time to meet and discuss your training needs or the challenges that you are facing in your business. Let's explore how the Peopemap System can fit your needs. Additional informational materials and the opportunity to take the questionnaire are provided in the meeting.

Upcoming Events at Big Vanilla Arnold

Women Rock – Friday, September 19th and November 21st, 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, October 17th, 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/ \$55 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.

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