



# *Passion for Life Coaching, LLC*

*Making Deliberate Choices for a Fulfilling Life*  
Newsletter by Suzette Langley, Life Coach and MSW

## **Teamwork In Motion?**

October 2008

What do you get when you put 13 people who don't all know each other in 2 vans with the goal of running 181 miles across the state of Maryland? Amazing teamwork!

Last weekend, the Ragnar Relay premiered in Maryland, starting in Cumberland and ending in Washington, DC. Teams divide in half, with 6 runners in Van One and 6 runners in Van Two. Each runner runs 3 times during the course of the race covering 13 to 18 miles total. The race continues in daylight and dark, rain or shine. And, to clarify, Ragnar is just for fun.

Friday morning dawned cool and rainy. Each van collected runners in our respective areas and headed out to rendezvous in Hagerstown. There, we ate a quick breakfast and swapped gear, runners, and a volunteer. Van One headed for Cumberland. Van Two stayed in Hagerstown and went to the movies and took naps. (Lucky them! )

As Van One zipped down the highway, we got to know each other. What did we do? Where did we live? Why were we doing this?? As with any team, it took some time to establish roles and get organized. When we arrived at the starting line, we had some delay finding parking and gear for check-in.

Again, the team's lack of familiarity with each other surfaced in communications and coordination as they missed Exchange Point One, instead finding exchange Point Two. Fortunately, the team quickly realized the error and corrected, returning in time to make the exchange between Runner One and Runner Two.

Over the course of the next 25 hours, the team members assumed roles and responsibilities. Two runners became navigators, reading directions and finding turns to the next exchange point. Our volunteer became our driver. She navigated some slippery dirt roads, tight turns, and vague directions with ease. Others coordinated with Van Two to communicate how long before major exchanges. A couple of runners showed amazing caretaking traits, making sure runners had water, snacks, and could get into dry clothes. Still a couple of others paid attention to details to make sure the team was on schedule, had a plan of action, and kept the van reasonably clean. These roles were not spoken but seemed to fall naturally to each person and play to their strengths.

When on a team, we all assume a role. Ideally, we have the opportunity to maximize our strengths, which allows us to achieve our peak performance. Often our weakness is someone else's strength.

For example, on the Ragnar team, our detail-oriented people were essential in managing the multitude of information and gear to keep Van One and Van Two on track. However, other teammates kept the event fun with their humor and sense of adventure. In summary, our task people reminded our free spirits when to be serious; our free-spirits reminded the task people to enjoy the ride.

Teams form in all areas of our life – work, home, organizations, or brief unions for a purpose. When team members play to their strengths, the team moves like a well-oiled machine, staying organized, meeting deadlines, maintaining a productive pace, exchanging information effectively, and having fun along the way.

PS For those of you who were curious, team "What The Hill?" finished in 22<sup>nd</sup> place out of 109 teams.

## 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](mailto:Suzette@SuzetteLangley.com) to set discuss the training needs or challenges that you are facing in your business. Additional informational materials and the opportunity to take the questionnaire are provided in the meeting.

## Upcoming Events at Big Vanilla Arnold

### **Rockin' Together: Women Rock for Mothers and Daughters - Friday, October 17<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/ \$55 non-members

**2 pairs MUST BE pre-registered to hold this program.**

**Maximum number of participants is 5 pairs.**

### **Women Rock – Friday, November 21<sup>st</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 events are 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.

### **Take A Holiday From Stress - Tuesday, November 18th, 6:30-8:00pm**

Join Suzette Langley, MSW, Executive and Personal Coach and Jennifer Perry, A.C.E. Certified Personal Trainer to take a holiday from stress. Do the holidays take a toll on you? Does just thinking about shopping, family gatherings, parties, and additional demands on your time cause you to dread the holidays instead of enjoying them?

In this work shop, you will learn:

- 3 - Stress-Busting Strategies
- 3 - Healthy Eating Strategies
- 3 - Do-Anywhere Exercises

Feel great over the holidays by reducing stress, eating right, and keeping up your energy!

**Cost:** \$30 members/ \$40 non-members

**Location:** Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD

**Register:** Online at [www.bigvanilla.com](http://www.bigvanilla.com) or call 410-544-2525

**Pre-registration is required. 4 people MUST BE pre-registered to hold this program.**

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.