



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

To Fail or Not To Fail?

November 2008

Not that I enjoy thinking about failure, as it always brings up unpleasant memories, but thinking about it leads to an interesting question. Would I be where I am today if I had not failed? Failure happens often in big and small ways. To name a few things that I have failed at: winning Scrabble, coming in first place in a race, winning every potential client I have spoken to, remembering my lines in a play, delivering an outstanding presentation.

I do not think I am alone in my initial reaction to failure. I want to curl up in a ball, hide under my covers, and never come out. Sometimes, the hiding is figurative and sometimes literal. For example, after I felt I completely failed to deliver a presentation well, I refused to do any public speaking for 8 months. When I finally committed to another speaking engagement, I was shaking in my boots. When the time came to deliver the material, I took a deep breath and delivered an entertaining, informational talk that got the audience's attention. I firmly believe I could not have moved to the next level of public speaking without failing first.

Each time we fail at something, we are presented with an opportunity to learn. Losing Scrabble allows me to study my opponent's strategy and expand my vocabulary. Losing races inspires me to train harder and improve my form. Losing clients teaches me what sales skills I need to develop. The lesson is that what appears to be a stumbling block becomes a building block for a foundation of success.

Besides learning skills, failure helps us learn about ourselves. I have heard more than one person say they never knew how strong, courageous, or persistent they were until they failed. They did not enjoy the failure but enjoyed the discovery of what they could accomplish when put to the test.

Some people avoid failure by never trying. However, they experience disappointment and self-criticism just the same. They have to cope with unanswered question of, "Could I have succeeded?" That thought becomes as troublesome and uncomfortable as failing.

Finally, if you are currently in the midst of a failure, know you are not alone. Each of us has been there even if life appears perfect at the moment. If at this snapshot in time, someone is riding the top of a giant wave of success, know that they have been pulled under the wave hundreds of times before they got it right. Also know you will be stronger, more knowledgeable and more successful for it. Just remember what Rocky Balboa once said "It's not how hard you hit, it's how hard you can get hit and keep moving forward."

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 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

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

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

Register: Online at www.bigvanilla.com or call 410-544-2525

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

Women Rock – Friday, 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.

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