

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 10, Issue #2, March 2010, *To Flourish*

I have a new favorite word. It's one that I heard a couple of times during the recent International Coach Federation conference. Since the conference, it's been cropping up in my conversations and in my reading. It somehow feels as if it wants to take root in my soul, so I've decided to make it my theme for the year. It's what I want for myself, my family, my clients, my business, my garden, for you, and for the world: to flourish.

In one of the fascinating conference presentations, Barbara Fredrickson, a professor and researcher at the University of North Carolina at Chapel Hill, presented on *The Science Behind Coaching with Positivity*. Rather than encouraging us to wear rose-colored glasses and put on a happy face, she recommended broadening and building upon positive emotions. She spoke of the 3:1 positivity ratio—three positives to counterbalance every negative—that researchers have found to be critical in flourishing. Below this ratio, it's too easy to be caught in a downward spiral of negativity, which can, like a vortex, suck you in and pull you down. On Barbara's website www.positivityratio.com there are some free, eye-opening tools I'd encourage you to check out to help you determine and track your own positivity ratio. Her books, all titled *Positivity* but with different subtitles, are highly acclaimed for their research findings and the tips they offer on how to thrive, prosper, and flourish.

Although it's still too early for planting, at least in my agricultural zone, my gardening plans and preparations are making me consider other ways to promote flourishing. For instance, as I remove the winter mulch and clean up leaves, branches, and debris from winter storms, I wonder:

- What remnants from the past (i.e. old habits, limiting beliefs) inhibit or weigh me down?
- What is it time to clear away?
- What's the best way to accomplish this?

As I put bone meal down to fertilize the spring bulbs that are beginning to sprout, I muse:

- What creative urges are yearning to break through the surface?
- What areas of my life are already showing signs of new growth?
- What can I do to foster development?

I'm delighted to note that my crocuses are beginning to naturalize—to spread into areas beyond where I initially planted. This makes me ponder:

- How can I increase the impact and broaden the reach of my efforts?
- What could contribute to growth in an easy, organic, natural fashion?

As you explore and commit to new ways to flourish, new pathways may open up for you. That's certainly been the case for me. I've been called to blend two modalities that I've been passionate about for years—coaching and Reiki—to create even more transformative results with clients. I've been weaving this into my coaching work, have been training others in Reiki, and will be offering my first Reiki retreat next month which

will include Reiki training and Coaching with Reiki training. I invite you to visit my new website www.coachingwithreiki.com to learn more.

I love to hear from you about what's helping you flourish!

Upcoming Programs

Reiki Retreat

Immerse yourself in the learning and healing of a Reiki Retreat in the tranquil setting of the Rolling Ridge Retreat and Conference Center in North Andover, MA. Enjoy the double labyrinth, meditation benches, and lakeside trails of this 38-acre Georgian estate. A delicious lunch, healthy snacks, coffee and tea is included. You are welcome to join us for one, two, or all three days. Enhance the retreat experience by booking overnight accommodations directly through www.rollingridge.org.

Dates: Friday, April 30-Reiki I
Saturday, May 1-Reiki II
Sunday, May 2-Coaching with Reiki Training

Time: 8:30 a.m. -5 p.m.

Place: 660 Great Pond Road,
North Andover, MA

Meals: Lunch, healthy snacks, and beverages included

Pricing: Reiki I - \$170

Reiki II - \$250

Coaching with Reiki I - \$90 - morning session

Coaching with Reiki II -\$90 - afternoon session

Save \$100 when you register for all three days for \$500.

Registration: Space is limited. Register early to reserve your spot.

Reiki Refresher

If you've already taken Reiki I or Reiki II, you are welcome to repeat the training as a refresher. Each refresher training is \$90.

Group Mentor Coaching with a BALANCED approach

If you are launching or wanting to increase your coaching business, this is the ideal group for you. Based on the premise that growing yourself is crucial to business success, this group will focus on business and personal growth as well as coaching skill development. The group will help you clarify your unique offering, attract clients, break through limiting beliefs, and gain confidence by recognizing and expanding your existing skills. This group meets by phone three Thursdays a month 8:30-9:30 a.m. Cost and commitment: \$200 a month for a minimum of three months with a one-time \$25

materials fee for *Success with Grace: Grow a Profitable and Fulfilling Coaching Business*, a 97-page practice-building workbook

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