

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 10, Issue #8, October 2010, *A Few Treats*

I'm always eager to share a few treats on Halloween, but since we live on a small cul-de-sac in a rural section of town, we'll be lucky to even have a handful of trick-or-treaters ring our doorbell. In order to share even more treats, I've decided to devote this issue to passing on some of the sweetest nuggets I picked up at the International Coach Federation conference this past week.

The opening session of the conference was lead by the Annesci Quartet, a string quartet from Paris. In this fascinating program, we learned how important unity, alchemy, mobility, interdependence, interpretation, listening, harmony, and expression of one's inner being are in an effective team. This holds just as true for a team of musicians, as it does for a family unit, or a work team. My favorite one-liner from this presentation was: "Even a bad idea is better than a doubt." What encouragement to conduct ourselves with conviction.

A few powerful questions which stood out from an excellent coaching demo led by David Matthew Prior and Dr. Terrence Maltbia were:

- * If anxiety is asking a question, what is it?
- * How would you know if you had secure footing?
- * Who's in the game with you?
- * What action of yours would speak louder than words?

I often learn best by doing and felt that the hands-on experiences of the Akido exercises led by Omar Ossés of Argentina helped me understand that when I am when centered, grounded, and not resisting, I cannot be moved. They also reconfirmed for me that I don't have to use force to get what I want. A pearl of wisdom from this session was, "Don't worry about how many times you fall down, it's how many times you get up that matters."

In Dr. Robert Biwas-Diener's session on Coaching for Strengths, he used the metaphor of a sailboat to help us understand strengths and weaknesses in a new way. As he explained, there's no such thing as a water-tight sailboat, there's always seepage or weakness. Since it's not going to sink the boat and really isn't worth bailing, it's best to ignore small amounts of seepage/weakness. When there is a substantial crack or hole in the boat, however, you have to take steps to repair it. You might even have to take the boat out of the water and put it in dry-dock to fix it. Working on these weaknesses will keep your craft from sinking, but this still won't help you move forward. It's only when you raise the sails, which represent your strengths, that you begin to go somewhere. It requires some skill to work with your sails/strengths. They are adjustable and you have to make modifications based on the prevailing conditions. It is possible to raise the sails too far, so you have to learn how to regulate them.

I was very encourage by some of the messages in the closing session with global futurist and trends expert Anne Lise Kjaer. Some of the major trends are towards wellbeing, meaningful consumption, whole brain thinking, a more connected society, thanks in part

to technology and always-on tendencies (this one worries me), new communities created from shared values, and a movement from “me” to “we.” A memorable quote from her presentation is, “When wind of change rises, some people build walls, others build windmills.” She also reminded us that “The future is not some place we go but one we create.”

I hope you enjoyed these different kinds of treats. Happy Halloween!

Upcoming Programs and Events

Reiki I Training – This first level of training awakens your natural healing abilities, allowing you to channel universal life force energy to enhance the wellbeing of yourself, others, pets, and plants.

Saturday, November 20,
North Parish Children’s Chapel
190 Academy Road
North Andover, MA location- \$160

Coaching with Reiki Teleclass Training -

In this teleclass series, you will learn multiple ways to harness the power of Reiki before, during, and after coaching sessions to create powerful results in less time and with more ease. You will:

- explore and practice coaching with Reiki
- learn how Reiki supports and strengthens coaching skills and your facility with the ICF Core Competencies.
- discover new possibilities for personally reaping the benefits of Reiki

Coaching with Reiki I

Mondays, November 8th and Wednesday November 17 12-1:15 p.m. Eastern - \$90

Coaching with Reiki II Training (via teleconference call) - \$75

One Monday, November 22nd 12-1:15 p.m. Eastern

Note: Coaching with Reiki I Training is a pre-requisite for this class.

To learn more visit www.coachingwithreiki.com

Are you curious about Coaching with Reiki?

Coaching with Reiki combines the ancient healing art of Reiki with the modern transformational tool of coaching. Coaching with Reiki can be done over the phone as well as in person. I do not charge my coaching clients extra to add Reiki to a session, it’s added upon request as a healing bonus.

Call me at (978)689-7446 to schedule a treatment if you are in the North Andover, MA area and would like to experience the relaxation of an in-person treatment. My rates:

45-minute in-person Reiki treatment \$60
60-minute in-person Reiki treatment \$75

You may add a one-time sample of Coaching with Reiki to your treatment for an additional \$25.

If you live at a distance and would like to experience Coaching with Reiki over the phone, I'm happy to offer a 20-minute sample Coaching with Reiki session.

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