

## Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 9, Issue #10, November 2009, *No Complaints, Only Thanksgiving*

I had a powerful realization last week while interpreting a card I'd made during a Soul Collage workshop. In the Soul Collage process you are invited to select pictures from magazines that appeal or somehow speak to you and create collages from them. The background image I chose was a beautiful Tuscan-type landscape. There were two invitingly empty Adirondack chairs at the bottom of a gentle slope. It looked like a scene from a Merchant-Ivory film. I chose a hummingbird image to superimpose on top of this idyllic image. I placed the bird in the upper right hand corner of the card. Later when I began to interpret what meanings these images might have for me, I realized the hummingbird was seeking something. It looked as if it was about to fly away from this sunny, tranquil scene in search of something else, perhaps a flower with delicious nectar. It made me realize how often this is true in life. We are so focused on striving for something we don't have that we often don't fully appreciate the beauty and the love that surrounds us. This realization is well-timed, for as I enter into this time of Thanksgiving, I now am more mindful of all the gifts in the present moment. I have no complaints!

Having no complaints is a new practice I've just committed to. Several months ago our minister sported a purple bracelet and mentioned in her sermon engaging in a "no complaints" challenge. It seemed like an interesting exercise but wasn't something I chose to take on immediately. Good ideas, however, don't usually go away. Later, I received an email promoting purple bracelets with the words "A complaint free world." The idea is to use the bracelet as a tool to break habits of complaining, whining, or gossiping. You begin by wearing the bracelet on one wrist and every time you catch yourself slipping up, you switch the bracelet to the opposite wrist. It helps you become aware of how frequently you complain and helps you shift your thinking and language into gratitude.

After my Soul Collage awareness, I thought I could make the shift from complaining to being grateful without the aid of a bracelet. I added the intention of gratitude to my [nurturing habits tracking form](#), but this hasn't been enough for me to break the complaining habit. So I placed my bracelet order last night. Wearing the bracelet will make a powerful public declaration of my commitment and will encourage others to help me stay the course. I can't wait for the package to arrive. They say it may take two to three weeks before shipping, which seems like a long time. But I'm not complaining!

In the meantime, I'm finding ways to be grateful, even for challenges such as holiday traffic. Please join me in heart-felt Thanksgiving and creating a complaint-free world.

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Recommended Resources:

<http://www.acomplaintfreeworld.org/> Learn about the 21-day Complaint free challenge and order bracelets and other resources.

<http://www.newleaftouchstone.com/bracelets/> If you want something snazzier than a silicone bracelet, Cindy Loughran, a coaching colleague of mine works with at-risk adolescent girls to create New Leaf touchstone bracelets for changing habits.

<http://www.soulcollage.com> Visit the website to get your own personal reading, find a local facilitator (I've worked with Deborah Fay D'Onofrio), and learn more about this powerful process.

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### **Upcoming programs: Group Mentor Coaching**

Two new mentor coaching groups are forming in the New Year. Groups are limited to 8 participants, so contact me soon to reserve your spot. If you aren't sure which group to join, let's schedule a call to explore what would best support you.

#### **Coaching Skill Development Group**

If you are looking to refine your coaching skills, whether in preparation for certification or simply in the pursuit of mastery, this is the group for you. This group provides in-depth exploration of core coaching competencies and coaching supervision. The ICF defines mentor coaching as "coaching on your coaching" and that's the sole focus of this group.

First quarter group coaching calls are Mondays, 1-2 p.m. on:

January 4, 11, 25

February 1, 8, 22

March 1, 8, 15

Cost: \$200 a month with a one-time \$25 materials fee for *Success with Grace: Grow a Profitable and Fulfilling Coaching Business*, a 97-page practice-building workbook

Commitment: minimum of three months

#### **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.

First quarter group coaching calls are Thursdays 9-10 a.m. on:

January 7, 14, 21

February 1, 8, 22

March 4, 11, 18

Cost and commitment: \$200 a month for a minimum of three months

Note: The ICF now requires 10 hours of mentor coaching for certification, 7 hours of which can come from group mentor coaching. Group members may add individual sessions as needed for a discounted rate of \$100 for a half hour. In addition, all group

coaching clients receive a 50% discount off any of my 2010 Get Clients Now!™ programs.

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