



LIFEWORK Coaching

NEWSLETTER

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For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

Life's Short ~ Play BIG

Last week, I was the keynote speaker at the Every Women Event hosted by the Greenville Hospital System. I spoke to more than 1000 women gathered for a day centered on "mind, body, and spirit."

I'd like to welcome those of you who attended this event as new subscribers to the LifeWork newsletter! I hope you enjoy our publication.

Whether you attended the Every Woman Event or not, I'd like to share my experience of being the keynote speaker at an event of this magnitude. What I really want to talk to you about is **S T R E T C H I N G** outside your comfort zone... *whatever that limit is for you.*

Years ago when I started speaking to groups, the prospect of speaking to 100 women was daunting. At the Every Woman Event, I spoke to a room ten times that size with cameras, special lighting, and two larger-than-life screens projecting my image. Not something I would have predicted five years ago. Not something I'd have accomplished if I hadn't kept stretching my limits... stretching and moving outside my comfort zone.

What about you? Are you someone who's typically willing to stretch past where you're comfortable? Are you willing to take some risk in order to get bigger rewards?

Or are you at the other end of the spectrum? Are you someone who doesn't usually take on bigger challenges? Maybe you tend to play it safe. Maybe you're a bit more cautious or fearful.

Either way, you might find that this edition of the newsletter is written just for you.

It's true... playing it safe typically gets good, solid safe returns.

Safe guarantees comfort and reliability.

Yet playing it big can lead to big rewards. There's nothing like being at the top of your game. It feels good. It feels right. *Everything* feels right.

When you play it big, you get an incredible boost to your confidence and belief in yourself! And when you believe in yourself... truly believe in yourself... the world is your oyster.

So, if you were to stretch outside your comfort zone and take on that big dream, what would it be? Go for that promotion... quit your job and return to school... start a business... write that book... jump into a new relationship, move, travel, or start a whole new phase in your life.

When you think of that dream you want, where are you in relation to your comfort zone? Are you stretching outside of it regularly, coming back to regroup and renew? Or are you hiding out... maybe even holding yourself back... causing yourself struggle and resistance?

Whenever we take on something new... something big... there's bound to be trepidation. How you respond to that trepidation makes all the difference in the outcome.

Are you so busy holding yourself back that you find yourself arguing for your limitations? Or are you courageously building your belief in yourself... becoming more successful with each successive challenge?

Notice if you expend energy holding yourself back. Notice if you spend time arguing for your fears and limitations. *You have to stop doing that.*

To be successful, you have to manage your self-talk. You can't be successful if you're painting an unsuccessful picture. It's absolutely critical to see yourself as thriving in this endeavor. Limit your self-defeating self-talk whenever it arises.

In fact, I find it very useful to see yourself as your biggest supporters and best friends see you. They see the biggest, best, most possible YOU!

When I can see myself through my friends or my partner's eyes, my view of myself expands... my view of what's possible enlarges. When I can see the best, I expect the best... creating a cycle of self-fulfilling prophecies.

That's why it's so critically important to "act as if." Act as if you belong in that new job, in that new school, in that business. Act as if... until you actually do.

Act as a successful person would. If she'd walk with her head held high, then do that. If she'd ask for what she needs, do that too. Act confidently, expecting the result you want. Take a confident body stance. Let the bodily feedback that emanates from your stance of confidence bolster your confidence even more.

Do what successful people do. Act as if you will succeed. Before you know it, you'll be *acting* less and *being* more.

Act as if you're the person your partner or best friend sees you as. Act as if you can do whatever you've set your mind to. Act as if the Universe loves and supports you and sprinkles blessings all over your life.

Act as if you're a child of God... star of the show... meant to have it all.

And then watch what happens.

From Our House to Yours... Two Courses that Could Change Your Life

***Are you ready to take charge of your life?
Are you ready to have a say in how your life unfolds?
Are you ready to learn how to do that?***

***Have you been thinking about making some changes?
Would it help to have structure and support to make those changes?***

Our teleclass, **Consciously Create A Fabulous Life**, might be just what you need.

(**Remember:** Teleclasses are done over the phone, by calling a conference line. You can dial in from any location!)

Consciously Create A Fabulous Life will help you get a clear sense of where you want to go in life. Then, you'll create a step-by-step action plan as to how to get there. You'll identify the practices that support you in achieving your goals and dreams and begin to incorporate these practices into your life. You'll also identify the habits that sabotage you and start to eliminate these self-defeating behaviors.

*This is an opportunity for you to experience firsthand the impact coaching can have on your life. **Imagine how different your life will be two months from now, if you invested some time and energy in yourself now.***

*Two months of group coaching – four sessions – plus an individual coaching session with a LifeWork Coach, Denise or Loyd, **for only \$99.***

Starting Thursday, April 20th from 6:30 to 8 pm.

To find out more... or to take the leap and create the life you want please [click here](#)

***Are you thinking more about building your business,
rather than your personal life right now?***

Are you tired of working hard, frustrated and unsure if you're taking the "right" actions... ones that are guaranteed to build your business?

Do you struggle to fill your practice and worry that generating clients or patients will always be a challenge?

Are you determined to get past what's stopping you, build the practice you've

been dreaming of, and commit yourself fully to do the work you love... the work you were meant to do?

Consider our upcoming teleclass, ***Positioning Your Practice***. It's the definitive sales and marketing program for women building service-based businesses.

This is a comprehensive, step-by-step business-building system that has been proven and time-tested on thousands of women in private practice or service-based businesses. *If you follow it, you will grow your business. Guaranteed.*

In this class, you'll move past any fear you have of sales and marketing. You'll learn how to create an easy, self-generating marketing system that produces a steady stream of clients... one that continues to work long after this teleclass ends. This is a foolproof system that will generate clients for you weeks, months, and years from now.

Starts Monday, April 24th from 6:30 to 8 pm

This eight-session class will be held over four months so you have time to incorporate all your new skills. A LifeWork Business Coaches, Denise or Karen will mentor you in the process. You'll receive a one-on-one coaching session where you can review your marketing plan or get help in any area where you're having a challenge. ***This class is priced at: two payments of \$198***

We'd love to help you create whatever it is that you want in your personal or professional life! Find out how you can be part of one of these two small coaching groups co-facilitated by Denise starting at the end of April.

[Click Here](#) to register or find out more.

Subscription Information

This free publication is produced monthly and features inspiration and strategies for building your career or business while creating more time, balance, and joy in your personal life. Your feedback is always welcome.

If you know others who would like to receive this newsletter, please pass on this issue so they can sign up.

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