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Subject: **Having Real Conversations**
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October 2007



News from Buoyant Life

Dear Lauren,

I hope you are enjoying autumn's beautiful colors and the cooler weather - I know I am! It's hard not to appreciate life and our time on this earth when the trees are a riot of color, the sky is as blue as the ocean, and everything seems to beckon us outdoors.

I'm trying to get outside as much as possible while putting in place many changes in my practice. You may have seen the special zero-cost session offer I put out recently - it won't be the last! You will be seeing various no-cost offers over the coming months. Each of these are ways for me to stay in touch with you and provide more value to you. I appreciate the time you take each month to read this newsletter and my other messages!

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. At the bottom of this page is a convenient [Forward Email](#) link.

Wishing you success, balance and freedom every day!

Sincerely,
Lauren

Issue: 10



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Blog Log



Recent topics on my blog include:

Having "Coeur"age

[Read on here...](#)

Having Real Conversations

Have you ever had one simple conversation that changed your life or turned your perspective on something inside out? A powerful conversation has an impact that resonates through you and sends ripples out into other areas of your life.

But many people usually feel they're having the same conversations, day in and day out, with family, the boss, colleagues, and friends. Routine conversations can be nice, comforting, comfortable. But they can also become frustrating, dull and even dangerous in certain circumstances.

For example, the "Hi honey, how was your day?" discussion can be a good way to connect with your partner at the end of the day, debrief and stay informed about each other's lives. But if those conversations don't ever go deeper, into real issues and topics, then you may be skimming along on the surface of the conversation, which can be dangerous to the long-term health of your relationship.

Similarly, if you are having the same discussions at work that you did 6 months or a year ago, how long before you burn out because you and everyone around you is trying to solve the same problem over and over?

If you think you're missing the "real" conversations, here are just a few questions to ask yourself:

1. What is the *most important* thing I should be talking about with this person?
2. What topic am I hoping he or she will not bring up?
3. If there is a problem, has it been named and given a voice?
4. Do I hesitate to ask the question that will cause a confrontation?
5. What are the implications if nothing changes?

Real conversations take courage. But when you embrace your own courage, the conversations can take place with heart, confidence and resolve. I invite you to read my recent blog "Having 'Coeur'age" on this topic.

Coaching invites you to have real conversations, deep conversations, with yourself on a regular basis. It can also help you have the robust, necessary conversations with others that will make a big difference in your life.

I invite you to start the conversation that you need to have, and I'd be happy to help.

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

Karma Corner

Monthly featured business

Support for pregnancy, birth, and postpartum. Education and classes, birth doulas, postpartum doulas, and massage.

[Harmony's Family](#)

Quick Links

[Free Sample Session](#)

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Coaching Question

What conversation do you really need to have?

What are you thinking, but not saying?

Parent with Intention

There are still a limited number of spaces left for the Parenting with Intention workshop coming up on Wednesday, November 7 from 6-8pm. Don't miss this fun opportunity to shift from reactive to proactive parenting! You'll love it!



[Read On...](#)

Events

Parenting with Intention Workshop - Wednesday November 7th

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals. [Find out more...](#)

Special Offer: [Bring a Friend](#) to an event and save 20%! [Find out more...](#)

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