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Dear Lauren,

I have some exciting announcements to make this month:

- If you know someone who is a "rising star" or a leader who doesn't want to join the ranks of the "burnt out," please let me know or put them in touch with me. I am expanding my coaching offerings to include leadership coaching. I have been an executive myself and have completed training in executive coaching. I now offer assessments, 360 degree feedback, time audits, and more in addition to coaching techniques. These are business-based tools to make leaders more effective, motivated and successful in all areas of their lives.
- Look for some special offers around leadership coaching in the following weeks.
- I have completed an e-book and companion workbook for job seekers and career changers ([How to Attract Your Ideal Job](#) and [Attracting Your Ideal Job Workbook](#)), and they are both available on the [Products and Services](#) page of the website. You will not find this tool for the job search anywhere else that I know of -- these documents show you how to use the law of attraction in a career transition! There are more e-books and workbooks to come...
- I am offering a new benefit for everyone who signs up for my email list - the choice of one of my e-books (right now that is limited to [How to Attract Your Ideal Job](#), but that will change quickly). When you forward my emails to your friends, you're offering them something free when they join the list themselves! If you are already on my email list and would like the e-book, just let me know and I will send you a complimentary copy.
- The Buoyant Life website was due for a spruce-up, and with the expansion of my coaching offerings, the timing was right. I hope you will [visit](#) and take a look at the new website!

As always, I invite you to forward this newsletter to everyone you



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Blog Log



Recent topics on my blog include:

[International Coaching Week](#)

[Read on here...](#)

Karma Corner

Monthly featured business

Do you want to support "green" companies and find ecologically friendly options?

Check out this healthy and sustainable business directory and lifestyle

think would benefit from and/or enjoy it.



Wishing you success, balance and freedom every day!

Warmly,
Lauren Still

Let the Leader in You Shine

What kind of a leader are you? (If you're thinking "I don't have 'Chief' anything in my title, this must not be for me," **don't stop reading yet!**)

I would venture to guess that everyone reading this is a leader of some sort. Do you manage other people? A household? Do you shape young minds or volunteer passionately for a cause? Stretch people around you to think differently, or move things forward even when they seem stalled out? You are a leader!

A simple definition of a leader is: *a person who guides or inspires others*. My buess is that each of you falls into this definition in some way.

We all need to embrace our inner leader, even if we don't often feel like one every day. By realizing how we influence others, we can embrace and take responsibility for how we may change circumstances, behaviors, even lives.

Here are some tips for letting your inner leader shine:

1. **Keep in mind the long-term vision.** What is the strategy behind your leadership? Where are you taking your business, team, household, or family?
2. Every day ask yourself **"What is the most important thing for me to do today** that will take me closer to my long-term vision?"
3. **Gather a support team around you.** Find people who complement your strengths and weaknesses. You cannot be all things, so put a winning team in place.
4. **Find people who will tell you the truth.** Every leader needs to hear things they don't like sometimes. Who will "tell it like it is" for you and challenge you to expand your thought patterns?
5. **Build capabilities** -- your own and those you lead. Who will take over some of your tasks over time? How can they build those skills in a supportive environment? What tasks do you want to take on, learn, or improve?
6. **Collaborate.** The decision may be yours to make, but getting input from others allows them to be part of the process and may provide some insights you would not have had otherwise.
7. **Be audacious.** In the business world, leaders often talk about "big, hairy, audacious goals." In other words, if you challenged yourself to think bolder, think bigger, think world-changing, what would your goals be?
8. **Have fun.** I think this one is self-explanatory!
9. **Stay true to your values.** When the work you do and the way you lead is in alignment with your core values, you have more sustainable energy, get in the "flow" and feel like your time and efforts are more meaningful.
10. **Don't be afraid to be complex.** If you allow yourself to explore many interests and talents, you will be more fulfilled

guide.

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Coaching Question

Where are you a leader?
How can you shine?

and happier in all areas of life. Avoid becoming one-dimensional. You can be a successful professional, an engaged family member, a contributing member of society, and a *[insert your hobby or interest]* enthusiast. Each will add texture and dimension to your success in the other areas of your life.

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

Events

Remodeling Mom Workshop - February 18 & 25, 2008

As parents we get caught up in our kids' lives and all the things we do for our families. But every once in a while we need to slow down and take a good look at what we're spending our time and energy on, compare that to our real priorities and values, and "remodel" our lives to take care of what is truly important. [Find out more...](#)

Parenting with Intention Workshop - next offered in March 2008

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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