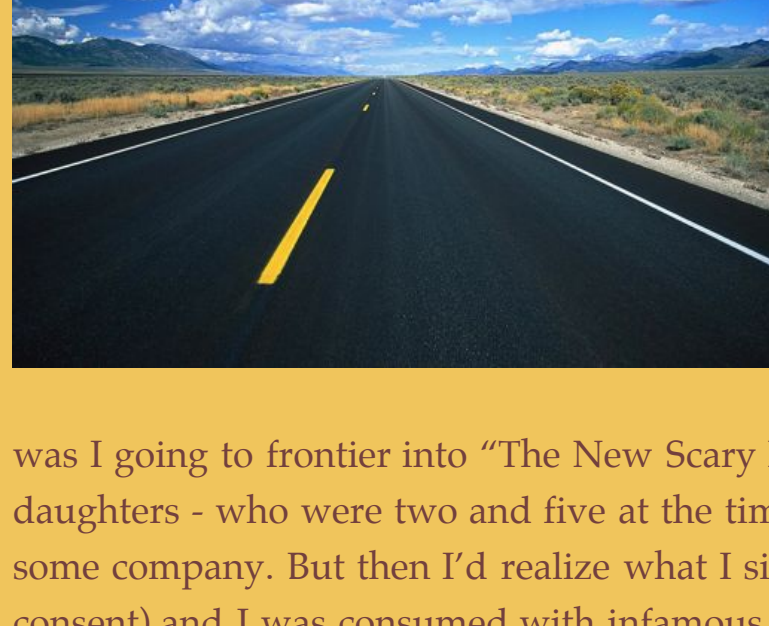




September 2, 2010



"WHEN IN DOUBT, PLAN A TRIP"

The summer of my divorce, the universe as I knew it shifted dramatically. If I couldn't stick to my highest intentions and promises that I believed would shape my destiny, who was I now? If the best friend, partner and playmate I had designed a life around was not in the picture, how

was I going to frontier into "The New Scary Place" completely alone? Oh yeah - my daughters - who were two and five at the time - were here, so I guess technically, I had some company. But then I'd realize what I signed them up for (quite without their consent) and I was consumed with infamous MOMMY GUILT. Truthfully, it is a miracle I didn't dash myself hard on the rocks of despair. If I wasn't blissfully hardwired as an eternal optimist, who knows the drug-induced-depressed fate that could have awaited me.

While I was the newly appointed "Master of My Soul", I was completely disoriented for the journey, because now I didn't have anyone to consult before I made all my decisions - the big ones and the small. And "the old me" was usually NOT one to make decisions easily or without taking great pains to gather a whole lot of information and process endlessly before arriving at "my final answer". Choosing which pack of gum to buy at the airport has almost caused me to miss a flight. And... I'm not really kidding.

So, as final as divorce was, the era of SOLO decision-making was upon me so I needed practice. I figured I should start with the fun stuff first and build up muscle....I needed to take a trip (after all this journey had started with a "honeymoon" so in my logical mind, it needed a "divorce-new-moon" to also mark the significant life change.) I needed a destination. I started my own mental checklist of questions to engage the decision making process...("English speaking? check. Safe? check. Beautiful scenery? check. Near Water? check) Ireland here I come! Other requirements? I have to be active so I needed a challenge....Biking - that works - I can cover some ground on a bike. And so the process started....

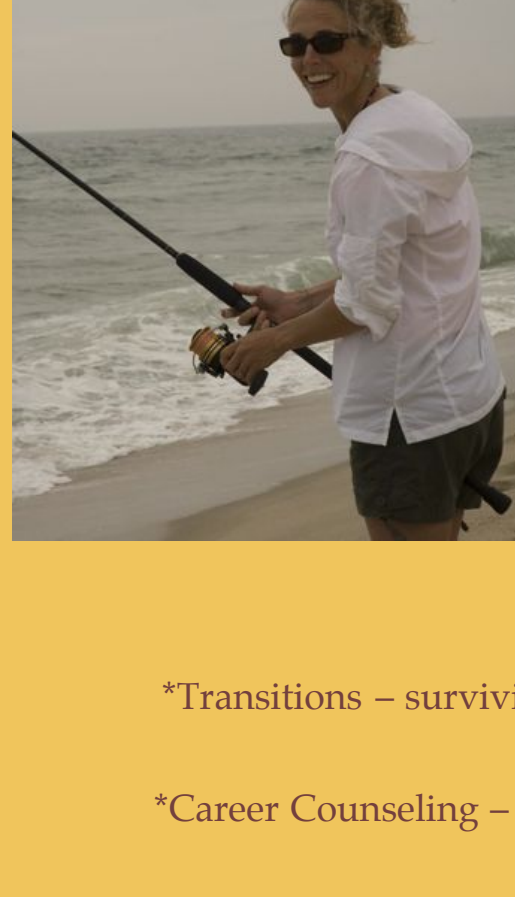
It seems simple, but underneath, I was learning to peel my own onion and get to what makes me TICK, what makes MY heart sing and what is the most fantastical use of my time, energy and money. And voila - an experience of travel, adventure and new found perspective that can be (and was) transformational. The critical point to be made is that planning a trip is a microcosm of planning a life - What are you consciously choosing to pack and what are you leaving behind? Who are the people you seek to spend and share the time with and who will drain your energy before you've even arrived? What is a good use of the time and what will leave me feeling unfulfilled? How much should I plan ahead and how much should I allow to unfold? What is my destination and how do I create a new map to get me there?



I have been working with a client who has been through quite a personal transformation since we started working together...she has specifically been working to heal emotionally from a broken relationship that ended in betrayal and left her reeling. She has made a personal commitment to her own self care and she is like a sphinx rising from the ashes. I am in awe and inspired by her journey and I am so excited that she is now planning a trip with a close friend - The "Eat, Pray, Love" miniature style - and she is putting such things into practice. She is asking what delights her soul and she is seeking it in earnest.

Of course we can't all go to Europe or Africa - maybe even a plane ticket or weekend road trip is out of reach. Work, family duties and money can definitely cramp our style and "tripping abilities"! Not to mention it is the END of summer when most of you feel like your "trip" is sadly over. But a "trip" only has parameters that you define and I encourage you to put some kind of "trip" on your horizon. I took a "trip" to hear a band I hadn't heard in 17 years this week when a friend's date bailed on her - I took another "trip" when I took 3 hours off in the middle of a Tuesday to turn off my phone and sit by a pool to lunch with a girlfriend. A "trip in the making" begins with that magic question you can ask when your feet hit the floor in the morning "Where do I want to go today...? What is possible?...?" and see what answers come. And don't ignore the crazy voice that might just have a really good idea or a complete deviation from the "norm". Just like rats in a cage, us humans like to know we have some rewards coming our way, it is a proven fact that we even perform better when we are able to anticipate a reward within sight. What are yours? And - the lessons to be learned about your own life - and what it is saying to or about you could just be messages that need your attention. What can you learn about yourself and your life in the planning of it? I challenge you... PLAN A TRIP and see.....Write to tell me about it at letsrise@yahoo.com

Who Is Sydney?



Sydney holds a Masters in Counseling and is a NJ certified School Counselor. She received a Certification in Life Coaching with the Life Purpose Institute in 2009. She is the Executive Director of Girls on the Run NJ (self esteem fitness program for girls) and works part time as a School Counselor. In her 25 years of professional experience, Sydney has worked as a teacher, therapist, community advocate, and seminar leader. Many of her clients are women who are in transition who are seeking support, empowerment, and perhaps a new or different direction. Having worked on both sides of the "therapy chair" as client, counselor and now coach, Sydney has relevant personal and professional experience with a range of issues that include:

- *Transitions – surviving them, finding the “beauty in the breakdown”
- *Career Counseling – starting your own business, finding your passion
- *Divorce, Dating, Relationship Counseling
- *Parenting, Couples, Family Relationships, Aging Parents

Sydney is a client-centered Life Coach who practices “benevolent eclecticism” and draws upon a variety of techniques and exercises that enables individuals to feel both supported and challenged to live more authentic lives that align with their core values.

“Life coaching sessions with Sydney is the one of the best gifts you could give yourself or someone you love. My life has changed in the most wonderful and unexpected ways since I’ve started working with her. Sydney has helped to enable me to make changes in areas of my life (both big and small). She is a thoughtful, creative, motivating coach and I’m incredibly grateful to have her support, encouragement and insight.” -Katie D

What Is A Life Coach?

A coach is a professional who supports, empowers, and challenges individuals to help them realize their personal or professional goals. The coaching relationship is a partnership relying on a high level of trust and connection between coach and client. The coach helps the client clarify their own agenda and supports them in creating and following through on a strategy to achieve their goals.



Groups Forming This Fall!



*** PLEASE forward this information to a friend!**

Please call Sydney 862-223-9054 or email her at letsrise@yahoo.com if you are considering joining any of the below groups.

NO OBLIGATION until after the first meeting to ensure that all members have their needs and expectations met before making any

commitment.

"Get Your Groove Back"

Back by popular demand, this group will be meeting MONTHLY (Monday evenings) starting in October. Group will be focused on helping women gain support for their goals in a coaching-facilitated, encouraging atmosphere. If you have ever been coached, considered getting coaching or need help staying motivated and accountable, this group is for YOU. Goals can include personal, relationship or career direction.



This group WILL be a closed group after one meeting so please email Sydney at letsrise@yahoo.com if YOU or SOMEONE YOU KNOW may be interested. Group members will also receive individual coaching at least once/month outside of the group. **FIRST MEETING - Monday 10/18 7:30 - 9:30pm in South Orange.**

“I participated in Sydney’s “Get your Groove Back” group workshop in January 2010.

She expertly facilitated the group, helping each of us identify the values in our lives that we wanted to evolve. As a result of Sydney’s coaching, I validated how important it is to devote time to reflect on my life’s desires and apply specific actions to make fulfilling life changes.” - Laura I.



"Crazy Time"

Support group for women going through a divorce/separation. This group will be a safe and supportive place for women who are going through this to come together and share but also to "get coached" around their new direction, new decisions to be made, and have support along the way. We will do a self-study with the book "Crazy Time" and participants should expect to gain a greater sense of confidence and clarity during this time of confusion and dismantling. Focus will be on re-building of self and how to take action to move forward in a positive, supported way. This group will meet on Thursdays during school hours - time and first meeting TBA - frequency of meetings TBA by members.

"Systematic Technique for Effective Parenting (STEP)"

This group will be meeting 6 consecutive FRIDAYS starting October 15th (during school hours - exact time TBA) Group will be supportive but also a learning/working group with a "tool box" for parents of teens to use to improve their relationships/ communication with their teen(s). **FIRST MEETING - Friday 10/15 @ 1:00-2:30 in South Orange**



Topics will include:

- Understanding Beliefs and Feelings
- Encouraging Your Child and Yourself
- Listening and Talking to Your Child
- Helping Children Learn to Cooperate
- Discipline that Makes Sense
- Choosing Your Approach

“Sydney creates a relaxed and supportive environment, encouraging group members to participate fully in the growth process. A very real sense of camaraderie developed among our group as we began sharing our parenting challenges. Drawing upon her background in psychology, counseling, and experience as a mother herself, Sydney provided valuable insight and guidance. Everyone left each meeting with practical strategies to try at home. Personally, I found that the implementation of these strategies brought about immediate- and very positive- results!” - Kim G.

Contact Sydney!



Sydney Davis
Life and Career Coach
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<http://letsrise.org>