



Let's Rise Life Coaching

Upcoming Schedule of Events

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OCTOBER is here and many groups and workshops are forming....Please see the attached ("[Crazy Time Flyer](#)") for anyone who is going through a DIVORCE/SEPARATION. Please forward this to anyone who may have an interest in joining us...they should email Sydney @ letsrise@yahoo.com or call (862) 223-9054

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A LITTLE ENCOURAGEMENT GOES A LONG WAY

[Girls on the Run](#) trains girls to run a 5K but the work UNDER the surface is what is most important. The program is breaking down a girl's pre-conceived ideas that she isn't "good" or "fast" enough and gets her across a finish line. Many of the girls are convinced they can only run one mile, not 3.1 and most are shocked when they surpass their own limitations and "break the window" of self-doubt. The finish line is an emotional experience where physical anguish, tears of victory and giggles of a newfound pride all come together in one exciting moment. They accomplished something they weren't sure they could do - in short, they LIVE the message from the book "[Feel the Fear and Do It Anyway](#)".

About 8 years ago, I wanted to challenge myself to walk in the same shoes as these girls; to go have an experience where sheer will and determination trump the loud voice of "I CAN'T" and prove that attitude is everything. After all, if this was what I was going to preach and believe in, I figured I should put my money where my mouth was and make it true for me. I needed my own finish line experience of proving myself wrong. So, I found a goal that I thought would be impossible for me - and signed up for a triathlon. It seemed like a challenge that would take

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me out of my comfort zone and into "Girls on the Run" territory. Sure, I showed up in my tank-top and didn't have ANY of the proper equipment, my bike weighed more than most who were leaving me in their dust...but, I crossed that finish line and shared that sense of wonder at what I can do with my own strength and focus. Now I could relate to these ten year olds who had no idea what was inside of them....but were brave enough to try to find out.

Fast forward - there is rust on my bike and the triathlons I did are becoming faded memories. The string of doing them lasted about three summers and like most good ideas with momentum, I started making excuses, let "life" get in the way and just stopped. So this winter, when my ankle was broken and we were buried in snow, I was shocked at my own reaction to an email from my friend; "Danskin Triathlon registration opens today..." OK - game on.

My swim and run shape is far better than my bike - I detest speed and am the biggest chicken on any downhill in anything that moves faster than a slow jog. So when I get out my "speed bike" I instantly feel my stomach starting the cartwheels. The brakes are harder to reach, the tires are thin and I'm so uncomfortable I want to put it back in the garage. While riding down a hill, I was so afraid I was going to fly off the front, that I think I actually felt my teeth chattering - my TEETH. Bad enough that I KNEW better - that I knew cognitively, I had nothing to fear - that just made it worse. Especially since claim the title of "athlete" and covered thousands of miles on my spin bike. These thoughts were making it more painful and my fear so much more alive. Oh wait there was one more thing...

For the sake of saving a marriage, lets just say I was riding with my friend named Max. And while he was well-meaning, EVERYTHING Max said was either instructional or worrisome - or maybe just pointing out the obvious but all I heard along my death ride were things like; "That isn't how you signal a turn..." "Your face sure is looking tense, are you ok?"..."Wow I thought for sure you were going to hit that car!" The remainder of the day Max told me how much more efficient I could be if I used clip-in pedals and kept asking "how can you go to SPIN class but be so afraid on the road?" (um - let's see...2 words come to mind...cars and pavement)

Once back in the comfort of the driveway, I stopped shaking, shut the rattling teeth and realized something. Like we say to the girls, ENCOURAGEMENT goes a long way. A LONG way. I literally needed just once to hear Max say "Looking Good" or "You Got THIS" - A "You are SO Brave"

might have even helped me get up to a whopping 2MPH on the decline. And I realized.....how Max was talking to me is likely how I talk to my own kids - and husband - eeks maybe even my friends? ALL DAY LONG. And I do it in the name of helping them or improving how they are doing something but I don't say it in a way that means and REALLY says "just what you are doing right now, in this moment - just how you are choosing to do it - is fantastical and ENOUGH" - I realized...I am MAX!

So, in any way you can, try to be a voice of encouragement to someone who needs to hear it. Take off your 'expert" or "advice" hat and put on the "encourager" one instead. Send an email to a friend or family member that is a "just because" email and tell them what you notice and love about them - Notice how your child is doing something and say "that is just so great" without correcting, improving or questioning their process. And if someone is taking on something that you know is tough for them, pick up the phone and call them and say "YOU are brave and you CAN do this". Seriously, a little dab will do ya and do wonders for the receiver. "Encouragement - The act of giving support or approval to someone". Is there anything more sacred or important to do?

(If you'd like to learn more about PARENTING with encouragement, register today for the STEP parenting class starting this month.....)

Life Coaching

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.

Sydney works with individuals in person or on the phone.

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