

Subject: News from Let's Rise Life Coaching

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March 1, 2011



Let's Rise Newsletter

In This Issue

["Wonder Wear..."](#)

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WONDER WEAR



Conflict with someone you love or even within yourself can lead down a road of no return. Oftentimes, we are playing a role of villain, victim or hero and can't make a shift to get un-stuck from the drama. It may sound something like this:

Alice: Why are you pouting when I'm in a good mood to go out and have fun? You are such a stick in the mud (*Villain*)

Bob: I work so hard I don't have time to enjoy myself any more (*Hero/Victim*).

I told you I didn't want to go to this party tonight and here we are going anyways (*Victim*). You don't care about my needs one bit - you're completely insensitive and selfish (*Villain*)

Alice: Fine - I'm going to the party without you (*Victim*). And if it is time you need, why don't I take the kids all day tomorrow... (*Hero*)

Bob: Great - I'll give you a ride to the party and I'll stay home and get this laundry done (*Hero*)

This "triangle dance" (*villain-victim-hero*) can go on for a very long time...until someone makes a conscious choice to turn it around. A shift-move can be as simple as one of the following:

A DEEP BREATH - Most of us don't spend enough time concentrating on belly breaths - taking air all the way down into the depths of our bellies. Think of your brain waves and breath waves as having a symbiotic relationship - they have powerful influence over each other and constantly try to stay in harmony. So, if you are upset and your brain waves are on over-drive and you can slow and control your breath, the brain waves will calm in response. An act as simple as ten deep belly breaths can change everything...even if only buying some time to clear the fuzz. For more information about the benefits and instructions on deep breathing, go to

www.livestrong.com/.../136646-why-does-deep-breathing-calm-you-down/

CONSCIOUS COMMUNICATION - Using phrases that lead to open, healthy dialog instead of "killer statements" that take things into that negative spiral of blame, sarcasm, defensiveness, and power struggle. I like to use the term "Wonder Wear" for these phrases because they invite personal responsibility and allow for honest sharing. Phrases like "Help me understand....", "I wonder what we both need to learn from this....". Wonder-wear works for inner conflicts or blocks we have going on internally as well..."What is underneath my strong reaction here?"..."I am not letting go of this guilt - I wonder what I need to forgive myself..."

DIRECT DESCRIPTION - Identifying your feelings and where you are experiencing them in your physical body sensations. "My entire stomach is in knots and my mouth is dry. I'm feeling anxious and upset and have a lump in my throat. What's going on with you?" If nothing else, it gives you a chance to calm down and name what is real and happening in the moment before emotions take over.

The concept behind Wonder-Wear is to imagine that you can transcend the scene of the conflict and stay in charge of your resources. The definition of wonder is "to have a feeling of awe or admiration; to marvel". If we could stay in this place of wonder instead of judgment, blame or denial when it comes to our feelings, it could mean a powerful transformation. It could be quite *wonder*-full. Makes one *wonder* about the possibilities...

To learn more about choosing how to be present and conscious in your communication, please consider attending the

**"Change Your Wonder-Wear" workshop on
March 20 1-3 pm in Maplewood**

@ Bodies in Motion

click here for [WonderWear Workshop flyer](#)

GROUPS IN MARCH

registration is open...

"STRAIGHT TALK" - Assertiveness Training for girls in grades 3 - 5 - meets 4 Mondays in March. 3/7, 3/14, 3/21, 3/28 (meets 4:00 - 5:30pm) Cost: \$175

* learn the difference between passive, aggressive, assertive behaviors

* examine their own behaviors in personal situations

* devise a plan to change unwanted behaviors to acceptable one

"GIRL'S WORLD" - FOR MIDDLE SCHOOL GIRLS!

Helps girls in grades 6-8 raise awareness, develop empathy, teach healthy conflict, explore feelings and promote a positive change in female friendships. 4 Mondays in March. 3/7, 3/14, 3/21, 3/28 meets 6:30 - 8:00pm Cost: \$175

"CONSCIOUS PARENTING" -

Using the S.T.E.P program (Systematic Techniques for Effective Parenting), discussions, role plays, and a handbook help parents gain confidence. Topics include: Understanding Beliefs and Feelings, Encouraging Your Child and Yourself, Helping Children Learn to Cooperate, Discipline that Makes Sense; 4 sessions (Fridays) - March 4, 18, 25 and April 1 12:45 - 2:15 COST: \$168 + book fee \$15 click here for [Conscious Parenting Flyer](#)

TO REGISTER FOR ANY UPCOMING GROUP:

email Sydney @ letsrise@yahoo.com or

call (862) 223 9054

"Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."

- Henry David Thoreau

**Save
\$10**

Give the GIFT of a LIFE COACH to a friend or family member! 1st session is FREE, order 4 more sessions and save \$10 if you purchase by April 1. Go to www.letsrise.org or call (862) 223-9054 today!

Offer Expires: 04/01/2011

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