



Stop and Reflect

Issue: # 161

January 2014

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LIM Supporting Indigenous Rights



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Coaching Teams for High Performance



Dear Reader,

Endings and beginnings.... They provide a good terrain for reviewing where we have been, where we want to be, who we want to be, and how we want to live our life! Thanks God for these opportunities, otherwise we would be rolling from one task to the next, forgetting we are in the driver's seat of our life.

Enjoy the thinking!

(And check out the **Quote of the Month** at the bottom - inviting you to Stop and Reflect...)

STOP DOING MORE AND BETTER

By Isabel Rimanoczy

I haven't talked to a person for as long as I can remember who didn't live under the pressure of increasing expectations and the increasing lack of time in which to meet them. Some people complain, others simply report on the pressure. And then there are those who recognize themselves when they hear others commenting on the demands of every day modern urban life. "Yes, I feel the same way!", or as a young professional recently responded when I mentioned how hard it is to ponder what we want out of our life, when we're constantly running to perform and meet deadlines. We

Find out more about the powerful design to become a [High Performing Team](#).



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Stop and Reflect

Editor: [Isabel Rimanoczy](#)

Co-Editor: Tony Pearson

Start the Day with a Breath of Fresh Air



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can only determine the direction we want to go if we pause, I reflected, and he added, " No one needs that more than me!"

The expectations are both external but also internal, of course. The availability of time to complete what we tell ourselves (and others) we will do, is not shrinking because of some cosmic acceleration but rather because we try to pack more things into a day. Multitasking and giving insufficient attention to several things at the same time don't always bring us the expected results, and we often have to do things twice because we gave inadequate attention to the issue the first time.

Many corporations are starting to understand that employees have different levels of stress-tolerance, but at the end of the day all pay the price of this trip on the treadmill. Those organizations who realize this, are developing creative ways to help individuals get more balance. Google has a gym, a swim-in-place swimming pool (a narrow pool with a strong current that flows in one direction, and employees swim against the current, staying in place), billiards, ping pong tables and videogames.

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We want to hear from you!

[What would doing less and differently mean for you?](#)

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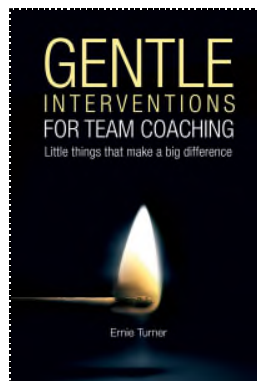
What are the mega-trends that will shape our world in the next 50 years?

Henk Campher, SVP, of the PR corporation Edelman identifies four trends that he believes "will make most of what we think is important today silly and obsolete". [Read more](#)

Give yourself a little gift

Dancers around the world

It's Out!!



GENTLE INTERVENTIONS for TEAM COACHING **Little things that make a BIG difference**

Have you wished there was a book with simple tools, that you could just read and try out next morning with your team, and that would be so powerful that it would qualify for the "best of the day" for everyone?

Wish no more and check out Ernie Turner's latest book with stories and tools that are powerful, simple and fun. [Click here](#)

QUOTE OF THE MONTH

Would you like you, if you met you?
Tegan and Sara

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