



Dec 2024
Issue 8

Transformational Living

In the Company of Elders Retreat

Join us for a 4-Day retreat of exploration and revelation in beautiful Colorado!

Welcome to a gathering of experienced and thoughtful Elders — Men and Women ages 50 years and greater.



In this communal space we will share the wisdom we carry, our life experiences, and support each other on our life journeys.

This is a rare experience and is limited to only 12, so don't hesitate! Only have a few spaces still available so **REGISTER NOW!**

For more information, **visit our brochure.**



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Still Interested in Your Compelling Stories!

In the near future, I am planning to publish a new book called *GULLIBLES TRAVELS*. (If you're under 40, chances are you may have never read or even heard of the book, *Gulliver's Travels* by Jonathan Swift).



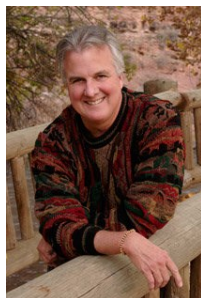
Therefore, my 'play on words' needs **your** stories about times when you were gullible, duped, conned, cheated, fell for a fake promise, etc.

Your stories can be about relationships, sales traps, timeshares, politics, and more. If you prefer to NOT list your name with the story, you can use two initials or 'anonymous'. Below are a few simple guidelines I'd like to offer:

- a) 1 - 2 pages in length
- b) Incident
- c) What happened
- d) Outcome or learning
- e) No definite timeline; the sooner you can get us your story, the better

If you would consider contributing your story for my new book, please submit to support@gulliblestravelstories.com.

Thank you for your consideration!





EMOTIONAL LITERACY ACADEMY

This program is for you:

IF . . .

- You are a Coach, Counselor, or Consultant
- You are looking to add “Emotional Literacy” to your professional and personal toolbox
- You see the value in becoming more emotionally literate

OR PERHAPS . . .

- You’re seeking a personal reinvention.
- Your peers are making choices you feel you can never choose. To do so would be giving up/selling out.
- You’re looking for a way to break free and stay true to who you truly are.

Why should I get the Emotional Literacy Academy Certification?

1. Help your clients learn how to appropriately incorporate and communicate their emotions with the right people at the right time.
2. Receive certification to list on your website or social profiles.
3. Listing as a certified Emotional Literacy Academy Professional.
4. Referrals for individuals looking for an Emotional Literacy coach or consultant.
5. Access to the Emotional Literacy Academy community.
6. Office hours with Dr. Patrick Williams, if you get “stuck”.

12 LIFE CHANGING MODULES

Click below to watch Dr. Pat’s short video



Dr. Pat Transformational Living.mp4

How do I get certified?

Complete the Emotional Literacy Academy online courses and the short examination. The “Emotional Literacy Academy” was formerly known as “Conscious Living Mastery” but has been updated for the new certification. You can [find the courses here.](#)

IS WORK-LIFE BALANCE A MYTH?

Do you think of work-life balance as a mathematical equation to solve?

Does it feel impossible to solve it?

There's a good reason for that: it's not about achieving a perfectly balanced equation at all times.



In my 25-plus years as a coach, author, and mentor, the topic of work-life balance for colleagues and clients alike is often discussed. Personally, I encourage people to use a Life Balance Wheel to examine their own state of “balance” – clients break down the two categories of their life, personal and business, and rate their satisfaction with each.

And then my clients often make a misstep...

Work-life balance isn't a tidy pie chart.

When my clients rate their satisfaction with either their work or personal lives, they have a tendency to seek an equal balance on either side of the equation. $5+5=10$ and 10 is the magic number for a happy, fulfilling life. Right?

Wrong.

I learned that a perfectly balanced equation is a fleeting concept...and one we shouldn't be seeking. And this realization was made crystal clear when I met an acrobat.

Here's how it happened...

My wife and I attended a performance of Cirque du Soleil – Cavalia Odyssey – in Denver, Colorado. A tribute to the relationship between humans and horses, the show involves gravity-defying stunts on horseback. It's absolutely dazzling. I spent the first half of the show asking myself, “How do they do that?!”

During the intermission, we joined the throngs in the lobby to peruse the souvenirs for sale and encountered one of the performers perched on impossibly tall stilts. I couldn't resist...

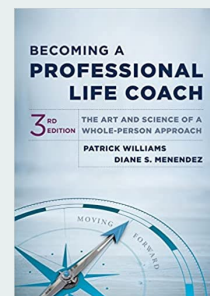
I told him that I was so impressed by the abilities of all the performers. I was a life coach who was dedicated to helping his client achieve balance in their lives. And I was awestruck and inspired by their balance.

He replied, in his thick French Canadian accent, obviously monsieur, you were not paying attention...we only achieve balance momentarily...we are in a constant state of motion!

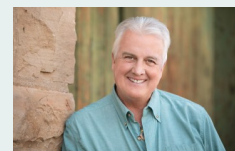
Work-life balance is a constant state of motion. People who aren't seeking a “high number” when self-assessing their sense of balance between the two worlds they occupy have found satisfaction in the imbalance.

Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach | 3rd Edition

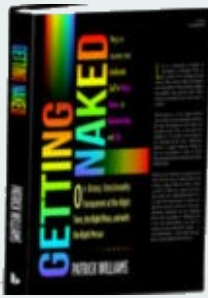
by Dr. Patrick Williams,
Ed.D., MCC, BCC &
Diane S. Menendez



Full of new information on the neuropsychology of coaching, this new edition explores the neuropsychology behind coaching; specialties in the field, such as trauma and addiction coaching; coaching amid post-pandemic global stress; coaching virtually; navigating emotions in coaching; and achieving transformational coaching by addressing the whole person. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. This book is one-stop shopping for beginner and advanced coaches alike.



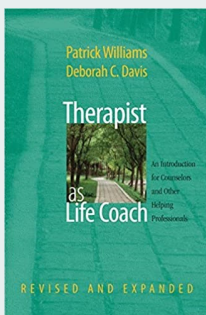
IS WORK-LIFE BALANCE A MYTH? (CONTINUED)



Satisfaction is relative. And more than anything else, it's a measure of the energy and focus you dedicate to whatever you're engaged in at the moment...enjoying the brief moments of balance in between the times of instability.

If you're constantly seeking a level equation, how will you risk starting a new business, proposing to your partner, starting a family, moving to a new city or country?

A life of fulfillment and stimulation will come with some days, weeks, potentially months of uncertainty and imbalance. You're not looking for an equation that always adds up to 10. You're looking for moments when your motion results in a state that brings you satisfaction...knowing that it is ultimately fleeting. Something is going to pull you off-center.



This approach will make you more resilient in the face of change, and also help you adapt to changes in your life over which you have no control. When you accept that there will be challenges thrown your way and you accept that you'll have a time of uncertainty before things settle again, you'll be less impatient for the settling.

Nurture methods for managing when your work-life balance is too off-kilter.

Change is inevitable. Growth is optional.

When you're in pursuit of work-life balance and it seems too elusive for comfort, be sure you have a centering place to regroup. This can take a couple of forms:

Activities that bring you peace – yoga, walking, meditating, tai chi, reading.

Checking in with a committed listener – talking to the confidante, counsellor, coach, or therapist in your life who can guide a conversation about your struggles.

These times of imbalance are also times for learning, so take the time to pause, reflect, and breathe. And figure out some action, some phrase, some focus point that can act as an instant center for those times you are suddenly thrown off balance. Your coach or therapist can guide you with that project.

Once you see your quest for work-life balance as a fluid state of adjusting to competing energies you'll be more settled and satisfied. Think about the ways you seek balance now...and new methods you can use to achieve a balance that always surfaces, despite the inevitable imbalances life will throw your way.

Until next time . . .

Dr. Patrick Williams

