



G is for Gratitude for a Broken Ankle

Helping Leaders Find Their Voice, Take Action, and Get Results
Training and Coaching Services for Leaders and Managers in the Middle

Welcome,

Physical pain is one of the biggest fears I have. Three months ago a dramatic fall made me look like road kill sprawled out in the middle of the road. I broke my ankle, it was painful and I was grateful the next day. Really, I mean that. I've noticed that the longer I take to accept painful events, the harder it is to move forward. And "accepting" doesn't mean I like it or would want it to happen again. I do not like being awkward and moving slower, but it opened my eyes. Being grateful and finding the lessons or insights is one way to accept them and move forward.

For leaders learning, taking action, accepting responsibility, and implementing appropriate consequences is an integral part of dealing with difficult situations and projects gone wrong. Leaders who blame, finger point, and find excuses don't inspire or motivate and nobody wants to work with them!

In this issue find out about two free 1-hour webinars - "Gratitude in the Workplace" and "If Only: They Would Run the Place." If you can't make either of those webinars, sign up anyway and you'll be able to receive the material afterwards. There is also a book review, and a new section called "Recommendations." My first recommendation to you is for Susan Osborne - an amazing Image Consultant.

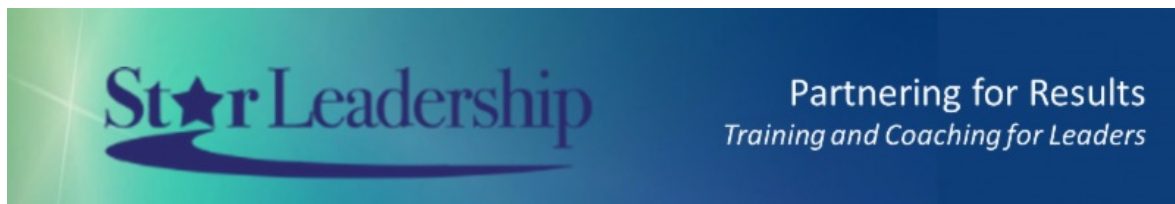
Gratefully yours,

Star

Star Leadership

Speaking, Training, Coaching for Middle Manager, Top Performers, High Potential

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G is for Gratitude

Gratitude is my religion. Even when it's been a difficult day, the gifts of being alive and having my eyesight might be what I'm grateful for that day. Being grateful is an approach and behavior that can be learned and lived. Gratitude can allow pain and failures to become accepted realities, offer insight into lessons learned, and create a path forward. Here are my lessons learned that helped me with my broken ankle:

1. Focus on the Urgent Important:

My goal was to be able to run a 10K again. Out on a run, I tripped and found myself airborne at dusk rolling down a curvy hilly road. I did a double roll, banged up my knees, elbows and hands. I ended up in the middle of the road. I didn't think I could get up. The next car driving by that didn't look down would have hit me. Conjuring up an image of rolling down a sunny grassy hill as a kid, I moaned and rolled myself off to the side, using my upper body. Getting out of that road was my "Urgent Important"! **What is the most Urgent and Important thing to do Now, in the next Hour, Day, Week, Month, Year?**

2. Ask for help:

I was a quarter-mile from home. I had my phone. I didn't know how much damage I had sustained; I suspected lots - it hurt! Being stubborn and not liking to ask for help, I tried to get up and walk home. I could not put any pressure on my foot. I phoned for help and haven't stopped asking since! I am grateful for everyone who has been taking care of me. **What do you need to ask for help with?**

3. Trust yourself:

I knew it was a break. My partner is a determined opinion-giver and tried to convince me it was only a sprain. The next morning x-rays validated it was a break. My doctor's suggestion that I listen to and feel the pain and trust myself about how much pressure to put on my ankle during the healing became my mantra. **Are you listening to yourself and what are you saying?**

4. Karma:

I moved to New Hampshire two years ago. The week before I broke my ankle I finally found a primary care physician, signed up for a quality health insurance plan, stored my sister's crutches in the basement, and put David Bowie's new CD "Blackstar" in my Amazon queue to purchase for my birthday in a few days. I'm grateful I had crutches, a doctor (and so didn't need to visit the emergency room), an excellent health plan, and I'm alive on my birthday (though, sadly, Bowie is not). **What are you grateful for?**

5. Learning Always:

A whole new world opened up in front of my eyes. Simple things like driving and dressing were challenging. I caught a tiny glimpse of what it meant to be disabled, and appreciated and learned how to navigate automatic door openers, curb cuts, disabled parking spots. I learned that "handicapped" is not a word people with disabilities prefer to have used when describing them. I was disabled and got a disabled parking tag. **What do you need to update and learn to navigate easier?**

Breaking my ankle slammed me back into ramping up my gratitude practice, for which I am grateful.



Recommendations

Susan Osborne, Image Consultant and Make-over Advisor

Susan is someone I'm grateful for. I have used her services and highly recommend her. She helped me look my best for a speaking event.



As a person who inspires trust, Susan helps people authentically reflect their skills and inner selves on the outside so they can confidently dress in a way that's meaningful, exciting and appropriate for them. A real teacher at heart, Susan's coaching allows professionals to learn how to curate their own unique personal brand by identifying a style, and make the right clothing choices to build a gratifying wardrobe - one that empowers them to feel confident about the way they look every day.

Susan's services include Style Consultations, Corporate Training on Professional Dressing, Closet Audits, Color Analysis, Personal Shopping, and Makeup Lessons. To learn more about Susan and her business, Be Image Consulting LLC, [check out her website](#) or email her at susan@beimageconsulting.com

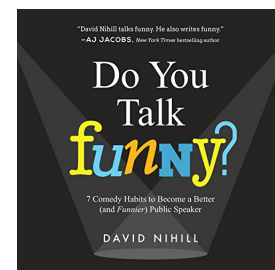
Five Star Amazon Book Reviews

Do You Talk Funny?

7 Comedy Habits to Become a Better (and Funnier)

Public Speaker

By David Nihill



Once upon a time David was so scared of public speaking he drank a lot of beer. His fear was so crippling and it didn't fit his personality. But David was the type of guy who faced his fears. This is David's very funny story of his journey to become a better public speaker and how you can, too. It's current, side-splittingly funny, and educational. His mission is to rid the world of boring content one presentation at a time, and to ease the laughter drought.

[My review](#)

Upcoming Events

Webinar:

Leaders using Gratitude in Business

Free - 1 Hour: Thursday, May 6, 12 - 1 ET

To register [click here](#)



What does it mean to be grateful in the workplace? How can a practice of gratitude be used while balancing the need to take action, accept responsibility, and deal out appropriate consequences? When using gratitude for difficult situations and projects gone wrong, it can replace the behaviors of blame, finger-pointing, excuse-making, and will inspire or motivate others.

Webinar:

Managers: If Only, They Would Run the Place!

Free - 1 Hour: Thursday, May 17, 12-1 ET

To register [click here](#)

If only Peter didn't make people cry, or Paula didn't shake like a leaf when presenting to executives. If only Cynthia knew our products better and Pat could deliver consistent results. "If only" is the starting point for high-performing managers who want to create a plan and take action for being more balanced and moving ahead.

Speak the Language of Business and Results Will Speak for Themselves

[Midwest Coaches Conference](#)

Indianapolis, Indiana: June 23-26, 2016,

Coaches who speak the language of business will be hired faster and have more follow-on business than those who don't. Business managers who squirm at the "touchy/feely" will relate comfortably to coaching when presented in terms (ROI) and frameworks (life cycle) they understand. This session will describe how to use integrated project management, business and coaching tools to create a marketable, powerful and effective comprehensive coaching program.



Speaker

[MassBay Project Management Professional Conference](#)

Norwood, Massachusetts: September 16, 17



About Us:

Star Leadership offers coaching, training and consulting



services for High Performing, High Potential Leaders and Managers in business. What makes Star Leadership unique is the focus on measurable goals and delivery of proven results in the areas of communication, leadership and teams. Our approach is direct, results-oriented and geared to the bottom line. We are able to quickly map, translate and align your broader vision to the concrete details of skills and behaviors. We have an impact on the results you want in an open, informal, non-judgmental and supportive way. We take pride in providing a wide array of experienced associates, resources, and expertise to be brought into play as needed to help clients. Star Dargin is the founder and has been creating vision and direction for the company since 1996.

What We Can Offer You

Star Leadership offers a wide variety of workshops and talented coaches for your business needs. The coaches have success and experience in many industries and with many levels within client organizations.

Coaching Match-Making and Customized Process

We create a process tailored to your needs as well as offering a variety of coaches and coaching styles to find the right match for you!

Speaking, Workshops, & Training

We offer workshops in one-hour, half-day, and one- or two-day formats.

Team Coaching: A Game Changer

Leading, Coaching, Managing: Which Hat to Wear?
 Alignment and Development of Ideas and Vision for Projects
 Leadership ABC's: Keys for Leaders
 Project Management for all Shapes and Sizes



Leadership ABC's series includes:

- A is for Awareness
- B is for Balance
- C is for Communication
- D is for Doing
- E is for Exit
- F is for Focus
- G is for Gratitude
- ...
- Z is for Zoo



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