



NEWS & NOTES

Leap into the New Year

Founder's Perspective

Leap into Resilience

As 2012 comes to an end, I tend to have my moments of retrospection. Wow, this was really a roller coaster year for many of us! "Sandy" caused a lot of damage here in the North East; followed by the horrible incident in Sandy Hook elementary school. These events were not predictable, they caused terrible pain in our country and the mood feels heavy. There is a part of me that feels stuck when I think of these moments. There is a part that says, "What's the point?"



This is where my inner wisdom kicks in and says, "Be Resilient!" I love this word. By definition it means: the ability to recover; the capacity to withstand stress and catastrophe. So, as I am looking forward to 2013, this is the word I want to invite in. "Sandy" may have caused terrible damage, yet it

also created a great sense of unity, community, kindness and sharing. Sandy Hook's inconceivable situation makes me want to live my life as if those brave souls, who tragically lost their life, could see us all the time. I really want to prove to them that humanity, in the good sense of the word, still exists.

I want to keep instilling great values to my children such as kindness, sense of community, love, resilience, compassion, and trust. I will not become bitter and despise humanity because of some. I will keep loving and opening my heart because that makes me feel like I have won!

As I write this, I invite you to leap into whatever word you choose, that helps you move

forward with enthusiasm for your life. What is your word for 2013?

- Sandra Olper, Co-Founder atrio Professional Life Coaches



leap (lēp)

1. To spring or bound through the air from one point or position to another; jump.
2. To move quickly and lightly.
3. To pass, rise, etc., as if with a jump.
4. To jump over.

Leap into a new perspective or attitude if life calls for one.

Leap into a new ritual that serves you & what you want most in life.

Leap into something that you've wanted to try and have not made time for up until now.

Leap into gratitude, take time to appreciate all that you already have in your life.

Leap into life - it's worth living fully today & every day.

Letter from the Founders

Dear Friends,

We are excited to share our “Leap into the New Year” edition of News & Notes with you.

This is the time of year when we typically take an inventory of where we are in life right now. We do this by reflecting on our countless life experiences from years past. We consider what we’ve done and what we’ve learned, and we hope to use that information in a positive and meaningful way going forward. We may notice we have much to celebrate and much to feel gratitude for. We may recognize that we’ve been settling for less than we desire or are capable of. We may realize that we have old stories that we want to let go of in order to make changes in our lives. We may notice that we’ve been living life based on what others think we should do rather than based on what we want to do. We also may find that we are exactly where we want to be right now in this moment. For each of us, where we are and how we feel right now is a personal and unique experience. There is no right or wrong - instead it just is. What lingers before each of us are the questions about where we go next, and how we get there. We get to choose if we will dare to make a leap, to seize the day, to relish, to savor and to make choices that take us where we want to go.

We bring this to your attention because we know that whenever we push ourselves out of our comfort zone, when we dare to take a leap, we begin to see where magic can happen. We expand ourselves and isn’t that what the journey of life is about. Bronnie Ware, in her article *Regrets of the Dying*, shares the five most common regrets of her patients, and the most common regret of all was “I wish I had the courage to live a life true to myself, not the life others expected of me”. We believe there is no greater disappointment than seeing someone lead a smaller life than the one they are capable of. Let’s not let that happen. Let’s LEAP into the space of possibility by truly taking time to know what we want and by finding the courage, strength and support to really go for it in 2013!

We wish you all the best as you leap into 2013!

With much love & gratitude,


JEAN HANHAM


SANDRA OLPER


JILL MAGERMAN

Carpe EVERY Diem

by Bill Worrell

Tomorrow
So quickly
Becomes yesterday.

Yesterday
So quickly
Recedes into the distance
Becomes what we ponder
As the past
Fading
Fleeting
Into history.

Often
And always in vain
We attempt to place a succession of
tomorrows
Into some reality
As if it could be done.

Yesterday
Had its happenings
Tomorrow
Has not happened

Today
Is the reality
The treasure we should seize
Savor
Relish
Second by second
Moment by moment
Hour by hour
Carpe Diem

Carpe EVERY Diem



Never Play Leapfrog with a Unicorn: How to go for the leaps in life without a pain in the butt!

by Jill Magerman

*"A wise man never plays leapfrog with a unicorn!"
Tibetan proverb*

This old Tibetan proverb seems so obvious that it becomes a bit comical. But too many of us are willing to try and play leapfrog with the metaphoric unicorn and we keep failing or not trying because of the painful outcome that this obstacle presents.

In the timeless game of leapfrog, players can let loose and get a little wild with this childhood game where there are really no winners or maybe everyone is a winner. The goal is to jump over playmates to get to the front of the line. The design of the game is that you are not in front for long. It is the goal that as soon as you're the leader, you join the others and tuck your body on the ground and keep your hands and arms close making it easier for the leaper to move forward and you avoid being hurt. It's all about everyone having success and fun.

What happens when the game changes? Suddenly there's a unicorn that jumped in uninvited. What do you do? So many of us are held back from taking a leap because of the potential of being hurt. We don't play the game if there are too many risks. It doesn't have to be that way. If there's an obstacle in front of you and there's no way around it, either **change the rules, get new playmates or play a different game.**

Innovators and inventors both know that change and adaptation are necessary for success. In general terms, inventors often rely on new solutions, while innovators prefer working on existing solutions. Their success is dependent on their ability to adjust their course when an obstacle gets in the way of their achievement.

Each of us needs a little bit of inventor and innovator in us in order to move forward in our own lives. What if you **changed the rules** so that every time when you went to leap and a unicorn was there, you were allowed to go around the unicorn? You could still play the game and not get hurt. A more likely game that you are playing is, called, 'Daily Dish Duty'. The usual rules are that you wash the dishes every night, but you're tired of this game and choose to change the rules. The new rule that you propose is that who ever makes the dinner doesn't have

to clean the dishes. The game is still being played, but the rules are different.

Do you need to **get new playmates**? Do your players follow the rules and encourage fair play? We all have that one "friend" that while on the ground, supposedly tucked in tight as you leap, sticks out their hand and trips you so you can't move forward. Maybe they're your unicorn? Playmates can be on your team helping to propel you to success. Or they can have horns on their foreheads waiting to stab you in your 'you-know-where' to hold you back. Knowing your teammates and cheerleaders is crucial. Surrounding yourself with supportive, encouraging people is a key factor in your ability to take your leap. Evaluate honestly who your playmates are. Recruit players who will be straightforward with you, but will give you the courage and strength to take those risks.



Changing the game is one of the best ways to defy gravity. The world changes all around us, every day. Sometimes changing the game opens opportunities that were hidden behind playing the same old game. Changing the game can surprise others around you. Do you always play the game, for example, called, "Stay at home Mom"? You've played it mostly because your unicorn has been holding you back because you didn't think you were good at anything else and you didn't know what else to do. What if you started to play a game called "Working-Outside-the-Home Woman"? You choose to no longer be held back. As you venture out of the house and put yourself in the professional world, you've chosen to play a different game.

When you play a new game you ditch the status quo and seek new ways of doing, being and thinking. The unicorn that stopped you from playing is replaced by the new puppy full of excitement, eagerness, learning and growth.

Maybe your unicorn is an attitude or belief about yourself, like you're not good enough or you're too old? Money and time are often unicorns or obstacles that we allow to get in our way of leaping to our dreams. Try making up new rules, or play with different friends or even change the game. Here's a tip for a successful game of leapfrog; avoid playing on asphalt to minimize scraping your knees, and while that might hurt, it isn't as bad as leaping over a unicorn. ***

The Coaches Corner

Creative Ways to Leap into 2013 with an Open Heart and Mind

Create a Vision Board

Design a collage that expresses your intentions for what you want more of in your life. Start by taking some breaths and visualizing yourself in the next year, then in five years and think about what brings you joy. Begin cutting many, many pictures from a variety of magazines to which you are attracted and that speak to you about what you want more of in your life. Don't think much about what you cut, just select pictures that you're drawn to for no real reason. Once you are satisfied that you have enough, get a piece of poster board, some glue, scissors, markers, and music to accompany you while you create. Allow yourself to enjoy the process and be less concerned about the final product. There is no right way to do this. Let your heart guide you as you paste down the pictures that you select. Once you feel that your poster is complete, spend time looking at it and get excited about your life. Put the poster in a place where you can see it regularly. Be intentional about bringing more of what is on your poster into your life. Work towards this on a daily basis as you start the new year.



Write Yourself a New Year's Letter

Start by writing from the present and look back on 2012. Where did you shine, what were some milestones, what were some challenges? How were you in the face of everything you did and you experienced this past year?



What memories stand out? Once that feels complete, start another letter as if it is December 31, 2013 and you are writing about the same things that you just wrote about from 2012, but this time it is one year from now and you are writing about 2013. Pay particular attention to who you were in 2013. How did you show up in your life? What are your celebrations and where did you wish you had done something different or acted differently? Don't forget to acknowledge yourself in both letters for the amazing person that you are and that you are becoming. Sign both letters, but seal the second letter and commit to opening it for real in December 2013.

Create Your Personal Bucket List Journal

You've likely heard of a Bucket List ... a list of those things that you absolutely would like to do in your lifetime. Well, why wait to get started with those things you would absolutely like to do when you can take the leap now? It's easy enough to get started. You can simply create your own special Bucket List Journal with any blank journal or tap into some of the fun resources that are available at Journals Unlimited, Inc. They have a colorful Bucket List Journal that provides space to list the 100 things that you most want to do in your lifetime and pages to write about each as you knock them off your list. The pages prompt you with just a few specifics to write about including: The Date, What I Did, Why It's On My List, Where, Who I Was With, The Details, How I Was Feeling and Will/Would I Do It Again. There is also a full page to capture any additional Important Notes.



Journals Unlimited, Inc - the "Write it Down!" Series

We Practice Daily What We Teach



A Day at the Beach

“We are a dynamic team of women who value connection, authenticity, learning and most importantly helping others discover and achieve what they really want from life. These values are the heart and soul of atrio Professional Life Coaches. We offer exceptional coaching, experiential workshops and inspiring talks for those interested in living life to their hearts content!

A day at the beach was a perfect opportunity to practice what we teach!”



Photos by Erin McDevitt Photography



“For the kickoff our Global Co-Active Summit, CTI was fortunate indeed to have “It Takes a Village”, designed and delivered by the brilliant team at atrio Professional Life Coaches. This creative event set a potent context of creative community, respect and collaboration which was a key ingredient in the success of the overall Summit. Individually, Jean Hanham, Sandra Olper and Jill Magerman are skilled facilitators and coaches. By combining their talents at atrio Professional Life Coaches, they have created an unbeatable combination of heart, vision and creativity.”

Karen Kimsey-House
Co-Founder and CEO
The Coaches Training Institute



For more information about atrio Professional Life Coaches Coaching, Workshops and Inspiring Talks, please visit

www.atriolifecoaches.com

At the HEARTH of Your Being

by Jean Hanham

On a number of occasions over the past few months, Jill, Sandra and I have shared a dream to offer a special retreat for women. This dream was birthed from our own personal experience as a group of three women gifted with each other for connection, conversation, exploration, growth, encouragement & unconditional support. We benefit from together creating a safe space that allows us to discuss and consider various topics including who we are, our passions, our life purpose, our goals, our fears, family, spirituality, life & death, our successes and our failures. We do this with compassion, curiosity and love. Recognizing the amazing gift we have in each other, we agreed that it would be an incredible experience to share what we have with other women in a retreat like setting.

We decided to take a LEAP and make our dream a reality during 2013.

With our creative juices flowing over a lunch meeting, we stumbled upon the word HEARTH. A word that embodies both **HEART** and **EARTH**. We thought to ourselves, what a perfect word for our retreat, one where love, connection and

compassion so naturally meet nature, being grounded and wholeness. A word that holds a space where we might together as women explore what it means to be **"At the HEARTH of Your Being"**. A place where we can connect, unwind, get back to basics, celebrate, play, expose who we are, feel proud, feel like enough, catch our breath, meditate, stretch out of our comfort zones, share in ritual, feel deep gratitude and yes, the list goes on.

This perfect retreat content found a perfect location, the Loyola House of Retreats. This facility is located on 30 acres of beautiful lawns, gardens and woodland in a quiet section of Morristown, NJ. It is a peaceful atmosphere that will provide our participants with an opportunity to escape from their every day so they may engage fully with the intended experience.

The format will be true to our creative and engaging workshop style with many optional add-ons including time to relax, meditate, participate in morning yoga, journal, etc.

We truly hope that in the spirit of LEAPING, you will consider joining us.



Loyola House of Retreats in Morristown, NJ

Upcoming Events



Save the Dates:

April 21st - April 23rd

Retreat Location:

Loyola House Retreats
161 James Street
Morristown, NJ 07960
973.539.0740

Retreat Costs:

\$350.00

Costs include overnight accommodations Sunday and Monday evening as well as six meals at Loyola House of Retreats.

Each participant will have their own private bedroom. Linens and towels are provided. Bathrooms are shared – two guests to each bathroom.

atrio Professional Life Coaches is not affiliated with any organized religion.

Visit

www.atriolifecoaches.com
for more information

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