

**AWAKEN YOUR PRECIOUS PRESENT**  
**Discover What's Missing Find The Answers**  
**Ignite The Spark Within**

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- **Visit our website at [www.trulyhumancoaching.com](http://www.trulyhumancoaching.com)**

To Submit ☺  
articles,  
questions or  
comments,  
write Jim  
directly at:  
[Jim@trulyhumancoaching.com](mailto:Jim@trulyhumancoaching.com)

Have an  
upcoming  
event? Contact  
Jim to submit  
today!



**Welcome to Issue #25**

Greetings Friends,

Over two years! That's right, issue 25 and still going strong. This month I focus on two very important areas for you, relationships and time management. Relationships- we are in them, all over.... Relationships with our partners, our friends, our neighbors... with ourselves, with the past, the future, with the environment... more specifically, how authentic, honest and intimate are your relationships? Read on...

Then there is time management... how difficult or elusive has that 'work-life balance' thing going for you? So often people talk about not having enough time when really it is a matter of how we choose to use our time... yeah, much like using our own brain, it is a matter of choice and intention... not surprised to hear that are ya!? Enjoy the articles, browse the upcoming local events and create great moments...

Hey, did you notice, there are a perfect amount of clouds in the sky today?

Blessings to you all,

*Jim*

## Authentic Relationships: Creating Greatness

“If you believe  
in yourself, so  
will others.”  
-Graham  
Greene

“A truly strong  
and sound  
mind is the  
mind that can  
equally  
embrace great  
things and  
small.”  
-Samuel  
Johnson

What is ‘authentic relationship’? How great is your relationship with your partner or spouse? Your communication? Your intimacy? Your sex life?

As in so many areas of our lives, people settle...they settle for going along, they give up parts of themselves, become emotional submissives to ‘the relationship’, only later to feel the emptiness left by giving up parts of their self?

What kinds of relationship do imagine when I say the words “Soulful Romance”? What images do you conjure up when I say “radical conversations”?

Both of these terms have to do with the sharing, the conversations, the open communication that I believe leads to the most intimate of relationships, the most soulful connections we can have; interested? Here is a quote from the book: Soulcraft:

***"All the little things in life add up to your life. If you don't get it right then nothing else matters."***

“James Hollis suggests that both the value and process of soulful romance rest in what he calls radical conversation, in which one intends, continuously, to discover more and ever more about oneself and the other. Through such an exchange between two mysteries, one draws nearer to the central mystery of life. Hollis lists three components to such a soul-to-soul encounter:

1. The partners must assume responsibility for their own psychological well-being.
2. They must commit to sharing the world of their own experience without reproaching the Other for past wounds or future expectations. Similarly, they are to endeavor to hear, without feeling defensive, the experience of the Other.
3. They must commit to sustaining such a dialogue over time...Only radical conversation, the full sharing of what it is like to be me while hearing what it is really like to be you, can fulfill the promise of an intimate relationship. One can only engage in radical conversation if one has taken responsibility for oneself, has some self-awareness, and has the tensile strength to withstand a genuine encounter with the truly Other.

Loving the otherness of the partner is a transcendent event, for one enters the true mystery of relationship in which one is taken to the third place—not you plus me, but we who are more than ourselves with each other. .

Radical conversation has emotional, imaginal, sexual, and spiritual dimensions as well as verbal ones. And the conversation is approached not only with skill and intent but with innocence and wonder. Neither the other nor the self is a fixed thing. The bottom is never reached. One hopes to be forever surprised.”

From: Soulcraft, pages 284-285

I am a proponent of open communication, honest discussions and deep sharing—all of which lead to enhanced intimacy and connection in the relationship. Yes, at times such

“Do whatever your heart leads you to, but do it.”  
-Truman X. Jones

“You had better be able to change your mind when needed or your mind will change you. The way a man’s mind runs is the way he is sure to go.”  
-Henry B. Wilson

“I’m working to improve my methods, and every hour I save is an hour added to my life.”  
-Ayn Rand

discussion leads other places, to realizing where there are disagreements, but don’t they exist already and are simply not talked about? What is the value of bringing these disagreements or areas of discourse out in the open? There are many who would choose to ‘stay quiet’ or hide such things from their significant other... I would call this living a lie, living in secret and not honoring your partner or yourself... what do you call it?

Join us for open discussion, sharing of tools and new directions for your relationships on May 9<sup>th</sup> and May 16<sup>th</sup> at 7pm for discussion about Authentic Relationships; for honesty and intimacy in your relationships! Call Jim at 847-256-2396 or write at [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) for more information or to sign up today.

### ***Habit 3: Put First things First***

I don’t have time!..”; “I’m running out of time...”; “There is only so many hours in a day...”; “I’m crunched for time..”

Sound familiar?

Habit 3 is all about putting habits 1 & 2 into practice and practice effective self management. This principle can best be summed up on one phrase: Organize and execute around priorities. As many of you know from past articles, I advocate finding out what is truly important in your life and then GOING FOR IT! Sometimes this sounds easy, yet truly one of the most ‘popular’ and frequently used reasons for not getting things done is lack of time.

In service of our ‘time issues’ Covey offers a great tool: “A time management matrix” where he separates activities into 4 areas: Urgent Important; Not Urgent-Important; Urgent-Not Important and Not Urgent-Not Important. (see below)

	<b>Urgent</b>	<b>Not Urgent</b>
<b>Important</b>	<b>Quadrant I</b>	<b>Quadrant II</b>
<b>Not Important</b>	<b>Quadrant III</b>	<b>Quadrant IV</b>

I have suggested using this tool for prioritizing those things that are truly important in

the first two quadrants, allowing for the more pressing, deadline or crisis oriented activities into the first quadrant and other important activities to fall into quadrant II. These are things that are built from your vision and mission, your core values, the things you truly love. Covey suggests that we use our time in one of these four ways. Urgent matters are things that 'act on us', they are usually visible and insist on action. Importance has to do with our mission, our values and high priority goals. He lists the following activities for the categories:

Quadrant I: Crises, pressing problems and deadline driven projects

Quadrant II: Prevention activities, relationship building, recognizing new opportunities, planning and recreation

Quadrant III: Interruptions, some calls, some mail, some reports, some meetings, pressing matters and popular activities

Quadrant IV: Trivia, busy work, some mail, some phone calls, time wasters and pleasant activities.

Using this tool, Covey suggests moving those most important activities slowly into quadrants that are useful; reducing the number of activities from Quadrant I to Quadrant II through planning and prevention, to be proactive and opportunity minded with the use of your time.

Are you still wondering how you can take charge of your life? How to use your time so that you are doing what you truly want? Accomplishing the tasks that seem to be building up? Contact Jim @ [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) today to learn how to put your priorities in place, stick to your plan and get the results you want! (and have more fun!

This space is designed for you to make any notes or comments you want! Perhaps you have an urge to doodle, to make a goal, to create an idea or simply leave it blank and let your unconscious fill it in when it so desires!

### **UPCOMING EVENTS**

#### **Open Hypnosis Forum:**

Hosted by Larry Garrett of Garrett Wellness Center

Sunday, April 2nd, 1pm-3pm

3020 N. Kimball Avenue, Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some just there to socialize with kind people. For more information, write Larry at [mesmer1@aol.com](mailto:mesmer1@aol.com).

**An Introduction to SPIRAL DYNAMICS**  
*With Tom C.*

**MONDAY, APRIL 10**

**DON'T FORGET OUR NEW TIME - 6:00 to 8:30**

(doors open at 5:30 for networking and socializing with food and drinks)

**How are we all connected?**

Well, we're all coaches. That's pretty easy to figure out.

But beyond that, there's a deeper connection, one that we share with every other human on the earth. And the only way to really comprehend it all is through Spiral Dynamics.

Tom Christensen, more comfortably as Tom C., has spent over three years studying this world of Spiral Dynamics, and is excited to share his information with the rest of us. In order to better grasp the concepts, we will also learn about the wonderful world of Integral Studies. So really this is a Two-for-one presentation.

**Registration Information:**

**Date**                    **Monday, April 10**

**Time**                    **6:00 PM to 8:30 PM**

(doors open at 5:30 for networking and socializing with food and drinks)

**Location**            **American Academy of Orthopedic Surgeons**

6300 N. River Road, Rosemont, IL 60018



**Contact**                (847) 823-7186

**Cost**                    \$20

**Members and  
Alliance**

**Partners**

**Non-Members**    \$30

**Buffalo Grove Coachville Group:**

**Tuesday April 18, 2006 from 7:00p.m.to 9:00p.m**

Join us at our next meeting when our very own Marsha Marsh will facilitate and lead our discussion. The subject matter.... How Do You Get To The Truth? Is

Your Client Telling You The Truth or Are You Coaching A Lie? So...How Do You Fire A Client? Interesting topic...should be an extremely lively, interactive discussion. Bring your ideas, your experiences etc.

Please email me and let me know if you will be joining us. If you cannot make this meeting, but want to be on our mailing list for future meetings, please let me know. I will make sure that you are notified when another one is scheduled. Please feel free to call or email me with any questions.  
Sande

**Sande Abern**  
[sande@relationshipdiva.com](mailto:sande@relationshipdiva.com)  
(847) 276-2671

## **UPCOMING TRAININGS:**

**Are your relationships all you want them to be?**

### **Building Authentic Relationships**

Tele-conference: 7-8pm: Tuesday May 9<sup>th</sup> and May 16<sup>th</sup>  
To Register, contact Jim @ [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) or call 847-256-2396 to reserve your space today!

#### **Are you:**

- Having trouble communicating?
- Missing something in your relationships?
- Feeling distance, loss of connection, or alone?
- Angry, frustrated, feeling at a loss?

#### **Do you want:**

- Ease and comfort?
- More intimacy?
- More meaningful conversations?
- Fewer problems?

Learn about ‘radical conversations’ and how you can transform the quality of your relationships!

## **Design Human Engineering comes to Chicago, August 8-13**

Join John LaValle, MBA and President of the Society of NLP and Barbara Stepp, Master Trainer for Design Human Engineering™ in Chicago.

Absolutely no experience necessary

This is the first DHE in Chicago since 2000, with [Richard Bandler](#) and Barb Stepp.

It is the only one offered in the US this year and probably 2 or more, so register early to get the low tuition.

Mark your calendars for August 8-13, 2006!

In Design Human Engineering™, we teach you how to design and install tools and devices inside your mind to create new and never-before-experienced powerful states. It's not really about the tools, although designing a ruler, electronic measuring device, magnifying glass or in my case, a machine that eats up cancer cells (worked for me) etc. could be valuable, couldn't it? And that's only the beginning! DHE™ helps you to design and install the elements to propel yourself into futures of excitement and opportunity. So, It's not just about tools, it's to show your mind what's possible-expand the field of possibilities. Richard Bandler has said that anything is possible. And he has proved it again. The driving force to take something you do well and make it better. Or simply heard something new. Is inspiring and fun. Join DHE for a never-before experience.

### **NLP Fundamentals!-Communication Excellence**

Saturday & Sunday – September 9<sup>th</sup> and 10<sup>th</sup> ; 10-6pm  
The Purple Hotel- write [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) for more info

#### ***Communication Excellence!***

Have you ever noticed people that were so influential and persuasive? In any situation? No matter what? Where these people born gifted? Did they learn these secrets from some guru? The answer is, most of them do not even realize how they do what they do, but now you can learn these patterns yourself!

**\*ANYONE CAN LEARN TO BE MORE INFLUENTIAL\***

#### ***Communication Excellence!***

NLP has to do with the study of the structure of subjective experience AND Communication Excellence.

Learn more than you ever thought possible, attend an NLP workshop and experience the magic yourself!

It all has to do with how we use our own brain—how we connect our language, its how we use our verbal and non-verbal behavior, and how you can increase your influence!!

**\*GAIN THEIR INTEREST AND ENTHUSIASM\***

Ever wonder how you can create a sense of wonder and curiosity...a strong desire to learn and listen even closer to what you are teaching or saying? LEARN NOW what thousands of others have learned. Gain for yourself the insight that allows you to create the results you want, in almost any situation! Register today!

Here is a two day intensive with "some NLP you can use right away" kind of focus. I will be spending most of the time on communication tools, building conscious/unconscious rapport, and some "NLP Basics" on day one, while on day two focus primarily on "meta-programs", the specific language patterns to enhance rapport and influence. Above is the 'ad' that I have on my website: [www.midwestnlp.com](http://www.midwestnlp.com).

The cost of the workshop is \$379.00 for both days... I hope to see you there! Write me at [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) or call 847-256-2396 to confirm.