

# distinctions

THE QUARTERLY NEWSLETTER FOR CLIENTS AND FRIENDS OF

**N E W V E N T U R E S W E S T**

## Where Were You When the Stock Market Fell?

by James Flaherty



As the financial world twists and turns and ends up who-knows-where, how are you doing? Are you feeling future possibilities close down for you? Are these events a big opportunity for you in some way? Are you becoming obsessed with watching numbers go up and down as the days unfold? Or does nothing seem changed for you—are you simply continuing on as you always do? Have you noticed how you are?

I'm bringing up these questions so that you can have a few moments to stop and be with yourself and your experience. We so easily lose track of ourselves in the middle of our busy lives. It's as if we get pulled beneath the waves of events and only come up to the surface from time to time and notice where we are—meanwhile the tides and currents pull us where they will. And our life goes by.

Many of us, though, like the idea of losing ourselves in activities because self-consciousness can be so painful: we judge ourselves, compare ourselves to others, mercilessly goad ourselves onto more and faster results—being self-aware can be super painful. So we go under the waves. We explain our underwater ventures many ways, but are we really being true to ourselves and attending to the world from down there?

It seems to me that when we lose track of ourselves, we also lose track of meaning—our commitments, our relationships—and consequently must use internally generated or externally imposed pressure to move our lives long. Working under pressure over long periods wears us out, blunts our creativity and can leave us feeling hollow and flat. Can we then be in touch with ourselves without the torture, the constraints of critical self-consciousness? Or are we only able to toggle between being fully submerged in activities, with its concomitant lack of genuine contact, and the embarrassing painful situation of being a conscious limited human being? The toggling choice is one too many of us select, often seeing it as inevitable.

But there is another way.

The title of the article was not meant as a geographical query. It asks the question where were you, as yourself, when you discovered/found out what was happening in the financial world. Were you present or submerged? Were you busy or engaged? Taken in by what you were doing or taking up what was important

## distinctions

for you? Where were you?

To be in touch with ourselves means to be present with our internal experience, as well as aware of circumstances, while remembering what we are fundamentally up to. This activity is usually called “self-remembering” and it’s essential to our functioning and fulfillment.

Self-remembering is distinct from self-consciousness as I described it above. We return to:

- our deep personal commitments
- our freedom to choose
- our responsibility to everyone
- our resourcefulness and resilience

when we self-remember. It’s like a mini-retreat or a quick visit to our beloved. We are refreshed, re-inspired and renewed. We find again our strength to stay on course, unswayed by pressure. We are immediately filled with meaning and held by life. The situation itself is no different, but we return to it in a way that makes it different. Possibilities open. New connections become apparent. We are more resolved and more patient.

Self-remembering though is clearly, for nearly all of us, a new habit to establish. Those of us who have a morning meditation practice, this is a time to self-remember: to return to what’s basic and true



and good about ourselves. No matter what we may be experiencing at the moment, quiet meditation—such as sitting—reestablishes the centrality of presence and awareness in our lives. We have the chance while sitting to feel what it’s like to be present, in touch with our whole self.

The habit of self-remembering must be practiced throughout the day, even when we have a strong meditation practice. In the Christian monastic tradition, the Angelus bell is rung through out the day as an invitation to self-remembering. Moslems pray facing Mecca six times per day for the same purpose. Jews often have special prayers hung over doors to remind them to return to themselves when they walk over the threshold. Setting up structures makes it easier for us to self-remember, as these wise traditions show us.

What will you do to self-remember? The practice of the quarter could be a way to begin. Please start today. When the world is in turmoil, there is huge need for more and more of us to be present and help settle others and remind people of what is lasting and what is transient.

More on this topic at our upcoming San Francisco Roundtable, in the poems that follow and, as already said, in the practice of the quarter.

Take care of yourself.

Love,

© New Ventures West™ 2008

PRACTICE OF THE QUARTER

Please take up this practice and do it for 90 days. By then it will likely have taken deep roots and will serve you for your whole life.



Focus: Self-Remembering

Please set up timers, reminders, helpful people to support you in doing this practice three times a day without fail.

Questions for remembering:

- What is the central intention in my life right now?
- Who am I really?
- Whom am I serving right now by what I'm doing?
- What possibility, what freedom can I step into right now?

BOOK OF THE QUARTER

**The Body Has a Mind of Its Own**

by Sandra & Matthew Blakeslee

Random House, 2008

Paperback, 240 pages

This slim but important book will likely shift forever the way you understand how you see the world, why you do what you do, and for our purposes, how coaching works.

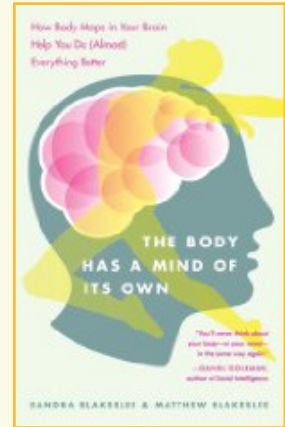
The authors are two science writers who present the book in a popular format without footnotes, references or other heavy-going intellectual structures. Still, they forthrightly present startling findings from the frontiers of brain research that are associated with how we experience and move our bodies.

They employ the popular strategy of telling you a little bit about the scientists who did the work and what got them interested in the field. The strategy brings some humanity to the topic, as does their use of references and examples from popular culture. But don't be distracted—the presented findings are nothing less than a physiological grounding for our notions of narrative, structure of interpretation and that the world is as people make it to be. The authors write about people who live in very different worlds from ours because of the different ways their bodies interpret sensory input. These cases remind us that we are doing the same, but in a way that is more common, and therefore goes unnoticed.

Although the authors in no way talk about coaching, I found myself having many insights into the relevance of practices in shaping the nervous system that brings forth a world in which there are new possibilities for action, relationship, and meaning.

Fun, educational and paradigm breaking – please check it out. Wow!

—James Flaherty



**Summary**

Scale 0-5



Usefulness



Accessibility



Rigor



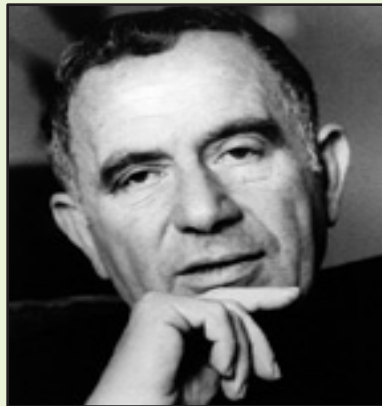
Potential to Change Reader

**excerpts from *My Parents' Lodging Place*  
by Yehuda Amichai**

2

In their great love my parents saved me from disappointment,  
from pain and sorrow. Now I am left with their savings  
plus the pain I would like to spare my children.  
How all those savings have piled up on me!  
My parents always told me, "I'll show you,"  
sometimes threatening, sometimes in a voice of sweet love:  
I'll show you. Just you wait, I'll show you.  
"Someday you'll learn," sternly. "Someday you'll learn,"  
in a soothing, reassuring voice.  
"Do whatever you want," yelling and screaming,  
and "Do what you want, you're a free person,"  
like the good angels singing in chorus.  
You don't know what you want,  
you don't know what you want.

*continued on next page*



## POEMS OF THE QUARTER

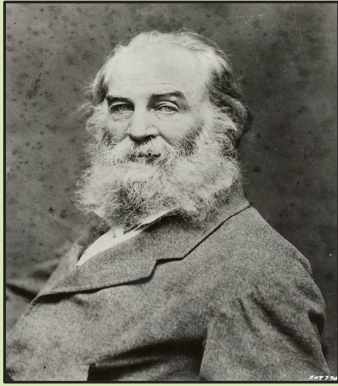
3

My mother was a prophet and didn't know it.  
 Not like Miriam the prophetess dancing with cymbals and tambourines,  
 not like Deborah who sat under the palm tree and judged the people,  
 not like Hulda who foretold the future,  
 but my own private prophet, silent and stubborn.  
 I am obliged to fulfill everything she said  
 and I'm running out of lifetime.  
 My mother was a prophet when she taught me  
 the do's and don'ts of everyday, paper verses  
 for one-time use: You'll be sorry,  
 you'll get exhausted, that will do you good, you'll feel  
 like a new person, you'll really love it, you  
 won't be able, you won't like that, you'll never manage  
 to close it, I knew you wouldn't remember, wouldn't  
 forget give take rest, yes you can you can.  
 And when my mother died, all her little predictions came together  
 in one big prophecy that will last  
 until the vision of the end of days.

4

My father was God and didn't know it. He gave me  
 the Ten Commandments not in thunder and not in anger,  
 not in fire and not in a cloud, but gently  
 and with love. He added caresses and tender words,  
 "would you" and "please." And chanted "remember" and "keep"  
 with the same tune, and pleaded and wept quietly  
 between one commandment and the next: Thou shalt not  
 take the name of thy Lord in vain, shalt not take, not in vain,  
 please don't bear false witness against your neighbor.  
 And he hugged me tight and whispered in my ear,  
 Thou shalt not steal, shalt not commit adultery, shalt not kill.  
 And he lay the palms of his wide-open hands on my head  
 with the Yom Kippur blessing: Honor, love, that thy days  
 may be long upon this earth. And the voice of my father—  
 white as his hair. Then he turned his face to me one last time,  
 as on the day he died in my arms, and said, I would like to add  
 two more commandments:  
 the Eleventh Commandment, "Thou shalt not change,"  
 and the Twelfth Commandment, "Thou shalt change. You will change."  
 Thus spoke my father, and he turned and walked away  
 and disappeared into his strange distances.

## POEMS OF THE QUARTER



**excerpt from “Song of Myself”  
from *Leaves of Grass*  
by Walt Whitman**

4

Trippers and askers surround me,  
People I meet, the effect upon me of my early life or the ward and city I live in, or  
the nation,  
The latest dates, discoveries, inventions, societies, authors old and new,  
My dinner, dress, associates, looks, compliments, dues,  
The real or fancied indifference of some man or woman I love,  
The sickness of one of my folks or of myself, or ill-doing or loss or lack of money, or  
depressions or exaltations,  
Battles, the horrors of fratricidal war, the fever of doubtful news, the fitful events;  
These come to me days and nights and go from me again,  
But they are not the Me myself.

UNFOLDING LEADERSHIP IN OURSELVES AND OTHERS

An Exclusive, Five-Session Teleclass

Friends and colleagues,

You've probably noticed that the world is in turmoil. We are struggling with economic problems, ecological problems, and social injustice, just to name some of the bigger messes. Many of us are having a difficult time finding someone to trust. Who will rescue us? In my view, this question has us looking in the wrong place. The history of the world is full of stories about individuals who stepped forward to lead in difficult times. Those people weren't waiting to be rescued.

**The place to look for the leadership you need is within yourself.** Each of us is called to lead. We are each called to respond fully to our situation moment by moment with everything that we are, in order to bring about something that is bigger than ourselves. Each moment is an invitation to lead. Repeatedly accepting the invitation to lead requires developing ourselves—for example, our self-awareness, capacity and resilience, and professional and personal relationships—so that we have the compassion, wisdom, and courage to move things forward in the face of difficulties.

**We invite you to participate in a community of leaders for 5 months.** As a leader, you will explore the calls for leadership in your own life, discover the source of your self-leadership, and receive support for offering your leadership to the world. As a community, we will employ self-observations, self-reflection, practices, and mutual support to explore and expand leadership in our own lives. We will share our insights and learning both online and on the monthly phone calls.

Sincerely,

*Steve March*  
Vice President  
Integral Leadership



**Course Leader**

Steve March is the Vice President of Leadership Programs for Integral Leadership, the organizational arm of New Ventures West, where he has been on the faculty since 2003. As an independent researcher from 1999-2003, he developed practices for helping leaders and organizations develop through nine major stages of development, offering clear alternatives for developing new leadership mindsets to address business challenges. He brings a deep and rich background of sixteen years working in the field of software development as a manager of organizational development, senior process consultant, quality manager, and software engineer. Steve is an NVW-certified Integral Coach® and also a certified Somatic Coach from the Strozzi Institute.



Steve March, Course Leader

DETAILS ON NEXT PAGE

**UNFOLDING LEADERSHIP IN OURSELVES AND OTHERS**

*An Exclusive, Five-Session Teleclass*

**TOPICS**

|                   |  |
|-------------------|--|
| <i>January 7</i>  | Discovering the Source of Your Self-Leadership                   |
| <i>February 4</i> | Grounding Your Leadership in What's Most Important to You        |
| <i>March 4</i>    | Authenticity and Trust   |
| <i>April 1</i>    | Building Your Resilience   |
| <i>May 6</i>      | Bringing Forth Your Creativity and Gathering Support from Others |

**WHEN**

The first Wednesday of each month, two sections are open:

- 9:00 to 10:30 am Pacific Time (Noon to 1:30 pm Eastern Time) and
- 5:00 to 6:30 pm Pacific Time (8:00 to 9:30 pm Eastern Time)

**WHO**

The class is open to anyone; there are no prerequisites.

**LOGISTICS**

Calls take place on the NVW Bridge Line (area code 503) and will be recorded for repeat listening or to catch up if you miss a session.

**TUITION**

\$495 for the series. Cancellation policy: Cancel with no charge up to December 31. After that, no refunds will be given.

**RECERTIFICATION**

Graduates of the Professional Coaching Course may use this teleclass for recertification, providing that they (a) do the assignments that are part of the program and (b) send in a 1-2 page write-up afterwards, saying what they learned and how they are applying it to their coaching practice.

**REGISTRATION**

Each section of the teleclass is limited to 10 participants. Call our offices at 800.332.4618 to reserve your spot. If you have questions before you register, you are welcome to call Steve directly at 510-388-2711.

**PLEASE NOTE:**

*The first offering of this class filled within a week, and one of these two sections is already half full. Please respond quickly to guarantee yourself a place on the calls.*

**COURSE SCHEDULE**

**COACHING ROUNDTABLES**

*One-day free seminars for graduates and guests.*

**San Francisco**      December 6  
                                  February 28

**Cost:**                      Free

**COACHING TO EXCELLENCE**

*Two interactive days on the foundations of coaching.*

**Boston**                      November 11–12  
**Chicago**                      December 3–4  
                                  February 3–4

**Seattle**                      December 3–4  
**San Francisco**              December 9–10  
                                  January 21–22

**Cost:**                      \$695

**INTEGRAL COACHING PRINCIPLES**

*Three days for experienced coaches from other schools and disciplines.*

**Columbia, MD**              February 10–12  
**San Francisco**              May 5–7

**Cost:**                      \$1,275

**PROFESSIONAL COACHING COURSE**

*Certification program for independent and corporate coaches. Year-long programs begin:*

**Chicago**                      March 2009  
**San Francisco**              November 2008 (wait list)  
                                  February 2009

**Cost:**                      \$8,500

**STUDY GROUP WITH JAMES**

*Monthly conference calls with guest authors applying current texts to coaching cases.*

*Quarters begin January, April, July, October.*

**Cost:**                      \$375/Quarter

**UNFOLDING LEADERSHIP TELECLASS**

*See page 7 for description and dates.*

*Begins January 2009*

**Cost:**                      \$495

**COACHING REUNION WEEKEND**

*Continuing education for PCC graduates.*

**San Francisco**              January 16–18  
**Washington, D.C.**              February 6–8

**Cost:**                      \$750

*17th Annual Coaching Reunion Weekend*

**Meaning: The Possibilities and Limits of Being Human**

Soon, eligible\* NVW students will receive an invitation from James to participate in our annual beginning-of-the-year workshop, each of which has a new and fascinating focus. This year James takes on “Meaning.” Here’s an excerpt from his letter:

*Meaning is one of the pillars that either sustains us or hinders us in our lives. It changes over time and wilts when unattended. Rarely do we have the to chance to explore this vital topic in a safe, systemic, and thorough manner. In our weekend together and during the optional teleclass that follows, we will.*

Watch for your invitation and use the PayPal link to register, or if you just can’t wait and want to reserve your place, call the office now and sign up!

Here are the dates on each coast:

- San Francisco: January 16, 17 & 18
- Washington DC: February 6, 7 & 8

Optional teleclass: Tuesday evenings once/month from 5-7 PST (8-10 EST)

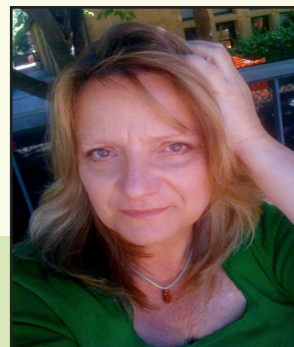
**Tuition: \$750** (weekend); **\$450** (teleclass only); or **\$1100** (both)

\*Prerequisite classes are any of these: *Coaching I*, *Professional Coaching Course*, or *Integral Coaching Principles*.

# N V W GRADUATE DEPT

## THE GRAD BLAST

for graduates of the *Professional Coaching Course*  
by the coach formerly known as Ellen Myers King



Welcome New Readers!

### **Parlez-vous français?**

*C'est avec grande fierté que nous annonçons le lancement du Cours de coaching professionnel en français qui sera livré en 2009 à Ottawa.* Poodles, fries, toast...nope, guess again. We are pleased to announce that the *Professional Coaching Course* will be taught in French this coming year!! Offered by our Canadian partner organization Convivium, our awesome team in Ottawa includes: **Pamela Pritchard, Charles Brassard, Suzanne Nault, and Helene Beauchemin**, joined by pod mentors **Paul Lefebvre, Elaine Gaudet, Marc Davidson, Nicole St-Amour, and Jean Raymond Bonin.**

**Speaking of French....**The Annual International Coaching Federation **International Conference** (am I the only one who thinks that is a mouth full?) is in **Montreal, Canada on November 12-15, 2009.** Our dream team of NVW representatives who will be sharing the secret NVW handshake include several of the French PCC faculty team named above. Deepest thanks. Going to the conference? **NVW is in booth #411.**

### **South Africans ROCK!**

We are so pleased to hear about these newly ICF-certified individuals. **Pierre Bester, Nicola Slingsby and Colin Adam** have demonstrated beyond reproach that they have the right stuff, coaching-wise, and are now the proud possessors of the ICF PCC accreditation. We're proud and grateful to call them one of ours and send our heartiest congratulations!

### **Calling all coaching students!**

**Jim Lewis** is a PCC grad with an offer to our coaching community: If you are a PCC student and are in need of clients for your course work, he thinks he can help you. He is working with NC State University on a project that may need your support as paid coaches—yep, mullah, green backs, scratch, coin. Jim may be reached for more information at [drjimlewis@yahoo.com](mailto:drjimlewis@yahoo.com).

### **Request for Proposals at the Enneagram Conference**

Are you interested in presenting at the International Enneagram Association Conference in Las Vegas, Nevada? The IEA 2009 Conference Committee is seeking proposals for sessions of the highest quality on a wide variety of Enneagram-related topics. You may submit your proposal via email (preferred) or snail mail. Deadline to submit your proposal is **November 30, 2008.** Check out [www.internationalenneagram.org](http://www.internationalenneagram.org) for more details.

**Special thanks to Howard Community College** and PCC grads **Sharon Schmickley and Betty Noble!** During October, they sponsored a Coaching Roundtable and an Executive Luncheon in Columbia, MD with James Flaherty as the featured speaker. Stay tuned for more East Coast announcements.

**An increase in tax deductions on the rise in the NVW community? You decide.**

Chance Graham-Armstrong has a new younger brother, Cruz Aaron. Cruz, the latest gift to PCC grad **Melinda Blair** and husband Travis, showed up on the planet on August 15, 2008, weighing in at 6 pounds and 3 ounces.

**Speaking of baby brothers...** Keegan Wieczorek may have to share a couple of his toys with younger brother Boden “Bodhi” Brooks. PCC grad **Sharon Wieczorek** and husband John were blessed on September 14, 2008—a whopping 9-pound 1-ounce bundle.

**But wait, there’s more!** Current PCC student **Mahendra Briksha Agarwal** is the proud father to his number one son, Ananda. Ananda joined this incarnation October 5th, 2008 and has been lighting up Briksha’s eyes ever since.



Cruz Aaron



Ananda



Boden

**Matchmaker, Matchmaker, make me a match...** sounds like an odd song, even for the PCC, right? Not according to **Ana Lúcia Jardim**, PCC Grad, and Henry Evans. Henry got matched up with Ana Lúcia as her guest client during her PCC (I bet they were both wearing their AFDBs). The lovebirds are tying the knot on December 20, 2008—and another NVW romance takes flight.

**Open Heart award** goes to **Jan Rybeck’s** 10-year-old daughter Shoshana and some of her friends. They had a bake sale and sold lemonade to donate the proceeds to the Madhav Ghirmire Foundation.

**Shifting identities, shifting continents? Oh, that’s drifting continents...**

- Star Vinson has changed her name to **Sherlyn Vinson**
- Ellen Myers King AKA **Mary Ellen Myers** (name changing must be contagious!) leaves the USA on December 17 and returns on January 25; better ask any recertification questions fast (or advice on New Years’ resolutions)! Where is she going? A volunteer trek to Nepal with the Madhav Ghirmire Foundation (check out <http://www.firstgiving.com/ellenmyersking>). Mary Ellen will not have access to email, or running water, for that matter...oh—no electricity either.
- Why would someone pay good money for potential headaches, sun burn, sore muscles and—get this—no air to breathe? Just ask **Brenda Goodwin**, who recently returned from a climb up Machu Picchu in Peru with her women’s group.

**I’m just a fool whose intentions are good....oh grads, please don’t let me be misunderstood!**

In the history of grad blasts, I am printing my first retraction. Hey I can admit to a ....(OK, Ellen old girl—you can do this, you can say the “m” word, the one that means you were wrong and rhymes with fake...fake, who said I’m a fake?, OK reel it in....) **mistake**. Yes, I made a mistake in something I wrote in the last Grad Blast (does this mean coal in my stocking, can’t find my car keys (again), that the election goes the “wrong” way?).

In the last Grad Blast, I published FAQ’s. Here is the stinker question that caused it all: “How can NVW

help me get my International Coach Federation (ICF) certification?” If you actually read my answer and tried to make sense of it—forget about it. Special thanks to Jenny Yoder for letting me know my information was bogus (my words, not hers—she was, as usual, much nicer). What I was trying to say to our PCC grads is that when you are ready to apply for your ACC or PCC credential with ICF, NVW will write you a recommendation letter that states that you coach at that level. You still must execute and document coaching hours (100 for ACC, 750 for PCC), among other requirements. I am not saying that graduation from the NVW Professional Coaching Course equals automatic ICF certification! Please go to the ICF website @ [www.coachfederation.org](http://www.coachfederation.org) for the mistake-proof information.

Until next time, keepin’ it real,  
*Mary Ellen Myers*  
Director of Graduate Development



AFDB Doggie