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One Minute Ideas

Identifying Potential Team Leaders

As a team leader, you are the most important source for identifying potential team leaders in your company. This list shows some of the things you should remember as you

Achieving Potential

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In this month's edition of our monthly newsletter "Achieving Potential," we highlight decision making and goal setting.

We coach individuals and organizations and help them achieve their true potential.

How to Make the New Year the Best Year of Your Life

Change many things in your life, and you'll see that everything will improve. If you stop being comfortable and you start trying to find new solutions, you will find them for sure.

If you never look, you'll never find them. This means that in fact you only have one option at your disposition: to take action.

Do you believe that you are already doing too much?

But, are you happy with your life?

Or, could it be better?

I bet it could, and you would feel happier. Why not try to get there?

If what you are doing everyday doesn't please you, look for new solutions. Don't simply follow the same road everyday. Look for hidden paths!



evaluate your team members:

- **Have** clear goals and objectives outlined for each member. (Or review what they have outlined)
- **Observe** each member's behaviors, skills, attitudes, values, and personalities.
- **Make** sure each team member has an opportunity to be the leader of a project or task.
- **Encourage** them to enhance their skills by attending seminars, getting leadership training and development, and/or taking educational courses.
- **Keep** everyone aware of your team's goals, objectives, and accomplishments.

Source: Gary Sorrell, Sorrell Associates © 2006

If you believe that you are OK, then you have to stop believing that. If you are OK, you don't need to do anything else. Nothing gives you motivation to do more.

Think carefully: Couldn't your life be much better, if only this and that were different?

Start thinking, and you'll certainly find many points of your life that you should improve.

If you want to see better results, have a better disposition, reach your aims, and succeed, you have to work.

Don't let dust accumulate over you.

Learn something. Read something totally different. Do something out of your routine.

Pay attention to what people you never cared about are talking and caring about.

Open your eyes. Think and feel the reality where you are, until you acquire a new vision, and you'll be able to make a different plan.

First of all, don't forget that the New Year is new, and it has to be different from the old one, otherwise you won't show any progress. Your life should not be static, but be in constant movement.

Work on doing something different that will help you feel better and satisfied with yourself. It won't be difficult.

Work, learn, and evolve and you'll certainly manage to make this year the best one of your life!

Author: Christina Sponias continued Carl Jung's research into the human psyche, discovering the cure for all mental illnesses, and simplifying the scientific method of dream interpretation that teaches you how to exactly translate the meaning of your dreams, so that you can find health, wisdom and happiness.

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Five Tips to Choosing Personal Empowerment For More Fulfillment



Striving for a life that is empowering and fulfilling is, for many of us difficult to achieve. With questions such as where to start, or what priorities you set, it may seem like just a dream. It's not, and attaining the life you long for and deserve is definitely attainable.

Personal empowerment is absolutely attainable. With these five steps you begin your path towards actually attaining the fulfillment you are searching for.

1. Modify your way of thinking.

By eliminating, or at least reducing the negative self-talk we tend to engage in from time to time, you are taking one of the most powerful steps to leading a positive, fulfilling life.

Respect and embrace yourself as the beautiful and unique you, with all your strengths and weaknesses. Combined with positive self-talk, this is the beginning of your new empowered and fulfilling life.

2. Consider and understand the fact that you are a complete being.

Physical, mental, and emotional health, even spiritual health are all woven as intricately as a web to create one whole being-you. Any part of this web that becomes out of balance can result in your entire being becoming off balance. For example your health is affected if you are suffering from some sort of depression. If you are stressed about something, it will affect both your emotional and physical health. When you find yourself lacking in faith and confidence in your spiritual being, this too can affect both your emotional and physical health.

Strive for balance in all areas of your being in order to achieve fulfillment. To live a complete and balanced life you need to work towards good physical and emotional or mental health, as well as seek spiritual guidance for spiritual health.

3. Remember to practice personal care.

When establishing your to do list you should be putting yourself first. This is not a selfish act, it happens to be quite selfless. The people around you will not be getting the very best from you if you are not happy and fulfilled. Begin choosing a little time every day to care for yourself so you can be happy and fulfilled, for both yourself and others.

Take part in some sort of physical exercise, eat healthy, meditate, laugh, and pray if that is something that brings you some form of spiritual contentment. Read a good book, relax in a bubble bath, or even go for a massage. Your personal empowerment and fulfillment will benefit from these small bits of self care.

4. Try something different.

You probably have a list of things you have always wanted to do, or have thought about trying. Maybe it's something on the extreme side, like skydiving or rock climbing, or a little more on the safe side such as needle crafts, cooking, or even financial management. When you become engaged in life and its many exciting options, self empowerment is right around the corner.

5. Discover and achieve your goals.

When you achieve something from your goals list, the feeling inside can be almost magical. You become filled with confidence and pride, and set on the path toward more success in the future. Setting goals that are achievable yet challenging is the key to finding success. Take for example the person who wants to start their own business. By setting smaller goals, you will gradually be growing alongside your new business. Once you achieve any small goal you will find another right behind it, guiding you towards that one single long-term goal of a successful small business.

Personal empowerment begins by choosing the path and pursuing it. Once that choice is made, each small step you take will change the approach you have on life, and will become the largest impact on your way to personal fulfillment.

Author: Deborah Lindholm is a Serenity Empowerment Coach that shows you how to awaken your Inner Power Source to live an empowered life every single day. Download free pre-recorded telecasts, grab your 5 Simple Steps To Get What You Really, Really Want report and more here: [Free Stuff at Serenity Matters](#)

Our attitudes and habits play a significant role in the decisions we make daily.

We are bombarded with many decisions every day, and thankfully those decisions require little thought as we are relying on past habits and experiences to make the right decision at that moment.

At times, however, the problem is a bit larger or the decision is more complex. It is in these instances that a conscious and objective decision-making process is needed.

In these cases there are two qualities that will lead to more effective decisions: logic and an open mind. When you approach a problem, strip your mind of preconceived opinions and prejudices. Logically assemble and learn the facts of the situation. Webster defines logic as "the science of formal reasoning; the unavoidable cause and effect relationship between events to a particular conclusion." By understanding the cause and effect relationship involved in a situation, you can formulate solutions that deal with the root of the problem, not just the results. By keeping an open mind, you can creatively develop many alternatives from which to choose when making your decision. The logical, open-minded approach to making decisions involves the following process:

1. Identify and define the problem: You must clearly define the problem before you can solve it. Problems that remain vague resist resolution and create anxiety. Hazy, vague issues are impossible to deal with, and they often create a periphery of new problems. Crystallize the issues so you can deal with them one at time.
2. Gather and analyze information: You must have accurate information to solve issues appropriately. If in your haste to find a solution you short-change this part of the process, you can create unnecessary delays and unintended results. The more information you gather about a particular issue, the more likely you will be able to reach a satisfactory decision.
3. Development alternative solutions: If a solution to an issue surfaces quickly, it's tempting to simply do it. The first solution you come up with, although acceptable, may not be the best. Take time to develop alternative solutions even when you don't think you need them and be creative.
4. Choose the best alternative: Most problems have several acceptable solutions. Picking the best one becomes a matter of degree. Narrow your choices down to a few of the best alternatives by evaluating your options. Consider how the solutions aligns with your goals, how it affects costs, what time is required, what are the risks, what do others you trust think, etc. After evaluating all alternatives, choose the one that best solves your problem.

5. Take action: Now that you have weighed all of your alternatives and have chosen the best course of action, it's time to act.
6. Evaluate the decision: Finally, you should structure in-progress reviews and a final evaluation in order to gauge progress and evaluate final results.

Implementing these steps can be instrumental in breaking large challenges, issues, or problems into manageable steps. Don't let "life" overwhelm you. Using this proven decision making model will enhance your confidence. Your personal and professional success is dependent upon your ability to make sound decisions in an appropriate time frame. May 2010 bring you success and happiness!

Tammy A.S. Kohl is President of Resource Associates Corporation. For over 30 years, RAC has specialized in business and management consulting, strategic planning, leadership development, executive coaching, and youth leadership.

Motivational Quotes

"Even "Super-You" needs help and support. There is no shame in asking for assistance. Push aside the pride and show respect for the talent others can bring to the table.

And, remember that there is no such thing as a single-handed success: When you include and acknowledge all those in your corner, you propel yourself, your teammates and your supporters to greater heights."

- Author Unknown.

"The single most important thing to remember about any enterprise is that there are no results inside its walls. The result of a business is a satisfied customer."

- Peter Drucker

"Leadership is the art of getting someone else to do something you want done because he wants to do it."

- Dwight Eisenhower

For results you can count on, contact Performance Development Strategies, LLC at 914-953-4458 or Email: grant@pdstrategies.com

Make it a GREAT day,

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