



Living Life Loudly!

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Action Now - The Power of Showing Up!

Have you ever been the worst at something? Well, I am every single day and it is the absolute best! Yup. If you're ever in northeast Mesa, Arizona, you'll often see a group of cyclists all wearing the same red/white kits that say Jetset Racing. What you'll always see is that group and then wait for it, ok wait for it a bit longer, and there I am. I am always trailing right off the back and I am predictably there. I race for Jetset Racing Magazine, one of the fastest group of winning humans you'll ever meet. They are winners in their professional lives, personal lives, and cycling lives.

I am the absolute worst! I often joke that I need new friends; slower friends; friends who cause me less pain. However, the reality is that I couldn't be more honored to be there with them. You see there was a time when I would let self doubt creep in and I'd say to myself, "You are a girl and you can't help these fast boys win races. You are out of your league. They won't even notice, if I'm not there."

And, then outloud, I would say, "You can only transform by showing up every day for the hardest stuff. You can not win races by staying on the couch or by riding alone. You ride with the best to be the best. They need you to make them laugh, lift their spirits, and to remind them to show up when they don't feel like it."



Action Now - The Power of Showing Up!

When coaching people who recognize the importance exercise plays in reducing stress, improving energy, and increasing positivity, the hardest part of the conversation is always, the "but..." It doesn't matter what excuse fills in the "but", my answer is always the same:

You will be successful if you openly enlist friends to exercise with you, create accountability, and do it every day. Yes, every day.

Is it your time? Go for it! This is also a metaphor for anything in your life. It's ok to hurt, feel sadness, or anger but it is not ok to stay there. It's time to begin.

Now realize even the worst can land on the podium. I do! I recognize that my strengths are in endurance and strategies in team sports. You see, if I can show up every day then I will have the base strength to be a winner. I can handle pain, I can outfox other team's strategies and I know the best to form the right team. So, have courage to begin and be proud of being the worst because it's better than most who are still laying in bed.



EQ + VQ = New Brilliance In Leadership

Most have heard of EQ, which stands for emotional intelligence. Well, the new term that I have been hearing is VQ, which stands for virtual intelligence.

From the pain points I'm hearing, I would reason that the most brilliant leaders are showing up with an innovative more poignant communication style that combines the two.

Just imagine if you had leaders well versed in the importance of questioning as means for gaining true insights and then have the ability to show empathy, compassion, and collaboration to truly connect with and engage each member of the team. Could you see more loyalty, less turnover, more sense of purpose, and higher overall engagement and productivity?

This isn't easy, requires a slow down to speed up culture, and an upskilling strategy to start. It then requires that it be indoctrinated into your culture through implementation strategies. It is rare and truly special.



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A Message From The CEO & Coffee Talk Series

Holy macaroni, as I write this, I am getting a dose of our Fall in a preview that reminds me we are not "past" the distractions of a pandemic. We just entered the 2nd week of school in Arizona and our 2nd graders came home with "the Rona" as they call it. They aren't alone. Many in their classrooms or on the school bus have also contracted it. So, we are back to quarantining and covid testing. Aaaaand working and teaching from home and stumbling over each other.

What this tells me is that we can no longer wait to lift spirits, impart wisdom, and re-focus our teams; the way we do it will need to be in crumpet sized pieces that can be explored and digested when each person's environment will allow it.

I'm launching the coffee talk series, which are 18-20 minute Ted Talk type sessions for the learning and then transition into Q&A/Discussions. These are meant to kick off a week with positivity, connectedness, and action. Here are a few examples of those yummy topics:

- *Living Life Loudly-How to Find Happiness at Work & at Home
- *Be Epic-The Power of Showing Up.
- *EQ-What is it and Why Does it Matter?
- *VQ-What is it and Why Does it Matter?
- *The Best Leadership Communication Model for Today

Each session can be recorded and re-used for your organization.

Now go do something epic, because guess what? You and I have made it another day where we aren't pushing up daisies and that is pretty epic. ha!

