

Living Consciously Transformational Program

www.gotocoach.net | (503) 762-3118 | P.O. Box 86532 | Portland Oregon | 97286

Empowering Men & Women To Live Consciously

We received a message from the Volunteers of America back in December of 2010. The message read; "We have recently begun recruiting for skilled trainers to offer life skills classes to staff and volunteers. Many are looking for tips and coaching to further their careers. Many of the volunteers in particular are doing community service work or actively job-hunting, and from looking at the variety of services you offer, I have the feeling your classes could be tremendously valuable at that site."

After meeting with their Director of Services; we discovered our skills would fit best with the Retail Store in Rockwood, Oregon. We realized that there were communication issues, staff was overwhelmed in their workload and didn't know how to engage volunteers to help. The staff were engaged in stress related conversations and felt stuck in how to move past the issues at hand. Below are some of the testimonies we received:

In the class we were allowed to use examples from our workplace, which opened up everyone to conversation. I felt this allowed us to relate our personal feelings/experiences to see an issue we are having in our professional environment. The class helped me to ask question to help discover what the real problem is when someone is complaining about a situation; and discover together a solution. Christina

I got a lot out of this class, specifically a better understand of another supervisor. How believing strong in something can be told by the body's reaction and how this helps us to handle difficult and frustrating situations with co-workers. I also learned how to share my workload and allow others to either assist or take over to help relieve tension in my job. Darlene

This class was insightful, I learned to let go of things that are bothering me and be more open to change. I realize I can let go of my need to do a job a particular way and open up to others helping in a way that would be helpful to learning a new skill set. Jackie

This class was helpful in opening line of communication between staff members and encouraging honesty and tolerance. James

From the book *The Magic Of Thinking Big*, by David J. Schwartz, Ph.D.; we become familiar with the idea that attitude can make or break a business. We begin to understand that creativity is an essential human attribute to cultivate in the business world. Without it the businesses become ill, as do the people who work there. Dale Carnegie workshops offer solution based processes to help with sales and leadership training by remembering the Golden Rule; treat others, as you would like to be treated. In Harvey Mackay's book *Swim with the sharks without being eaten alive* we learn that the way to long-term customer satisfaction is to treat each customer as though they are the most important person to your business, because in fact they are. Karen Monteverdi's book offers us an understanding of how our living consciously, or living unaware of our systems and process can make or break us when it comes to success, health and aliveness personally and in business. GreenMountain Enrichment and Empowerment Center uses all of the above techniques in the Living Consciously Transformational Education Program to help professionals understand their impact on their working environment.

