



*Opening Doors to Success in Business and in Life*

March 2011

*Spring into Life*

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### Greetings!

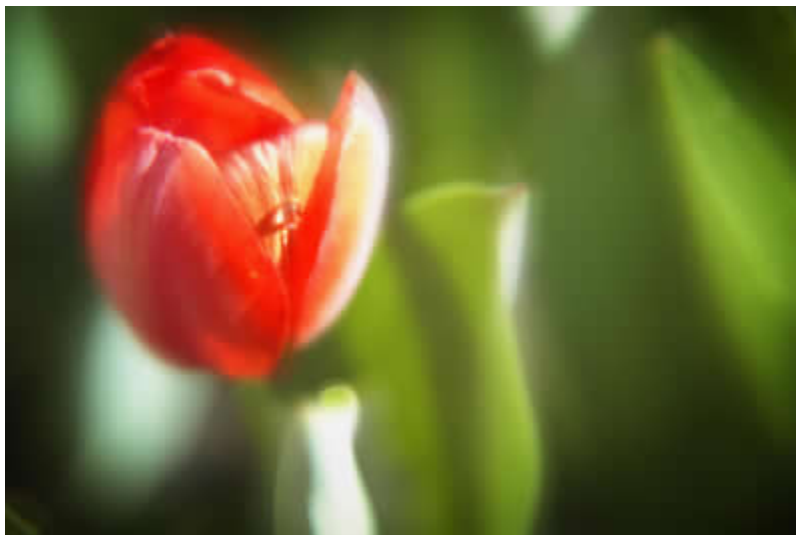
This month learn how the luck of the Irish can be with you all year round by Planting your seeds for growth this Spring.

I hope you enjoy our March news.

P.S. Don't miss our very special Coaching Offer at the end of this newsletter!



### Spring Into Life



It's spring time and we finally made it. Winter has been long. It is time to find your joy and begin to live your life with a fresh new outlook to create what you want and desire.

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**Energy Leadership™  
Coaching**



Take the Energy Leadership™ Index Assessment and change your life

Call for details on how to sign up for the on line assessment and for your debrief/coaching session.

Includes Energy Leadership™ Index Assessment, and 2-hour coaching session.  
\$350.00

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Spring and "springtime" refer to the season, and broadly to ideas of rebirth, renewal and re-growth. Isn't that exciting that each year at this time we are able to rebirth, renew and re-grow our lives. The spring is when the earth comes back to life after a long cold winter, and it is in the spring when the first flowers begin to bloom and the green world begins to return after its winter slumber.

Spring Time is a time of Awakening. It shows us it is time to awaken our creativity and give birth to what we want to create in our lives. Gather the thoughts you pondered throughout the Winter and the resolutions you may have made in the new year. Where are you in your journey? Have you begun to create the life that you want or are the thoughts still just that, thoughts without action? It's time to look within to find the seeds; it is time to plant. Remember everything is possible if we believe and have faith.

- **Go within**
- **Find the seeds**
- **Nurture the soil and now,**
- **Plant the seeds.**

Spring is the season for planting!!

What seeds do you want to plant for Spring to create your spectacular life and what needs to be planted for you to grow into the person you are meant to be? Write your answer down, share it with someone for accountability, and watch how your life blossoms this spring and beyond.

### 5 Tips on how to plant your seeds for Spring:

1. Determine what you want from life
2. Know your purpose
3. Be focused
4. Set clear goals
5. Appreciate EVERY part of your life

### Rodas Coaching Trivia:

- Deborah's maiden name is O'Donnell
- Rodas is a Celtic word for Doors

Deborah wanted to make sure her Irish heritage shined thru her business, so she named the company Rodas Coaching and made her tag line, "*opening doors to*



### Career Corner -- See Free Coaching Offer



#### 5 tips for Job Seekers:

1. Sell Results, not only skills
2. Have excellent references
3. Develop a contact network, and use it
4. Follow up and record keep your progress
5. Be persistent

**Free 30-minute phone consultation -- "Preparing for the Job Interview"**

Contact Deborah at  
[deborah@rodascoaching.com](mailto:deborah@rodascoaching.com)  
before your next big interview.

#### Links

[rodascoaching.com](http://rodascoaching.com)

[deborah@rodascoaching.com](mailto:deborah@rodascoaching.com)

[My latest article](#)

**312-798-7404**



*success in business and in life."*



## Irish Proverb



*You will never plough a field if you only turn it over in your mind.*

Follow us on **twitter**

Visit our blog

**Welcome to the Rodas Coaching Blog and Twitter Links:**

For professionals who want to create a fulfilling life and a successful career.

Become a follower and learn new techniques and tools every week that you can use to enhance the quality of your life and to find passion and joy in the work you do.

Enjoy!!



**Coaches.**  
Training Institute



**Save  
50%**

### **March Special!**

Spring into action by taking 50% off ALL coaching packages during the month of March.

**Contact Rodas Coaching here to get started**

**Offer Expires: March 31, 2011**

