



business and life coaching

June/2009

Issue 1, Volume 1



Welcome to Rodas Coaching

Rodas Coaching, owned by Professional Certified Coach, Deborah Sakelaris, is a business and life Coaching Firm dedicated to helping professional individuals create passion, balance and success in their lives. Deborah works one on one with individuals as well as provides presentations and workshops.

This newsletter will inspire you to live your best life now! Please send ideas, comments and feedback to Deborah@rodascoaching.com or call 312-798-7404.

What clients are saying:

"With Deborah it's about a whole balanced life approach. It's not just focused on one aspect. She is down to earth and really cares about her clients."

"Deborah made me feel that I was not alone, held me accountable, and helped me achieve my desired goals."

"Deborah is bright and energetic. A brilliant coach."

"Deborah showed me how to make progress and achieve the results I want in life."

What Makes Work/Life Balance Work

Your best work - life balance will vary over time, often on a daily

In This Issue

What clients are saying

What Makes Work/Life Balance Work

Are you ready for a Coach?

6 tips for a STRESS FREE SUMMER

6 tips for a STRESS FREE SUMMER

Tip 1

Plan ahead for summer activities

Tip 2

Create a budget and stick to it

Tip 3

Don't overschedule

Tip 4

Consider "no-plans" time

basis. The right balance for you today will probably be different for you tomorrow. The right balance for you when you are single will be different if you marry or have children; when you start a new career versus when you are nearing retirement.

There is no perfect, one-size fits all, balance you should be striving to achieve. The best work-life balance is different for each of us because we all have different priorities and different lives.

However, at the core of an effective work-life balance definition are two key everyday concepts that are relevant to each of us. They are daily Achievement and Enjoyment.

Focusing on Achievement and Enjoyment every day in life helps you avoid the "As Soon As Trap", the life dulling habit of planning on getting around to the joys of life and accomplishment "as soon as..."

Life will deliver the value and balance we desire ...when we are achieving and enjoying something every single day...in all the important areas of our lives.

Are you ready for a Coach? Take this quiz and find out

- *I am ready to create more balance in my life.
- *I am ready to improve my personal or business relationships.
- *I am ready to make real and positive changes in my life.
- *I am ready to overcome self-limiting beliefs and behaviors.
- *I am ready to create a plan and take action to achieve my goals.
- *I am ready to achieve a sense of fulfillment at work and in my life.
- *I am ready for more fun and enjoyment in my life.
- *I'd like to work less and make more money.
- *I can benefit from someone who will help me to stay on track.

If you answered yes to any of the above questions, then you are ready for a coach.

Make this summer sizzle by calling Deborah Sakelaris at 312-798-7404 and start living your life in abundance!

Deborah Sakelaris

Tip 5

Keep food choices simple and light

Tip 6

Keep safety on top of your list

An action step to help you stay stress free:

Begin to be aware of what excites you. Every day find at least one thing that excites you. Start an excitement log. Each day when you are feeling stress, do one of those things that excites you to relieve that stress.

[Join Our Mailing List!](#)



Rodas Coaching

312-798-7404

www.rodascoaching.com

deborah@rodascoaching.com

