



business and life coaching

February 2011

The Month for Passion

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Greetings!

Discover your **Passion** this month, and keep it with you, all throughout the year.

In the month of February, find your passion in life, and in your career. Enroll in the 2 session coaching package and discover a whole new you. This special will be offered for the entire month of February. Cost is \$300.

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February is the month for Passion.

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**Energy Leadership™
Coaching**



Includes Energy Leadership Assessment™, and 2-hour coaching session.

\$350.00

[Find out more about Energy Leadership here](#)

**Career Corner --
See Free Coaching Offer**



Living passionately in life and in your career every day. What a concept! Many people, particularly as they accumulate years of work experience, find they have a growing desire to put passion into their life and career. As we grow in life experiences a lot of the excitement or "newness" diminishes. We simply have been there and done that enough that our threshold for what will rock our world continues to go up. It's increasingly harder to get that same level of excitement.

As we recognize that this element of excitement is missing, it can trigger us to go in search of something we can feel passionate about. We often look around us seeing others in careers that bring them incredible joy - something they are passionate about - and we want that same feeling for ourselves. We remember how it feels to have something in our lives that consumes our thoughts and makes the hours flow quickly. The biggest issue with going in search of your life and career passion is: HOW do you discover your passion?

All too many people think that your passion just comes to you like a thunderbolt from the heavens. In other words, we think for some people it just magically appears. This leaves the rest of us to feel unlucky because the magic hasn't happened. Finding your passion is something we all have access to. It might seem magical, but it is simply a process,



5 Interviewing tips for 2011

1. Be passionate
2. Focus on the value you have to offer
3. Avoid any and all negative talk
4. Pay attention to body language -- yours, and the Interviewer's
5. Remove all unnecessary stress -- i.e. running late, or being unprepared

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

Contact Deborah at deborah@rodascoaching.com before your next big interview.

Resources

Books:

[Delivering Happiness: A Path to Profits, Passion, and Purpose](#)

by Tony Hsieh

like most things in our lives, and requires turning off the TV and taking some actions.

Here are 5 simple steps that will lead you to your passion:

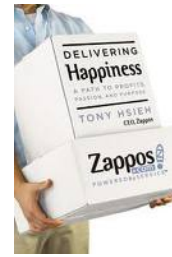
1. **Start first with what you already know you're interested in.** Sit down and write out a list of all the things you have some interest in trying, but never have. Your whole process requires self honesty and it starts here.
2. **Make goals.** Create your list of goals, and prepare to take action towards those goals. Like all great goals, they have the characteristics of 1) being specific 2) having a time for completion 3) and are actionable.
3. **Get curious and go in search.** Your biggest asset on your quest to find passion is to get curious about your environment and what other people are doing. Ask questions. Surround yourself with people who are passionate about the work they are doing or with people on a quest like you. Having others in your life, who are excited about life, will drive your process forward. It's great to have daily doses of inspiration.
4. **Record your results in writing.** To get the most out of your exploration, you need to spend time in introspection. You need to think about each action you take and your reactions to them. This will help you understand what works for you and what doesn't.
5. **Repeat.** Don't try something just once. Give any new endeavor a chance to capture your interest by getting past the new start up roughness. Continue to move through the steps exploring, experimenting and learning until you discover the passion you are looking for in your life.

Begin this month by finding your passion.

Once found, follow your passion and you will find the power to awaken the beauty of the world and bring it into your life.

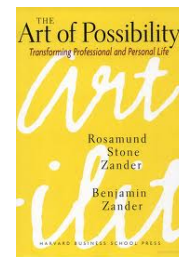
Sincerely,

Deborah Sakelaris
Rodas Coaching



The Art of Possibility

by Rosamund Stone Zander and Benjamin Zander



New Links

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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!!



Links

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