



business and life coaching

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Issue 2, 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.

Upcoming Events:

Work/Life Balance Workshop

lululemon athletica
2104 N. Halsted Street in Lincoln Park
July 21st
\$40/person*

With our Blackberry or iphone in tow it seems impossible to separate our ever-merging two lives of work and home. Learn easy ways you can balance your life. Join us at 5:30pm on July 21st at lululemon athletica for healthy snacks and mingling. From 6:00-7:00pm Deborah will share ideas about how to balance our work self and home self to create a healthy lifestyle. For more information contact Deborah at Deborah@rodascoaching.com or 312-798-7404.

Traits of Successful People

In This Issue

What clients are saying

Traits of Successful People

Are you ready for a Coach?

5 Summer Savings Tips

5 Summer Savings Tips

Tip 1

Get your summer reading material, i.e. books, magazines from the local library

Tip 2

Cancel your health club membership and head to your local park or recreational center

Tip 3

Take a brown bag lunch to work and sit outside

Tip 4

Use cash for food, entertainment and gas

Tip 5

Take a staycation - Exploring your hometown or region like you never have before.

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They work hard! Yes, they play hard, too! They get up early, they rarely complain, they expect performance from others, but they expect extraordinary performance from themselves. Repeated, high-level success starts with a recognition that hard work pays off.

They are incredibly curious and eager to learn. They study, ask questions and read - constantly! An interesting point, however: While most of them did well in school, the difference is that they apply or take advantage of what they learn. Repeated success is not about memorizing facts, it's about being able to take information and create, build, or apply it in new and important ways. Successful people want to learn everything about everything!

They network. They know lots of people, and they know lots of different kinds of people. They listen to friends, neighbors, co-workers and bartenders. They don't have to be "the life of the party", in fact many are quiet, even shy, but they value people and they value relationships. Successful people have a rolodex full of people who value their friendship and return their calls.

They work on themselves and never quit! While the "over-night wonders" become arrogant and quickly disappear, really successful people work on their personality, their leadership skills, management skills, and every other detail of life. When a relationship or business deal goes sour, they assume they can learn from it and they expect to do better next time. Successful people don't tolerate flaws; they fix them!

Extremely successful people live in the present moment. They know that "Now" is the only time they can control. They have a "gift" for looking people in the eye, listening to what is being said, enjoying a meal or fine wine, music or playing with a child. They never seem rushed, and they get a lot done! They take full advantage of each day. Successful people don't waste time, they use it!

These traits work together in combination, giving repeatedly successful people a huge advantage. Because they are insatiable learners, they can respond wisely to change. Because their personal relationships are strong, they have good advisors, and a reserve of goodwill when things go bad. And finally, none of these traits are genetic! They can be learned! They are free and they are skills you



can use. Start now!

Work/Life Balance Assessment

1. If someone were to take a bird's eye view of your schedule or daily activities, would that "glimpse", reflect what is truly important to you?
2. Do you participate in a daily ritual that enables you to take time out for yourself?
3. Does your investment of time and energy in work, family and friends, balance with the amount of time and energy you spend on yourself?
4. Are you able to leave "work" at the office?
5. Do you feel in control of your schedule?
6. Do you take and fully enjoy vacations?
7. Is there time and room in your schedule for regular exercise and physical activity?
8. Do you have time for a social life?
9. Do you feel in control of your career?
10. Can you happily and healthily sustain this pace for 5 years or more?

If you often feel out of balance and you answered "NO" to more than three questions, you probably would benefit from making some changes toward balancing your life.

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