

Life: The Card Game of Choice ©

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Life is all about choices. It's a bit like a giant card game: we're dealt a hand in life and in turn we get to choose how we'll play it out—in business, with our families, in our neighborhoods, and in the world community. In fact, we're dealt many hands each day and it's up to each of us to decide our strategy for playing. In the Game of Life, how are you playing your hand?

As a coach I explore this very question with clients; moreover, I ask "Is this the game you want to be playing?" Together we look at your hopes, dreams, and passions in the creation of your personal vision; we explore avenues to realize these hopes with supporting goals and strategies.

However, like learning to play cards, this Game of Life process first involves examining one's hand i.e. the 'rules' learned to play the game—the assumptions and meaning-making processes, challenging the rules at times, and creating effective strategies to increase the likelihood of playing your 'best' hand.

Coaching is not a static one-two, fix-em up, but a time-honed developmental process; it involves focusing your intentionality and commitment to self-development and growth in the Game of Life. This includes two components: your keen interest and diligence on improving your game, and a coach who listens well, asks a distinctive question or two, and steps back so that you can play your best game.

Inherent within you is the wisdom and creativity to discover your own solutions when provided with just the right mix of challenge and support, humor and candor. As a result, enhanced awareness, clarity of purpose, and expanded, embodied competency increases the odds of playing a winning hand.

When I hear you asking yourself the following types of questions: "What skills or strategies would benefit me in playing my hand?" "What do I need to 'discard, to keep'?" And, "Am I in the right game?" --I'll know you're on the way to improving your game.

As a coach, I bring to the table quality listening, feedback, and assessment skills; knowledge of organizational systems and dynamics; experience surfacing and working creatively with conflict; and an awareness of the optimal levels of anxiety that enhance personal motivation.

Of course, I, too, am learning to play my own hand: to pay attention enough to know when and what to discard, when to pass or to ask for another hit, how to strategize the best plays, when to stay in the game and when to fold. And, while I am still refining my game, the ability to celebrate my personal wins and learn from losses remains essential to my being an effective coach. I'd like to inspire you to play your best hand. Are you game?