

SPIRITUALITY IN BUSINESS



Presented by Rev. Cynthia Stringer,
PCC, CMC
415-682-7135 Office

TeleClasses: Given four times in November 2002.

DESCRIPTION:

In our time together we will explore the use of energy, visualization, and the awareness of Chakras to impact your work with clients and your coaching practices. Bringing spirituality into the work we do is valuable and needed; next is articulating how specifically you do that for and with clients. We will explore some tools that may assist you in utilizing energy, chakras and guided visualization in our time together. Please plan to come and participate, experiment and grow.

Visualization: on tape

What is energy? How do we define it? How does it apply in our coaching work?

Chakras history: energy centers, 7 of them each with their own message and intention

Coaching by noticing when you get hooked by your clients energy, the company's energy or the exchange: techniques to stay clear: White/golden light, screen, hand washing, drink water, candles

Coaching from Chakras and noticing where your clients are coming from



I spoke about the value of spirituality, emotional, physical and mental levels and how that relates to us being able to bring the discussion of spirit into the workplace. To have this be effective and serve the work we are doing it needs to be practical. That is why I work a great deal with rituals, experiential learning and developing collaboration/networking as a way to build relationships that bring people into their hearts and into spirit.

How do you bring that forward:

In our goals, hobbies, symbols, chakras, communities, conversation, books, movies, etc.

Seasons (Fall, Spring, Winter, Summer), elements (air, fire, water, earth), Directions (North, South, East, West) ,

Hobbies or life descriptions that you or your clients resonate with

Visualization: See yourself in a sacred place: what qualities are present outside and inside of you?

Work with energy and Chakras (see resource section)

Look out from where you are; identify a symbol that represents who you are. Why did you choose that one? What does it symbolize? Could you explain the meaning to someone else? Could you relate it to someone else?

Rituals: different types for different reasons—creating connection, community, letting go/grieving, celebrations: birthdays, retirements, new home, brushing our teeth, eating, drinking tea or coffee, golfing, checking email, answering the phone

Cynthia Stringer
www.successbydesign.net
cynthia@successbydesign.net
888-6108967

BLOCK TO SPIRIT:

Not knowing, feeling foreign, rebelling from childhood images, not remembering WHO we are, no tools or language, etc.

Bringing the Distinctions:

Active and Passive introductions of coaching
Active is where you bring spirituality forward in your literature, web site, welcome kit and ask questions directed at this. Very effective and useful. On the other hand, passive aspects are when you speak about spirituality as it relates to what's missing and how they can accomplish their goals and reasons for hiring you. Both are effective either separately or together.

BUILDING BRIDGES

Creating an understanding of spirit in the workplace begins with where someone is at: take his or her level of comfort and translate into a system or way of being. Look at their ongoing habits, rituals and ask them how they can make them more conscious, deliberate and intentional. It may be helpful to remind them how to build it into a long-term goal or big picture.

It is just like meditation: if you manage to make your life one big meditation (that means being present and non-judging in every moment, feeling connected with the Divine) you may not need certain things.

Having knowledge; conscious; informed alert,

Energy Force Fields: Attraction in Action

We are electro-magnetic beings, force fields, and both sending and receiving signals through thought, communication, body language and action. Thus we constantly influence the energy-patterns in and around us. This is how we create our physical reality, since matter simply is a slowed down form of energy.

If we spend time in a certain group of people, we connect our frequency with that group-energy.

The best way to raise your frequency - or your spiritual level - is to involve your heart in your thoughts

and actions; this means accepting yourself and others as welcome children of the universe,

TOOLS:

Building Bridges: Hobbies, metaphors

Chakras

Energy work: movement,

Visualization

Creative expression: art, writing,

Body Awareness

Class I taught on Rituals: (see resource section)

My End of the Year Document, (see resource section)

RESOURCES:

Heart math. They do research on the power and magic of the heart, stress and how it relates to spirituality.

www.heartmath.com

Practical Spirituality: Movement of Spiritual Inner Awareness (www.msia.org or www.pts.org)

Cynthia Stringer: cynthia@successbydesign.net, www.successbydesign.net

I have been trained in the theory of Chakras and integrate their use into my coaching. My other class, which focuses on Rituals in the Workplace and provides various resources for connecting yourself with like-minded consultants, coaches and speakers.

Manifesting Resources: Again classes and articles I've written on this topic.

http://www.successbydesign.net/secure/manifestation_class.pdf

http://www.successbydesign.net/_pdf/manifestation_notes.pdf

End of the year document:

http://www.successbydesign.net/secure/End_of_Year.pdf

Specifically the focus of my work is to facilitate organizations and individuals in having more impact and leaving a legacy. Those who identify themselves as humble, successful leaders (or those by way of their profession or reputation have influence over many: CEOs, Executives, Authors, Athletes, Actors, Models, Musicians, Speakers, Coaches, etc.) who have a message, platform or purpose with which they want to share in the world by way of an integrated, holistic and powerful way. My workbook on this topic will be completed in 2003. Teleclasses, e-courses, and an audio tape on this topic will also be launched. In the mean time, visit my web site to witness the evolution and introduction of Rituals and read great articles, handouts and be connected.
www.successbydesign.net.

The Medicine Woman's Guide to Being in Business for Herself

Suzanna and her use of Tarot cards as well as Doreen Virtues Angel Cards.

SPIRIT AT WORK RESOURCES:

Book list on my web site: www.successbydesign.net

Special Interest Groups:

"Faith and Work in Cyberspace" is an e-mail discussion run by Gregory Pierce, the author of Spirituality @ Work: 10 Ways to Balance Your Life On-the-Job. Pierce sends out a short e-mail every three or four weeks with a few thoughts or questions about how people are actually practicing the spirituality of work. He then uses the responses as the grist for further e-mails on the subject.

The group is not a chat room or a list serve. Pierce edits all e-mail and is the only one who can communicate with the group, which now numbers over 900. There is no charge or obligation, although Pierce does advertise books and events related to the topic at the end of each e-mail. To join the group, simply send an

e-mail to Pierce at SpiritualityWork@aol.com.

Association of Spirit at Work Judi Neal's organization. I've known her for over 10 years and she operates a membership organization for those who want to know what is going on. Lists conferences, listserve, newsletter and books, etc. www.asaw.org

www.asaw.org and our local chapter information. Kate Powers contact her at: 415-454-5929 or kpowers@sustainablechange.org.

Also we have various in person Spirit at Work groups in the Bay Area. Contact Cynthia to learn more.
cynthia@successbydesign.net

Spirit at Work San Francisco Bay Area Chapter is a chapter of the International Association of Spirit at Work. Our vision is to build a new wisdom-based global culture in which spirituality, consciousness, equity and sustainability are at the center of life; and to activate a diverse, cross-generational collective that creates breakthroughs in consciousness using perennial wisdom, frontier science, extraordinary conversations and skillful activism. Contact Kate Powers at kpowers@sustainablechange.org

The Spiritual Coaches Network is a global virtual community of coaching professionals who support individuals and organizations in creating greater self-expression, wholeness and integration of work and life. We focus on providing members with opportunities to learn, network, create community, and share knowledge and tools. We are also available as a resource on the growing field of coaching and coach training programs. We hold monthly conference calls on the third Thursday of the month, alternating between 8 p.m. (Eastern) on the 'odd' months (Jan., March, etc.), and 11 a.m. on the 'even' months. To join us, send an email to Maria Sariego at maria@workandsoul.com for the dial-in number, or visit <http://www.spiritatwork.com/>

Cynthia Stringer
www.successbydesign.net
cynthia@successbydesign.net
888-6108967

groups/coaches/index.htm for more information.

We look forward to your company!

Spirituality in Business SIG hosted by:

Contact: tanyia@followyourpath.com to register and receive the bridge number

Pat Sullivan visionpat@aol.com or 510-530-0284

Has a workshop on writing your spiritual business plan and book being published in 2003. Wonderful resource for spiritual written material. She's written for years for the SF Chronicle.

Fostering conscious leadership, authentic communication and spirit at work

a Special Interest Group sponsored by ASTD / Mount Diablo Chapter

Please email them to get more information on their monthly virtual speaker meetings.