

A big thank you to our loyal subscribers. We're in our 3rd Year of Publishing Inspiring You! For anyone interested in writing a short article for submission in our upcoming newsletter, or who would like to contribute resources and links, please let us know. We are expanding our services to offer additional products and services.

We are pleased to announce that Success By Design Inc. is serving people in other countries: Australia, Canada, New Zealand, United Kingdom, United States and South Africa.

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Theme for the Month—Personal Presence

Aloha from beautiful Kona, Hawaii!

During my week there attending the Coach University's annual conference, I learned a great deal and had a splendid time. To me, it's one of the loveliest islands I've visited. What a treat to be surrounded by natural beauty, inspiring people and time alone! My experience is that coaching is a profession which is evolving and expanding. Stay tuned for industry news.

1. MONTHLY COACH CHALLENGE

Staying static and stuck in old paradigms and images can be damaging to your success. We have internal images of ourselves as well as external ones. This month's newsletter focuses on presenting yourself in an Authentic and Powerful way to convey your message and intention. Excellent Leaders are those who have a vision, live and work with integrity, and have congruence in all ways. Where might you be limited by past pictures and concepts of your own strengths, gift and success? Where have you given up on your goals and life time dreams? Does your external image reflect your internal wisdom? Take time during the month of

July and note areas you'd like to enhance, or alter. The summer is an excellent time to reflect, relax and take action.

2. TEN EASY STEPS TO ENHANCE YOUR IMAGE OVERNIGHT

1. Find a neutral head position. Hardly anyone has this! It is the fastest and easiest way to improve your non verbal communication. Notice where your chin is placed. Are you lifting your chin to people when you speak to them, or are you pointing it at their feet? You should not be looking up or down at people. This weakens your image incredibly. If your chin is too far down, you look shy and surly. If it is too high and you are speaking with a taller individual, you will appear to be searching for their approval—even needy. If you are taller and are still tilting your chin up to people, you are giving a strong impression of negligence and distraction. Also do not move your head from side to side. You appear coy and indecisive when you tilt your head from side to side. It can also appear flirtatious! Watch out. You can be communicating something completely contrary to your intentions.

2. Stop shifting your weight! Stand centered over both feet. Bend knees slightly. Do not rock forward and backward. Do not wiggle the hips to the side. When you shift your weight, you appear distracted and agitated. You are giving the impression that you would rather be elsewhere. Do not lean on desks, walls, or chairs. You should appear strong enough to stand alone on two feet—unsupported.

3. Stand Tall! We all tend to slump, curving the upper middle back. Make sure your shoulders are not trying to meet each other in front of your body. Your spine should be properly aligned with your hips dropped—not tucked under you.

4. Listen! As we grow more accustomed to the onslaught of emails and media, we develop sharp skills in "tuning out" noise. A great leader is a great listener. You will find that improvements in listening is directly correlated to improvements in focusing. A great listener has incredible focus and control over his thoughts. A great listener can be overlooked, but a poor listener sticks out like a sore thumb.

5. Relax the eyes! Many of us are over-using our eyes. We are carrying all of our stress between or around our eyes. Observe yourself in the mirror. Try lifting your eyebrows ever so slightly and relaxing your eyelids slightly. In between your everyday expression and your best Marilyn Monroe impression is a neutral and relaxed eye position. We spend so much time running about and staring into computer screens, that we forget to relax when we are not engaged in these activities. The ideal eye expression is relaxed, yet engaging.

For the remainder of this Top Ten, Numbers 6-10, visit our Web site and click on to the Resource Partner page.

3. INTERNATIONAL COACH FEDERATION (ICF) CONFERENCE

Visit us at the Seventh Annual International World Coach Federation Conference in August. We will be exhibiting our services and programs. Opportunity to meet, greet and network. Conference dates: August 16-18th at the Downtown Chicago Hilton. To learn more visit the ICF Web site.

4. SPEAKING PROGRAMS AND ENGAGEMENTS

Free Teleworkshop July 12th 7:00-8:00 pm CST "Expressing Your Authenticity in the Workplace".

Register by sending an email to va@successbydesign.net. Handouts and exercises will be sent to all participants.

I've received such a phenomenal response from my workshop entitled "Leveraging Your Skills" that now the pilot program is complete, I'm prepared to present this presentation to additional organizations, corporations and associations. This presentation, complete with handouts, can be created as a one-hour breakfast, noontime event, or half-day experience. Contact us if you know of organizations that could benefit from this topic.

"Integrity in Action Learning Modules" launching new Integrity Assessment Program. Email us to learn more and to register. Also, if you know of websites, books or resources on this topic, please e-mail them to me for inclusion in a separate e-mail.

5. SUCCESS BY DESIGN MISSION

SBD MISSION—Founded in 1990, Success By Design's mission is to provide the most comprehensive and

engaging services which enhance the lives of men and women. Our number one priority is to facilitate alignment between who you are and what you do.

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