

# Inspiring You!™



Volume I, No. 11  
Success By Design Inc., Career & Life Coaching

an e-zine for personal and professional development  
from industry leader Cynthia Stringer, PCC, MCC

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## THEME FOR THE MONTH:

*Being In The Moment*

## Dear Inspiring You! Readers:

I would like to extend a personal invitation to you. I am available for you should you desire any coaching, listening, support or resources during this time.

My class on Wed. September 19th from 7:00-8:00 pm CST is free and will focus on 'Being in the Moment.'

We will begin exploring how these events are impacting our life intentions, goals and action steps. If you'd like to join us please email my assistant Anne Ferguson at [va-anne@pacbell.net](mailto:va-anne@pacbell.net).

These devastating events highlight, even more, the need for our love and presence in the world. I am attempting to return to Chicago over the weekend. Best way to reach me is via email or mobile phone: 312-388-5101.

Warmly, Cynthia



## 1. Resources:

**The United Way of New York** and **The New York Community Trust** have established a fund to help the victims of Tuesday's attacks and their families. Anyone wishing to contribute may call (212) 251-4035.

**Salvation Army**, cash donations: 1-800-SAL-ARMY

If you wish to contribute money to an organization, we recommend that you do so directly through the organization's site, or to a local chapter.

To donate money to the **Red Cross** for assisting victims of the attacks, call 1-800-HELP-NOW.

<http://www.redcross.org>

You can also donate by phone at 1-800-435-7669 (English speaking) or 1-800-257-7575 (Spanish speaking).

**Amazon.com** has set up a channel through which you can donate to the Red Cross, which may be a better choice for online donations. The Red Cross donations page has been swamped all day, and Amazon makes it very easy to donate from \$1 to \$50. Just go to:

<http://www.amazon.com/>

**Federal Emergency Management Agency (FEMA)**

<http://www.fema.gov/r-n-r/>

**The New York Blood Center** has also announced a blood emergency for the greater New York/New Jersey metropolitan area.

Presented by Cynthia Stringer, PCC, MCC, President of *Success By Design Inc.*, a coaching and consulting firm specializing in peak performance for businesses. Contact Cynthia at [cynthia@successbydesign.net](mailto:cynthia@successbydesign.net).

## Success By Design Inc.

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next



Visit <http://www.nybloodcenter.org> for more information on how to help.

**Helping.org:**

For more information on helping victims of the U.S. attacks, visit

<http://www.helping.org/>

**United Way**, donations:

The United Way of New York and the New York Community Trust have established a fund to help the victims of the attacks and their families. The September Eleventh Fund will provide immediate support to established emergency assistance agencies. Anyone wishing to contribute may send their donations in care of United Way, 2 Park Ave, New York, New York, 10016 or call: 212-251-4035. Donations are also being accepted on United Way of New York City's Web site:

<http://www.uwnyc.org>

**The Hunger Site** (<http://www.thehungersite.com>) is featuring a link to **Mercy Corps**, where you can make a donation: "To assist survivors and families of the victims, Mercy Corps is accepting donations and will share any funds raised with partner agencies directly responding to this tragedy."

[http://www.mercycorps.org/index\\_usfund.html](http://www.mercycorps.org/index_usfund.html)

Donations are being accepted at **Feed The Children**. Your support is needed to enable us to respond quickly and efficiently. They try to keep supplies readily on hand to be prepared when disaster strikes. DONATE AT [https://www16.secure-website.net/~ftcweb/secure\\_donation.html](https://www16.secure-website.net/~ftcweb/secure_donation.html) or call the hotline which has been set up for donations at 1-800-525-7575.

**The National Organization for Victim Assistance** is a private, nonprofit, 501(c)(3) organization of victim and witness assistance programs and practitioners, criminal justice agencies and professionals, mental health professionals, researchers, former victims and survivors, and others committed to the recognition and implementation of victim rights and services. Visit The National Organization for Victim Assistance Website at:

[http://www.guidestar.org/partners/helping/index\\_ext.jsp?npoId=357764](http://www.guidestar.org/partners/helping/index_ext.jsp?npoId=357764).

**Catholic Charities USA** is the nation's largest private network of people helping people. The 1,400 local agencies and institutions provide social services across the country to more than 10 million people in need each year. Visit the Catholic Charities USA Website at

[http://www.guidestar.org/partners/helping/index\\_ext.jsp?npoId=25511](http://www.guidestar.org/partners/helping/index_ext.jsp?npoId=25511)



## 2. Article

### *What You Can Do To Fight Fear*

by Stewart Cobb (Public Domain)

#### *Step 1) Give Blood.*

They need a lot of it in New York. Even if you don't live near there, every pint of blood you give in your hometown frees up a pint to move a little closer. If your blood type is 'O', it's especially needed because it can be given to almost anyone. If you're a soldier, a cop, or a rescue worker, don't give, because blood donors need to avoid

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strenuous activity for 72 hours afterwards and you might not have that option. The rest of us will make up for you.

*Step 2) Give Time.*

Chances are you know someone whose life has been disrupted by the attacks of September 11. If not a victim, then a government worker whose workday just got longer, or a mother with small children whose father is stranded in a distant city. Reach out to your neighbors. Fix dinner for someone who needs it, or mind the kids for a while, or just hold a fellow American's hand while they grieve for their loss. Do what you can to ease someone else's burden.

*Step 3) Give Money.*

The American Red Cross looks after refugees and the families of casualties. Obviously, they'll need help. A lot of our military men and women are going to be working long hours on detached duty, figuring out who did this and what we'll do in response. The United Services Organization (USO) is there to help their families cope with their absence. Other groups, too, look after the physical, mental, and spiritual health of those in need. Give generously to the church or charity of your choice.

*Step 4) Stay Alert.*

You know what's unusual in your neighborhood. If you see something suspicious—not just a

stray cat, but something really wrong—report it. Several suicide bombers have been foiled in Israel by alert citizens who noticed, for example, someone wearing a bulky jacket on a hot summer day. Use your judgment, and don't overload the cops with trivia, but keep your head up and your eyes open.

*Step 5) Save Your Strength.*

Think about how suddenly the folks in the twin towers were attacked. You might have to save your life, or your family's lives, with no more warning than they had. So follow all that good advice you keep hearing: eat right, exercise, try to get a good night's sleep. Learn first aid and CPR, or brush up. Now is not the time for hangovers. Your family and your country need you awake and alert.

*Step 6) Be Kind.*

We're all under a lot of stress right now. Don't add to it. Be nice to the overworked nurses at the blood center. Don't argue with a cop who tells you the road's closed; there's a reason for it, and he's just doing his job. Drive safely and courteously; don't make another mess the rescue folks have to clean up. Kiss your sweetheart, hug your kids, and be thankful you still can.



### 3. 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

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one priority is to facilitate alignment  
between who you are and what you do.



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