

livingfaith-focused

1

e-MAG

The Greater Advantage, Inc.

August 2007



the(context)

by Sheri Collins, Editor in Chief

Welcome to the first issue of livingfaith-focused e-Mag!

In this piece I plan to give you the (context) for each issue. By definition, the context is the parts of a discourse that can throw light on its meaning. It is the interrelated conditions in which something exists or occurs. The context amplifies ideas. It is what comes between the parentheses. It's a bird's-eye view or a snapshot of a certain point in time. As the editor in chief of *Iff*, I recognize the importance of setting the context. I absolutely adore it. So, let me set the context for this issue.

It is not easy to get yourself together and change your life. Becoming something different than you are right now is a valiant endeavor. You need courage to take a good hard look at yourself. Like Hill Harper (actor/mentor) says, "be the architect of your own life". It takes a certain boldness of faith and thinking to do that thing. You must believe in what you cannot see and have the self-discipline to hang in there until a change comes. Then, when you have reached your goal, and your life has changed for the better, your sense of self-togetherness is simply elegant.

(The elegance of earned self togetherness)

It's a wonderful phrase that Albert Murray uses in his book, "Stomping the Blues." The elegance of earned self-togetherness. That means that you've got a self-confidence. You've got an elegance about you. You have a sense of being able to persevere whatever the circumstances are, but do it with dignity, with grace. Not putting others down, you see. Lou Rawls had that and, of course, getting that is part of a tradition.

*Dr. Cornel West
January 12, 2007
The Tavis Smiley Show*

This issue of *Iff* is dedicated to getting self-togetherness with life coaching. People are seeking personal, professional and spiritual growth now more than ever before. Life coaching helps us deal with the challenges we face in pulling off our personal and professional growth goals. We hope you will be inspired and encouraged by the articles this month. Here are the contents of this issue:

- **ask?** - We start with a fundamental question, "What is life coaching?" We look forward to more of your questions. If you want to know, just ask? Email your questions to livingfaith@greateradvantage.com.
- **the buzz** - Learn about group coaching. These workshops are really hot right now. Group coaching offers an opportunity to think strategically and gain outside perspectives. Is it for you?
- **mindsetforsuccess** - Do you have the mindset for success? Take our quiz to find out. Our *Iff* executive editor and resident life coach is Kim Bettie. In *Break camp and move on* she tells the story of leaving corporate America to live her vision of becoming a life coach. Let her story inspire you to [tell us your Break Camp story](#).
- **strategies for LIFE** - Kim believes at the root of every transformation is faith, and a mindset for success is a prerequisite for reaching your goals. In *Work your faith, live your vision*[™] Kim shares her extraordinary life coaching program. Now, you can sign up for her [7 week teleseminar series](#), starting soon.

Our vision for Iff is to provide a beacon of hope in the storm for our readers using the power of email. Many of you have attended our complimentary [Weathering the storm: managing the winds of change seminars](#). In the spirit of reciprocity, these group coaching seminars sow seeds of faith and vision in the nation. The best way to understand the power of coaching is by experience. Our goal is to give people the opportunity to experience the benefits of coaching and increase their chances to succeed.

Thanks to all of you for spreading the word about our new website, www.greateradvantage.com. We have two winners of free 1 to 1 coaching. Congrats go to Robin Glover and Terri Smith! Stay connected and share our e-magazine with your friends. You could win too. In our next e-Mag, Iff -2, we will feature business and executive life coaching. Be sure to [subscribe](#) by August 15. Watch your inbox!

Miracles and blessings,
Sheri

here I go again. crazy to **believe** that **God CAN**

Iff

what's in this issue

- :: strategies for life: work your faith, live your vision
- :: the buzz: the power of group coaching
- :: mindset for success quiz
- :: mindset for success: break camp and move on
- :: coaching: a good investment
- :: what's next?

ask?



what is LIFE COACHING?

In order to go from good to great many corporations invest up to \$30,000.00 for an executive to have a coach. According to Fortune magazine, "Coaching has become the hottest thing in management today." Life coaching is not therapy; it is for stable, hardworking people, who want help reaching their goals. Your life coach acts as a sounding board, asks the right questions, and is armed with the processes to help you believe what once seemed impossible is possible.

self-discipline

When a goal seems possible, you can develop a high level of commitment to attain it. Many people fail to achieve their goals because they neglect to build the commitment necessary to reach them. Having the commitment to reach a goal takes self-discipline. Life coaching is about increasing your self-discipline. Your life coach provides strategies to help you manage your thoughts, feelings, behavior, and environment to reach your desired goal. Acquiring this type of self-discipline is an important developmental task and it will enhance your life. [Read the full article](#)

do you have a MINDSET for success?™

Take our quiz to find out if you have the 7 mental attitudes to overcome the barriers to your success

hope

yes no

I am comfortable thinking about my past. I understand the role my choices have played in keeping me stuck. This empowers me. I now have faith that what I hope for will come to pass.

grace

yes no

I am able to celebrate my strengths and accept my weaknesses. I believe in my weakness I am given the opportunity to experience grace and receive support from others.

self-control

yes no

I am prepared for action. I realize it takes self-control to reach my goals. I have

strategies for LIFE

Work your faith, live your vision™

hello! I'm life coach

kim bettie

For the past 20 years I have been in the business of encouraging others. Before leaving corporate America, I was an executive coach and senior trainer for GM. I have helped hundreds of people to overcome the barriers to reaching their goals and experiencing lasting change. The lesson I learned, while coaching some of the most talented leaders in corporate America today, is that there are two kinds of goals we all must deal with: internal (personal) and external (professional). The internal goals are about how our conduct must change to reach the external goals. I challenge my audiences and clients to develop the mindset to breakthrough their roadblocks. Our mindset for success quiz is designed to indicate **your readiness** for change from the inside out.



did you make a new year's resolution?

About half of American adults make resolutions to change something in their lives at the beginning of each year. 77% of those resolutions are successful for exactly one week. Then, it starts to go downhill beginning the next week. The success rate for New Year's resolutions continues to fall over time:

- 55% after 1 month
- 40% after 6 months
- 19% after 2 years

face the facts

It does not have to be this way. Stare your situation right in the face. You cannot make it out of the wilderness with your eyes closed. A coach asks the right questions to reveal the truth and the potential in your situation. He or she serves as a sounding board for an outside perspective. Your coach is armed with the processes and tools to help you believe what once seemed impossible is, in fact, possible.

living faith-focused

Now more than ever people are seeking personal, professional, and spiritual growth. Faith is the substance of things hoped for, the evidence of things not seen (Hebrews 11:1). I believe at the root of every transformation is faith. Faith is essential to setting and reaching your goals. Therefore, you must work your faith and live your vision. This is the art of living faith-focused.

work your faith, live your vision™

The mindset for success quiz highlights the 7 mental attitudes in my life coaching program, Work your faith, live your vision™. You can transform your life, if you are ready to change. My coaching style is thought provoking and interactive, which helps my clients feel

weighed the pros and cons, and believe what I will gain is more valuable than what I must give up.

focus **yes no**

I am focused on my vision. My eyes are on the prize. I believe I will experience victory and I am excited to tell others about it.

strength **yes no**

I feel confident and strong. I have taken a bold step toward reaching my goal(s). I now think about my future success, not my past failures.

perseverance **yes no**

I know others are watching me and I want them to see me succeed. I am able to release whatever will hinder my progress. I will persevere because I have a plan to handle my temporary setbacks.

transformation **yes no**

I recognize my negative self-talk can prevent me from experiencing transformation in my life. I know how to consistently combat my negative thoughts with the truth. I can reach my goals and enjoy living my vision.

how did you do?

All yes: You answered 'yes' to all of the statements. You have a mindset for success with the mental attitude to reach your goals. Your next step is to create a strategic plan for your life. With the help of a life coach you can create a plan and improve your chance to experience lasting change.

Some no: You answered 'no' to some of the statements. Don't worry. Studies show even the most successful people are stuck in at least one area of their lives. Your mindset is your mental attitude or your perception. Your perception determines the goals you set, how hard you try, and how long you persist when faced with difficulties. With the help of a life coach you can improve your mental attitude and create a strategic plan for your life to experience lasting change.

-KB iff

mindsetforsuccess

break camp and move on...

By Kim Bettie

journey to the



encouraged, empowered, and energized for change. I put the experience and the knowledge I gained as an executive coach in corporate America into this extraordinary life coaching program.

my mission

Work your faith, live your vision™ is my passion. It is my mission. My life coaching program is based on research and methodologies that are success factors in corporate America and consistent with biblical principles. Work your faith, live your vision™ is presented in a way that appeals to anyone, and Christians can trust the material is Christ-centered. The seven mental attitudes in my program are aligned with seven powerful scriptures that when applied to your life develop a mindset for success, and give you the greater advantage for your life.

[Read the full article](#) iff

the buzz... the power of groupcoaching

By Kim Bettie and Sheri Collins



save money and benefit from collaboration

going from good to great - strategic thinking

In order to understand the complexity of today's world, successful people set aside time to think strategically. They devote time, their most precious resource, to focus on key issues important to their long term success. The effectiveness of strategic thinking increases as you involve others in the process who can give you a different perspective.

the sounding board - collaboration

Group coaching is a powerful combination of learning and support. Collaboration with others allows you to operate in the "gray space" where things are often unclear or unpredictable. Exploring all sides of an issue in a systematic manner can provide clarity and insights, which can lead to breakthrough thinking in areas in which you are stuck. Group coaching participants share best practices and generate great ideas quickly.

is group coaching for you?

the answer maybe yes. if:

You want the benefit of working with a professional coach
 You want a less expensive coaching alternative
 You want to brainstorm with others and gain multiple perspectives

the answer maybe no, if:

You want the expertise of your coach, but are not interested in learning with a group
 You want to collaborate with your coach, but are uncomfortable sharing

promised land

I love to read the Bible story about the children of Israel and the journey to the Promised Land. There are so many lessons for us to apply to our lives. The Israelites were the descendants of Jacob, whose name was changed to Israel after he struggled with God until he was blessed. Jacob's family moved to Egypt and grew into a large nation. The Israelites worshipped one God and the Egyptians worshipped many gods. Afraid they would soon be outnumbered, the Egyptians enslaved the Israelites to kill their spirit and stop their growth. After 400 years, God heard their cries and freed them from slavery. God overcame their enemies, miraculously parted the Red Sea, and fed them manna from heaven along the way.

As they rested by the mountainside one day, God spoke to them and said "You have been at this mountain long enough. It is time to break camp and move on." He gave them very specific instructions for taking possession of a land that was their inheritance. A small group formed to check out the Promised Land. The report came back and it was good, but there was a catch. Huge giants currently possessed the land and they would have to fight them. The children of Israel were afraid of the giants and complained they would have been better off in bondage. This act of rebellion resulted in 40 years of wandering in the wilderness instead of living in the Promised Land.

my break camp experience

I had a "break camp and move on" experience a few years ago. Despite the success I had experienced in corporate America, I always wanted to have my own business. One morning I asked God if I should try to take advantage of the buy-out package circulating within my organization. I felt in my spirit that God said, "Yes." He encouraged me to go to the office that very day and request the buy-out.

facing the giants

When I got to work that morning, I prepared to face the first giant, my leader, a very traditional manager from the 'old school'. Before I could even ask to speak with him, he called an emergency staff meeting to make some special announcements. Effective immediately, my job was going to change due to corporate restructuring. My flexible schedule would come to an immediate end, and I would no longer be able to pick up my daughter after school.

This was my moment... [Read the full article](#)

do you have a break camp story?

in a group setting
You want the confidential and undivided attention of your coach

experience the power life coaching teleseminar series

The best way to understand the power of coaching is by experience. Join us for our upcoming teleseminar series, *Work your faith, live your vision™* life coaching program with Life Coach, Kim Bettie. It is a convenient and affordable way to experience the benefits of life coaching.

Sign up today! You can begin to learn strategies for success to apply right **now!** Go to our website at www.greateradvantage.com to sign up for *Work your faith, live your vision™* today! Just go to the [Events and Info page](#) to sign up. Read more about this and other events in this issue of **Iff**. [Print the full article](#)

EVENTS/Info

life coaching teleseminar

work your faith, live your vision™

The best way to understand the power of coaching is by experience. Join us for our upcoming teleseminar series, *Work Your Faith Live Your Vision™* life coaching program with Kim Bettie.



You can begin to learn strategies for success to apply right **now!** Go to our website at www.greateradvantage.com to sign up today! Just go to the [Events and Info page](#) to complete a client information form. Sign up today! It is a convenient and affordable way to experience the benefits of life coaching.

stop bad habits. work/life balance. lower stress.

join the livingfaith-focused community



the
soundingboard
moderated by Kim Bettie

Access the power of strategic connection to establish a sounding board for ideas, visions, and discussions around success in business and life.

For just \$25 you gain password protected access to the sounding board online boardroom and receive a 25% discount on group coaching for

Tell us about it. Share your break camp story and inspire others. Everyone has a story. Just email your break camp story to livingfaith@greateradvantage.com. Please send PDF or WORD files only. We may feature your story in a future issue of **Iff**. Thanks for sharing.

COACHING a good investment

the average woman spends \$1145
annually on self-improvement.
know the benefits of life coaching
setting better goals.
self-confidence. lower stress levels.

"I attended the group coaching session you held at Everest Institute. It blessed my soul. It caused me to set several short term and long term goals, to be optimistic, to be tenacious concerning my goals, and to just do it."

*Thank you so much,
Mary Woods*

Mary, Thanks for sharing the power of coaching!

Iff



@greateradvantage.com

*"Fabulous website, ladies!
I have faith that TGA will be a blessing to you and to those who have the chance to benefit from your expertise. Thanks for including me in your email list. I will share the info with as many as I can."*

-R. Strong

now available on our website:

[NEW! EVENTS AND INFO PAGE](#)

one year, and there's MORE:

- Special event pricing for one year
- Give us feedback by participating in online focus groups
- Opportunity to think strategically and gain outside perspectives
- Benefit of coach's expertise and the ideas of fellow participants

In the future we will be adding more features to bring distinctive value to members of the sounding board. Please consider helping us build a network of faith-focused people today. Join the sounding board for a limited time at just \$25 for one year. Go to the [Events and Info](#) page to sign up.

connect. collaborate. change.

join our webcast on Monday nights at 9 PM



livingfaith
focused *LIVE*
hosted by Sheri Collins

Log in or dial up livingfaith-focused *LIVE* webcast. 60 minutes of live conversation with inspiring guests, compelling speakers, and engaging topics. Join the conversation by email or phone.

You will need a special invitation to gain access, so **please RSVP** at www.greateradvantage.com to get yours. The special invitation will be posted on the website as soon as possible. There is no cost to subscribe. Try it and tell others about living faith-focused!

captivating. charming. conversation.

[NEW! JOIN THE SOUNDING BOARD](#)

[GET KIM BETTIE'S SPEAKER'S BIO](#)

[REGISTER FOR OUR TELESEMINAR!](#)

[LEARN MORE ABOUT US](#)

what's in the next e-MAG?
livingfaith-focused2

the spirit of
entrepreneurship
executive life coaching
21st century career
strategies
and more!



THANK YOU!

Thank you for allowing us to share with you in this first issue of livingfaith-focused. We pray you found our articles encouraging and inspiring. We would love to receive your feedback on our efforts. Feel free to email us at livingfaith@greateradvantage.com.

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to greateradvantage@comcast.net, by livingfaith@greateradvantage.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



The Greater Advantage, Inc. | www.greateradvantage.com | Southfield | MI | 48075