
The Examined Life, September 2003

A free, monthly electronic newsletter brought to you by:

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Business & Personal Coach

Exner & Associates

Examine, Explore and Excel!

www.ExnerAssociates.com

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WHAT PUTS QUALITY IN YOUR LIFE?

Quality of Life is a well-known phrase to those dealing with serious illness. Quality of life has a huge impact on the desire to keep going. It may be increased by controlling pain, by getting help from others in order to conserve energy for the things that matter most, or by the visits and calls from loved ones. It is a very personal and subjective measure, different for each individual.

My Mom says simply “You want to have it.” For her it would be to live doing the things she likes to do. But she suspects there's more to it than that. And we both agree that Quality of Life changes over the course of your lifetime (or over the course of an illness).

I started to think about the term in a broader sense and asked a client “What puts quality in your life?” She replied with the following (reprinted with her permission):

Quality of life,..sleep, joy, sights, sounds...time with loved ones. The sensory experience of being alive in this physical body wedded with the sensory experience of connection over time and space. Receiving from your family, friends, colleagues, trees, birds, cats, music...

What else, you ask? For me...true, authentic connection with people...those I know intimately all the way to those I am just meeting. The depth of connection...even for a minute...is forever. Knowing without doubt...knowing 1000% that you are loved...deeply and forever...AND taking that in...receiving it Fully.

This is not an academic conversation for my Mom and me. It is a practical decision to be made over the next few months. When is it time to stop fighting a disease without a cure? I'd love to hear about your thoughts and experiences.

I'm re-reading Tuesdays with Morrie by Mitch Albom. Morrie Schwartz was certainly a man who was able to get to the core definition of quality of life. Dying from ALS, an illness of the neurologic system that gradually robbed him of muscle function, is perhaps the ultimate in learning how to live with losses. Morrie said, “For me, living means I can be responsive to the other person. It means I can show my emotions and my feelings. Talk to them. Feel with them... When that is gone, Morrie is gone.”

What puts quality in your life? It's not just a question to ask after diagnosis with a serious illness or at the end of life.

TIP OF THE MONTH

Learn something new just for the fun of it! I really enjoy lifelong learning and find it rejuvenates me. Lifelong Learning is just that—learning new things as an adult with an adult perspective—what can I learn that interests me in an environment that piques my interest.

Last month I started taking voice lessons – not for singing, but for speaking. I've been aware that I frequently strain and irritate my voice, causing me to become hoarse after hours of speaking. Since I like to teach long seminars, be on radio shows and give speeches, I jumped at the opportunity to study with Joanne Joella (The Joella School of Communication Arts, 215-920-2381). Joanne's students include, among others, people who are, or want to be, voice-over artists, radio announcers and speakers.

During the second lesson I noticed how much fun I was having. I felt like a sponge, soaking up all of the details of this strange (to me) new specialty. I'm at that wonderful stage where I have no ego investment – I'm not supposed to know anything about this yet. I can just give in to excitement, fascination and raging curiosity. At first, I had no idea what I was aiming for and then I began to hear the difference between this sound and that. Now, I've still got a lot to learn and practice before I'll be making consistent changes, so don't listen too closely yet.

What new learning would rejuvenate you and provide a fresh perspective?

COMING EVENTS

Thursday, September 11, 2003

The Next Step: What's Ahead for your Business?

Do you have a clear idea of the next step in your business development? Do you have a strategy for getting there? Debra Exner, a business and personal coach, will ask questions to help you find those answers and design a plan of action.

The monthly meeting of the Independent Computer Consultants Association (ICCA), Delaware Valley Chapter at the Doubletree Guest Suites, 640 W. Germantown Pike, Plymouth Meeting. For directions call the hotel at 610-834-8300.

Networking hour begins at 6 p.m., followed by dinner, and speaker begins about 8:15 p.m.

Reservations with payment must be in by September 8.

Dinner & speaker Guests prepaid: \$40 -- At door: \$45 Members prepaid: \$30 -- At door: \$40

No reservations are needed for networking and/or speaker only. \$5 charge for networking and/or speaker for non-members; members free. Attending for the first time? Pay member rates.

Make your check payable to ICCA/Delaware Valley, and mail to be received by September 8, to ICCA Delaware Valley, 125 N. Highland Avenue, Lansdowne, PA 19050. Or you can pay by credit card, Visa, MC, or Discover only. Call 610-394-9090 for more information.

Thursday September 18, Main Line YMCA, Ardmore PA, from 7-9pm

Free Seminar: Juggling Life & Work

Co-leaders: Debra Exner and Mario DiCioccio

Do you feel like a juggler with a few too many things in the air? And with all of that juggling, do you feel like you are missing something important? If you are ready to put yourself back into your life, this two-hour workshop will get you started. Compare the life you have with the life you want. See how these personal growth exercises and coaching can get you to where you want to be.

SPREAD THE WORD

If you are ready to make changes in your business and personal life or know someone who is, I'm looking for you. Curious? Email me at DExner@ExnerAssociates.com or call 302-478-5919 to schedule a complimentary half-hour coaching session.

If you are enjoying this newsletter, please forward it to your friends and colleagues!

Thanks,

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Please let me know if you'd rather not receive these messages.