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roadSIGNS Newsletter

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Greetings!

The highlight of every August is our annual Goddess Camp. This year was no exception. With a full registration of ten Goddesses and two co-facilitators the weekend was bristling with energy as we explored the theme of I AM.

I love that I learn as well. It is often assumed that the leader/facilitator of an event is the expert. The truth is you simply stay one step ahead of everyone else and allow yourself to be the teacher and the learner. You stay present to the energy and needs of the group and you develop the capacity to adapt the agenda and turn on a dime. You always make sure that you honour your commitment to deliver what you said you would. This for me is the nature of true facilitation.

It is an art, an art I continue to develop with every workshop and every retreat I deliver. Just as the theme of Goddess Camp focused on 'I AM', so does true facilitation. It is the foundation of being truly grounded and present for others as well as being present to yourself.

It also takes planning, setting the intention for the program, often months in advance. I have learned that designing and delivering workshops and retreats is about the destination AND the journey.

Welcome to the September 2015 Newsletter, **The Destination AND the Journey?**

Enjoy the read!

Betty

For the fall of 2015, we are taking a sabbatical from retreat work and Our Labyrinth Walk in September while Betty completes her certificate in Applied Positive Psychology. We will be back with ME FIRST, our annual Intentions and Vision Day and more in 2016.

We will be starting a new season of HEALTHY LIVING CAFE in collaboration with the QUIRKY CARROT. We will be on a new night - 3rd Monday of each month (September 2015 to June 2016) excluding December. Find out more and register [HERE](#)

The next Labyrinth Walk will be held Saturday, December 19th, 2015. For details go [HERE](#)

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This month's roadSIGN



"New Moon" Earth Energy Art by Betty Healey
Moon represents the Destination and Dove represents the Journey

August Newsletter

"Vision without action is merely a dream"

Joel Barker

THE DESTINATION AND THE JOURNEY

Years ago, as a facilitator in training, one of my instructors reminded me to simply trust the process. Yeah right! I thought to myself - you have to control process not trust it. This was my first great learning.

At the time, I wasn't sure what that really meant. I was a student of curriculum design, a process whereby you define the desired outcomes or goals of the program you are offering and where you work backward and decide the best route to get there. Not unlike using a GPS system, you begin with the destination and then plot the journey.

And isn't this process a great metaphor for life.

I frequently hear some unknown author quoted regarding with the destination or journey. In fact my own mother used to say the following, "Kids today, don't know where they are going and they want to get there 100 miles per hour!" Paraphrased, if you don't know the destination, what are you setting your sites on?

Likewise there is another quote, "it's not about the destination, it's about the journey". Stated differently, live in the moment, not the future.

The suggestion is that it is either or, you focus on the destination or the journey. What if it is both? That's right, what if we need both the destination and the journey to fully embrace our life?

STEPPING UP

When ME FIRST was published in 2009, we included a coaching model which we called Stepping-UPP, UPP representing Unlimited Personal Power. Years of observing my coaching clients helped me to recognize that when it comes to life you really do need to have a sense of destination as well as a strong sense of how you plan to get there. The equation that we formulated for this is as follows:

Clarity + Action = Unlimited Personal Power

Clarity

Clarity implies having a vision, clear intentions for where you want your life to go. In other words you have a vision for your destination. While the temptation here is to set a series of goals for self-improvement, career advancement and more, Clarity is much more powerful when it is set in the field of intention.

Intention is more aligned with a vision you have for yourself. A goal might be that 'In ten years I will be a VP of my organization earning \$150,000 per year, owning a country home located an easy drive from work, with 5 weeks vacation annually.'

As you can see, goals have parameters. They are aligned with very specific desires and outcomes.

Conversely an intention for this same goals might be stated as follows, "I am living an abundant and meaningful life, one that is aligned fully with my interests and call to service - my 'WHY'.

This has a very different feel to it. First, whether that vision is meant for today or ten years out, it is always stated in the present. Intention is designed to create our future

desire in the now, as if it already exists. Powerful intentions are stated in the 'I AM' which anchors you fully in the energy you wish to experience.

Action

Action is about the journey. It exists in two forms, what do I plan to 'do' and who do I plan to 'be'.

Action is about the journey. It articulates the many ways in which you can begin to live the destination today, in your 'I AM' as well as being consciously aware of your doings and making sure they are aligned with what you want.

Other states of BEING

Few of us live the Step-UPP model every day. We suffer from distractions in one form or another, we become discouraged when life fails to line up in the way we anticipated, or stuff happens. You will find that you step into other forms of being, Stalled, Spinning or Settling.

Stalled occurs when you have clarity regarding the destination, you have defined your intentions, have them written down, perhaps even taped to the mirror. You do not however step into action. Your intentions are defined however you are not really living them.

Conversely **Spinning** occurs when you are on the move, in action, dancing as fast as you can. Despite all the activity, you are really not accomplishing anything as you have no clarity. This is akin to my mother's observation, you do not know what you want yet you plan to get there as fast as you can. The destination is not clear.

There is one other state of being which I refer to as **Settling**. Settlers have no sense of destiny and are not engaged in any significant action. There is little sense of personal power as the belief is that the world outside you is in control. Your life is the result of other's actions or life circumstances.

Final Word

Life really is like on great facilitation plan. You want to start, as Stephen Covey would say, with the end in mind. As you look to your destination, consider shifting away from goal setting and embracing intention setting. Because goals have clearly defined outcomes attached to them, they can actually limit the amazing opportunities and possibilities that may be available to you. You only know what you know; allow the Universe to see the things you cannot see on your behalf.

Once you set the destination, jump into the journey. Take action. Filter your choices

through the lens of your destination and ask simply if what you are about to do, or who you are currently being, is aligned with where you want to go. This is really the essence of living consciously.

Your asSIGNment

Take an opportunity to work with the Step-UPP model. Perhaps assess where you believe you are at the moment.

- If you are stalled, step into action.
- If you are spinning, take pause and clarify your Destination.
- If you are settling, begin to recognize that you have more power over your life than you imagined and begin there. Move into one of the other states of being.

Travel Tip

Set your destination into your PGS. Step into the journey. Be mindful of the many twists and turns. Stay the course.

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGNS is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:

... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover

how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

**I have always wanted to learn to mother myself first
but I did not know how to do it.
Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.
Monica**

Check out the website, www.roadsigns.ca for more information and/or contact betty@roadSIGNS.ca .

Events:

For details regarding any of our upcoming events in 2015 [visit our website](#)

ME FIRST Self-Study Program (New offering)

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

Healthy Living Cafe Returns Monday September 21st,2015

We start the new season with a new day and some new ideas. Check out the first event

of the season as Betty and Jim help you define your core values and live from these values every day. NEW DAY will be the 3rd MONDAY of each month between September and June 2016 (exception December where there will be no event.)

For more details and to register go [HERE](#)

Winter Solstice Labyrinth Walk

Join us for the next Labyrinth Walk on Saturday December 19th, 2015.

For more details go [HERE](#)

Your comments and suggestions on this newsletter are greatly appreciated. Forward this e-mail to a friend or colleague who you think would appreciate the message. A simple way is to use the "forward e-mail" button below my signature.

If you would like to sign up for my monthly e-mail, please follow this link
<http://www.roadsigns.ca/newsletters.html>

Sincerely,

Betty Healey
roadSIGNS