

Don't Be A Long Ranger – Get A Posse!

Do you have great news and no one to share it with? In order to be successful in your business and personal life it's important to have a supportive community. Do you have ten people in your life who really care about you? Clients often describe their lives as working all day, coming home for dinner, watching T.V. or getting on the internet and then going to sleep. There is very little interaction with people on a personal level. Busy lifestyles often have no time for friends or extended family.

Can you think of someone that you haven't seen in a long time that you would like to make time for? How about your college roommate or your favorite cousin from childhood?

One of my clients, Mary, is a single parent with a 10 year old daughter. She has very few friends and has only recently become aware of the void in her life. She is on a path to build a caring community. She is starting with the mother of one of her daughter's classmates. She has called her and invited her to meet for coffee. Our plan is that she form a group of supportive people in her life.

We've talked about her neighbors to see if there is anyone she might like to get to

know better. She belongs to two organizations but doesn't have any personal friends from the group. She is planning on making a date with one woman in the group. If you call someone and tell them you would like to get to know them better to develop a friendship they are usually very receptive. The plan we have come up with is for her to have a holiday party this Christmas and to invite her new friends. She is really looking forward to this gathering of people she is going to reach out to.

My husband's high school reunion was coming up and he hadn't seen his friends in many years. He decided to plan a dinner and made many phone calls to get a group together. Five people showed up and they sat for three hours sharing high school memories and laughter. He had a great time and they have gotten together several times in the last year. They have invited others to join them and they all look forward to these get-togethers.

So many people work from home today and don't have opportunities to be part of a community. There is no longer a water cooler to hang out around. Email makes it too easy not to talk to people or see them.

However, it's very important to have a community that provides

safety and security for you to grow. Look for people who support you and inspire you. Find friends who appreciate and value you and your talents. People who respect you and listen to you. It takes time and energy to build a community so choose the people wisely. People who accept you and are not critical or judgemental. You want to feel energized when you're with them.

As a coach I'd like to make a request. Before you receive the next issue of your SBN magazine reach out to someone you'd like in your circle of ten. Make a date to meet with them and start building your community. Feel free to send me an email with the person's name that you plan to call. Sometimes the accountability propels you to action.

Do you have a favorite aunt or uncle that you haven't seen in a long time? Is there someone you've met through business that you'd like to get to know better? Make a copy of this article and send it along with a note to them. Make a list of ten possible people for your caring community.

I had a luncheon last May called a "gratitude gathering". I invited the people in my life that I am grateful for. I sent out invitations

and shared how grateful I am for their friendship. The community that you're building must be nurtured.

If you have a lot of friends who are supportive and caring make an effort to connect with them. If you don't have ten people to call and share good news with then look around you and make a list. At work, in your neighborhood and in any organizations that you belong to. Select a few people who would add joy to your life. Reach out! Take a risk! It's worth it. You will add joy and success to your business and personal life.

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