



Interglobe Cross-Cultural Business Services

June 2016



Dear Readers,

In these times of violence and vitriol, it's especially important to appreciate our loved ones and our communities -- and, at the same time, keep "venturing out" and staying open to new perspectives and experiences: learn something new, travel to a new place, socialize with people who are not in your close circle of friends, or challenge yourself to look at the world through someone else's lens, which might be very different from yours (common occurrence these days when you fly a lot and end up sitting next to someone who clearly has different political views from you).



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**What's Coming Up
at Interglobe**



July 30-31
[Weekend Retreat for
LGBTQ Relationships](#)
["Connecting with
Intention"](#)
(co-facilitated with
Tatyana Fertelmeyster)
Portland, OR
Download flier [here](#).

How can you stay in the conversation despite obvious differences? How can you develop new perspectives and look for new ways to bridge differences? Don't stop trying... keep putting yourself out there and keep doing the work!

I wish everyone a summer (or winter) of exploring new things -- with or without your loved ones. I went rock climbing at a local "indoor wall" for the first time ever this month. It was tough -- and lots of fun! And I'll do it again -- or I'll find something else "new" to do.

Happy exploring, everyone!
Rita



September 16
[Presentation on Global
LGBTQ Issues](#)
at
Out and Equal
Leadership Forum
Atlanta, GA

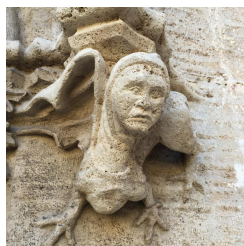
October 26-27
[Personal Leadership
Foundations Program](#)
Halifax, Nova Scotia
Canada



November 9-12
[Corporate HR Panel
Discussion](#)
16th SIETAR USA
Conference
Tulsa, OK



November 15-19
[11th Global Community
Dialogue](#)
Charleston, SC



Quotes and Sayings

"First say to yourself



The Fun of Being Flexible and the Non-Usefulness of (Always) Needing to Know

I used to think that the older someone gets, the more "set in their ways" and the less flexible they become. This might be true when it comes to personal habits and preferences, but it has not proven true for me as far as flexibility regarding time and schedules and my "need to know" are concerned. In fact, I seem to care a lot less these days if or when people change appointments or plans on me or if I don't have the "full picture" for something that is about to happen or that I or others have planned.



I'm not talking anarchy or being "loosey-goosey" here -- I'm just realizing how much easier my life is when I can let go of guilt, anger, frustration, shame and blame for having double-booked, someone changing a meeting day or time, running a few minutes late -- both for myself and for others. Is it the wisdom of age? Or is it the digital age where everything is so sped up and complex, and things change so quickly that you might as well as give up on trying to keep up with schedules and the "full story"?

Do you share this experience? If so, what might help us hone our capacity to be even more flexible and reduce our need to know even more?

Based on my experience, here's what helps me be flexible and nimble and stay in equanimity:

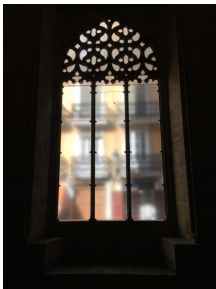
- **Meditation and mindfulness practice:** by focusing on my breath for a few minutes a day (which is what I do in my meditation practice), I can still my mind -- even if it's only for seconds -- and get to a place of calmness and acceptance... sometimes!
- **Shift in perspective:** when I'm able to put myself into the shoes of the "other" and see things through their eyes, I become more aware

what you would be; and then do what you have to do."

-- Epictetus

"If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security."

-- Gail Sheehy



"Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on the earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.."

-- Parker Palmer

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

-- Albert Einstein

"Whatever you're meant to do, do it now. The conditions are always impossible."

-- Doris Lessing

of my judgment and tend to react less from that place and more from a place of empathy.

- **Sufficient rest:** my reactivity to "adverse events" and my need to control the outcome of a situation get reduced significantly when I have slept well and feel rested.

Coach's Corner

"Coaching: a conversation that supports the client in cultivating greater self-awareness, making new and more refined distinctions and building new behavioral competence."

Coach's Corner is a new regular feature highlighting a particular aspect of coaching.

The Crossroads of Coaching Report from 2016 ICF Midwest Regional Conference June 23-25, 2016, Indianapolis, IN

Being a relatively recent member of the International Coach Federation (ICF), I had never attended an ICF conference before. Now, having gone to this [regional gathering](#) of about 300 coaches from the Midwest, other parts of the US - and the world, I'm a fan! There were dynamic and inspiring key-notes (including one by one of the world's most successful -- and most generous -- executive coaches, Marshall Goldsmith) as well as very worthwhile concurrent sessions about everything from Coaching and Neuroscience, Conversational Alchemy in Practice, Body-Centered Coaching, Niching, and Mentor Coaching, to ADHD Coaching and the Art and Science of Presence. There were also almost 30 exhibitors offering information on coaching programs, new coaching tools, assessments and publications. See my favorites below.

Note: The next [ICF](#) Global Conference will take place in Washington, DC next August.



Atlanta-Based Coaches Having Fun at the ICF Conference



If you want to find out more about my coaching approach and style, please [email](#) or call me at (404) 915-2340.

"Advanced" Personal Leadership Program in Canada

"For every minute you are angry you lose sixty seconds of happiness."

-- Ralph Waldo Emerson

"A friend is someone who can sing you the song of your heart when you've forgotten it."

-- Unknown

On June 3, I taught the first-ever "advanced" PL program to a group of participants in prior PL Foundations classes offered in Halifax, Nova Scotia. One of my former participants had requested this program because she wanted to revisit the PL practices, develop a new vision statement and "get connected again."

Our day of revisiting PL took us on a journey from how the participants had used PL since their first exposure to PL via creating a new vision statement, vision mapping and assessing their practice to developing micro-practices to deepen their practice. It was a magical day with magnificent participants and outcomes!

"The Advanced Leading Self Before Leading Others seminar added significantly deeper understanding of how to lead both myself and others. This program took me to the edge of my learning in a way that few other courses have accomplished and I will apply what I learned in both my professional and personal life from this point forward."

-- Dr. Brad McRae, Director, Atlantic Leadership Development Institute



Client Testimonials

"Rita is the best! Her style and passion are infectious -- she is the reason I signed up for this follow-up course."

-- Participant in Advanced PL program
Halifax, Canada

"Amazing facilitator. The amount of time and effort Rita put into this class paid off 100-fold."



Participants in the Advanced PL Program in Halifax, Nova Scotia

AV200 -- I Did It!

I completed my first 200 mile bike ride (in 2 days) and raised over \$6,600 for AIDS/HIV vaccine research at Emory University -- thanks to the generous donations from many of you. The [AV200](#) was a very empowering experience and I'm signed up to ride again next year.

-- Participant in
Advanced PL program,
Halifax, Canada

"Rita used great
examples and
discussions to keep
everyone engaged."

-- Participant in "Building
Intercultural
Competence,"
Pharmaceutical
Company



One Mile from Being Finished!



"Rita's coaching style is
collaborative and practical
which is a very effective
combination."

--Coaching Client

"Rita listens attentively,
repeats what she heard
me say, guides me
sensitively away from my
distractions and towards a
positive thought process
to achieve my goals."

-- Coaching Client

"Rita's coaching style is
gentle yet firm. Her
generous presence keeps
me focused on the
essentials of my life while
inspiring me with her own
calm intentionality."

-- Coaching Client

Resources

Coaching Resources

[Coaching Toys, Inc.](#) -- THE best online source for "coaching aids" promoting creativity, play and spirit in coaching

[Strengths Strategy, Inc.](#) -- Coaching approach and offerings based on StrengthsFinder 2.0

[Women for Change Coaching Community](#) -- Non-profit connecting women who would otherwise not be able to get coaching with coaches who want to give back

[Group Coaching Essentials](#) -- Tools, resources and programs for coaches interested in offering group and team coaching

Interesting Articles

[Want to Be Happier?](#) (INC., June 2016)

[7 Scientifically=Proven Productive Things You Can Do to Boost Happiness](#) (Lifehack.com, December 2015)

[The Expat is Dead -- Global Talent Development in a VUCA World](#) (WendyKendall.com, April 2016)

Brand New PL Website

Please check it out: www.plseminars.com



Interglobe

Visit Our Website

Email Us

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INTERGLOBE Cross Cultural Business Services

Connecting Through Differences!



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