

Celebrating

Solutions for Work and Life, 26 April 2007

"You can teach an Old Dog New Tricks" was the premise of the last newsletter. If you decide to make a change, go for the challenge, create the motivation, implement a structure, focus your attention and celebrate the milestones, you can and will teach yourself new tricks.

In this issue, we discuss the role of celebration in our lives and in supporting change.

My apologies if you were unable to download my research paper from the last newsletter. The correct link is

[Through the Mind, We Create Change.](#)

What's your Win Today?

Everyday, we take steps forward. Sometimes they are as large as a promotion, as useful as paying the bills or as significant as spending focused time with a loved one. What might be the outcome of celebrating a daily win?

When we celebrate,

- the negative is diminished, the positive is magnified
- successful behaviors are reinforced
- dopamines, released in the brain, bring calm and enhance our emotional well-being
- our perspective is focused on more, rather than less
- neural connections build and strengthen in support of the new ways of thinking and acting

Here are simple ways to increase the celebration in your life.

1. Start a routine of sharing a win within your family or team everyday. Cheering, clapping and a few "who-hoo's" will improve everyone's sense of well-being.
2. Keep a daily reflection journal including that which you are grateful for, along with the win for the day.
3. Set aside a few minutes to reflect on what you have achieved each day.
4. Include rewards and celebrations for each step along the path to a major goal.
5. Be sure to involve others in acknowledging your big wins.



Rewards do not need to be big - a 5 minute break in the sun, a fresh cup of coffee, a call to a friend, a piece of cake, or a cheer. Taking the step, making progress, celebrating each success keeps you focused and energized on the bigger goal.

So what's your win and how can we help you celebrate?

[Tell us your win and join in celebrating others](#)

My win? I have completed all of the requirements for Certified Professional Coach status from International Coach Academy. A big accomplishment gets a big celebration! Mine was traveling in Yunnan for 5 days with a friend and then exploring new parts of Shanghai with her.

Leading in China

Global Talent Development Center will host their one-day seminar on Leading in China: Chinese Executives' Feedback on Optimizing Leadership Style for China on May 18 in Shanghai. Leading in China will give you the insights you need to reach your goals by learning from the collective wisdom of over 150 Senior Chinese Executives who, through interviews and surveys. Follow on coaching is available from Read Solutions Group to help translate the learnings into sustainable business results. To learn more and register, visit

[Global Talent Development Center](#)

Recent Events and Publications

Focus on Your Goals was the topic at the April 20 Community Center of Shanghai Coffee Morning. From exploring your purposes to setting a goal to stretching your boundaries, we engaged in exercises to consider new ways of looking at how we want to be in the world. To learn more about using coaching to support you in focusing on your goals, [visit our website](#) .

So many of my readers have commented on the article "Enduring Success". If you missed it, it's just been published on the web at [EzineArticles](#) .

Most of us are skilled at problem-solving. It's tough then to coach and develop others in finding their own solutions. See "[Helping Others Think](#)" also in EzineArticles for a few short tips.

With roots ranging from pagan festivals, to a welcoming of spring, to Labor Day, May 1st, or May Day, is widely celebrated around the globe. Wishing you a wonderful May Day and a great month of celebrations!

Sincerely,

Sherry L. Read

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