

Solutions for Work and Life

November 2006

It has been quite a journey entering the business of Coaching - expanding my skills at helping people achieve excellence in their work and lives, building a business and learning more about the internet than I ever wanted to know. For those who have been hearing from me routinely and to those who are receiving this for the first time, welcome to my inaugural monthly newsletter - Solutions for Work and Life.

I hope you find the information and links useful. If so, please forward to a friend and add "Sherry Read@mail.vresp.com" to your address book so you'll be sure to get future issues. If you find this email a nuisance, don't hesitate to jump to the bottom of the page and unsubscribe.

Thanks to all of you who have given me support and encouragement.

Have a fantastic day!
Sherry

Why Do You Work?

Have you heard it said that you should discover your passion and then do all you can to create a dream job around it? Others argue that it's not a career, it's all about the maximizing the money. Some people say that they work to live; others say that work is a manifestation of their purpose in life. Have you ever thought consciously about why you work?

Putting some thought into why you work, what you look for in your work and what you seek outside of work can be a simple step in achieving greater satisfaction in your life. Clarifying what you want and can get from work compared to what you want and can get from other parts of your life allows you to better judge and control your level of happiness.

To read the rest of the article in my Coach Blog, click on

[Full article: Why do you work?](#)

Coaching at Read Solutions Group

"World-class athletes know it. So do opera divas. Winners in nearly every profession know that without the right coach, they won't perform at their peak."

Fast Company

As a coach I am trained and skilled in working with you on the change, direction or path you choose. Your coach will help you clarify direction and its alignment with your values. We will hold you accountable to the commitments you set. Together we will uncover, explore, accept or put down any self-limiting beliefs you may hold. We will celebrate with you the progress, both large and small, along your path. My only interest is in seeing you achieve excellence, as you define it.

Through phone calls supported by email, we will work step-by-step through the changes in thought and action that will enable you to meet your goal. Currently I have individual and corporate clients in five countries who are working on challenges such as strategic management, leadership, communication, building life outside of work and setting the stage for

the next phase of work life. I am also available to work with small groups facing similar work challenges (by conference call or in Shanghai face-to-face).

For more information about coaching from Read Solutions Group, please visit our website at:

[Work Solutions](#)

Autumn Fatigue

In western society, our calendar (Gregorian) is based on the movement of the planet around the sun. It is specifically designed so that the time from one fixed point, such as a solstice or equinox, to the next is called a tropical year. Our seasons are then tied to these opposing solstice (winter and summer) and equinox (spring and autumn).

Living in China, I have been intrigued by the fact that the change in season - now Summer to Autumn - is declared by the government. It's not based on the relationship of the sun to our planet, or even under the Chinese Lunar calendar, the relationship of the moon to our planet. Rather the change in season is based upon having a specific number of days in below (or above) a certain temperature. Seems really quite practical, especially when policy is tied to the season - that is, when it's ok to turn on and off heaters and air-conditioners.

For more on Autumn Fatigue and continuing adventures in Expat Travel, click over to

[Full Article: Autumn Fatigue](#)

If you or a colleague are ready to take the next step, but just don't seem to be able to get there quickly enough, why not sign up for a complimentary coaching session. In 45 minutes on the phone, we'll discuss the change desired, talk a bit about what you've tried so far, put names to some of the obstacles, identify one or two immediate steps to move you toward your goal, and explore how coaching can support you on your path to excellence.

There's nothing to lose, and so much to gain. Try coaching today or recommend it to your friends. Just email me at Sherry@ReadSolutionsGroup.com and we'll schedule a call.

Life has so much to offer. Are you getting your share?

Sherry

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