

Personal Success

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COACH

Free Yourself From

Fear

Dr Susan Jeffers

Michael Neill
Feel happy now

**NO LIMITS
NETWORKING**

Dump The
Emotional Baggage

**HOW TO SPEAK
WITH CONFIDENCE**

Multiply Your Income

Jurgen Wolff:
SEVEN SECRETS OF MARKETING SUCCESS

YOUR PERSONAL

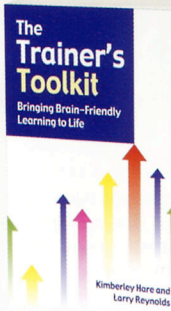
Expert tips, coaching advice, and much, much more!

BOOK REVIEW

The Trainer's Toolkit – Bringing Brain-Friendly Learning To Life
by Kimberley Hare and Larry Reynolds
(Crown House Publishing, 2005)

If you are involved in training others and want to make your programmes, workshops or seminars more engaging and effective, then get this book. It explains in a lively, fun way how brain-friendly learning (accelerated learning) works and then provides practical advice on how to incorporate it into your training.

Brain-friendly learning, say the authors, is not about techniques and gimmicks and putting on a bit of baroque music or playing fun games. It's a movement to recover the real joy of learning – combining sizzle with substance – and helping people become even more outstanding at the work they have chosen to do.



WHAT DO YOU THINK?

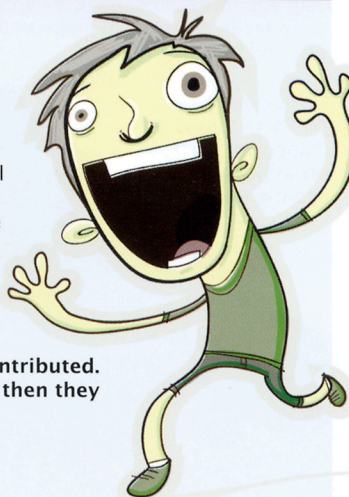
Have you read a personal development book, listened to an audio programme or attended a seminar and want to share your views on it? Tell us what you did or didn't like and whether you'd recommend it. We can withhold your name and details if you prefer. Email: team@theacademyclub.com

THE MIND GYM

Five ways to create your own luck by The Mind Gym

1. **Be proactive. Don't wait for things to happen. Go out and seize the opportunities.**
2. Talk to people. The more information you gather the more likely you are to find that lucky break. People need to know what you are looking for in order to tell you where it is.
3. **View failure as a way to learn – many great people have learnt through a range of mistakes.**
4. Don't dwell on past misfortunes. Engulf yourself in positive vibes – if you think of yourself as unlucky it is likely to come true. 'Lucky' this works the other way around too.
5. **Share your good luck. Congratulate others who contributed. If people think they will gain from your good luck then they will be more inclined to make it happen again.**

Give your mind a workout and visit The Mind Gym for tips, information and techniques at www.themindgym.com.

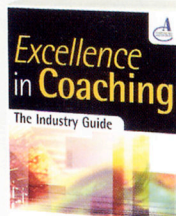


BOOK REVIEW

Excellence in Coaching – The Industry Guide Edited by John Passmore (Kogan Page, 2006)

Books and reports about 'best practice' run the danger of being bought but never read and whose real usefulness doesn't extend beyond propping up wonky tables. Worthy but dull. Thankfully, this is NOT one of those dust-gatherers... it's crammed with cutting-edge ideas in the field of workplace coaching that will be useful for student coaches and established practitioners alike.

It has contributions from coaching industry figures including Anthony Grant, John Whitmore, Ian McDermott, Graham Alexander, Cary Cooper, Katherine Tulpa, Peter Hawkins, Michael Neenan, Alex Szabo, Phillipe Rosinski, Carol Wilson, Allard de Jong, Hetty Einzig, Frank Bresser, Maria Alicia Pena and Geoffrey Abbot, and covers an overview of coaching, coaching within organisations, ethics, supervision and organisational issues as well as practical information on running a coaching practice. The book also contains information on behavioural coaching, solution-focused coaching, NLP coaching, transpersonal coaching, integrative coaching and inter-cultural coaching.



BOOK REVIEW

The One Moment Master (Stillness for People on the Go) by Martin Boroson (Rider, Random House Group, 2007).
Reviewed by Diana Theodores, PhD.

Martin Boroson invites us on a step-by-step discovery about *being in the moment* and the profoundly empowering imprint for living this offers. The subtitle of the book, *Stillness for People on the Go* provides the clue to the heart of the content: this is a book about how to achieve the remarkable benefits of meditation in as short a time as possible.

He understands our plight – that because we are tyrannised by time and obsessed with time management we therefore imagine ourselves as time poor. He posits that meditation is not about how *long* we need to be still or to exercise transcendental prowess but rather, how *short* a time it can take us to be aware, receptive and fully alive to the moment.

With a constantly supportive, down to earth and witty voice, he eases us into the benefits of meditation (such as calmness, self-awareness, clarity of thought, compassion, radiance and energy) in just the time it takes to inhale and exhale – a moment.

So how can we *be in the moment*? Boroson takes us through a sequence of practical exercises, beginning with what he calls the 'basic minute' meditation and culminating in one 'moment'. Along the way, we experience 'the portable minute', 'the energising minute', 'the surprise minute', and 'the bonus minute'. I have started using some of the exercises and concepts from this book with clients in performance coaching sessions as well as in group programmes in communication, presenting and leading teams. The relaxed receptivity that results in 'being present' and being 'in the moment' transforms anxiety into curiosity and fears of being in the spotlight into a state of genuine dialogue and participation with others.

The beauty of this book is its simplicity and the premise that we have everything we need right here and right now to *wake up*.

I've read *The One Moment Master* a few times now and it delights and instructs me more with each reading. It is a cool, wise, and reassuring touch on our furrowed and effortful collective brow.

