



▶ What does success mean to you as an Asian woman?



▶ **SPECIAL OFFER FOR READERS FREE COACHING**



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Asian Woman *focus*

INSPIRING ASIAN WOMEN EVERYWHERE TO LEAD EMPOWERED, PASSIONATE AND FULFILLED LIVES

Newsletter packed with ideas, latest research, tools & techniques specially geared to supporting Asian women excel in their career, relationships, family and in celebrating their own individuality.

What is your own personal definition of success?

What does success mean to you, personally, as an Asian woman? Can you define it? If you can't then how are you going to be able to achieve it?

The Asian culture is very clear about what success means to it, education, financial wealth, honouring family commitments - how clear are you, in terms of what it means to you personally?

Success is a very personal thing, it means different things to different people, if we are not clear about what it means to us then we can feel directionless or unfulfilled. It's not always about having more either, it could quite simply

be to be a great parent or to have a balanced life doing the things you enjoy. Once you have clarity you can start to consciously and confidently set boundaries and goals around achieving it. Or maintaining it, if you already have it. To help you get clarity ask yourself, what do you want people to say about you when you have your retirement party? When you look back at your life, what do you want to have been proud of having achieved? What's really important to you as a person? Write down the answers and review them regularly for you may find that things shift and what was once so important isn't that important anymore.



Feed Your Mind

I'm sure your familiar with the term 'garbage in, garbage out' but how often do we manage what we actually let into our mind. Our mind is like a computer, if we feed it with nonsense, we get nonsense out; likewise if we feed our mind with negative things, we will feel demotivated and unhappy. Three examples of some of the negative behaviour we engage in are:-

- beating ourselves up when things go wrong
- taking things personally when it wasn't meant to be personal
- focusing too much on things you have no control over

Not only will you be less productive, these behaviours drain your energy leaving you feeling tired and stressed. To achieve optimal mental health, be the careful gatekeeper of what you will and will not allow into your mind, and how you interpret things, before they then become a part of your subconscious programming. Three ways to do this are:

- engage only in positive conversations unless you need to have a five minute vent as we all do from time to time
- engage with people that you feel good around and who you feel inspired by
- read an inspiring book a month, this could be a self improvement book or an autobiography





Coaching is a powerful force for change!

What areas in your life would you like to be different?

" Research shows that those who work with a professional coach not only attain success in the goal areas which initially led them to seek a coach, but find themselves enjoying positive changes in other areas of their life as well... in their relationships, wellness and other parts of their business or personal lives."
International Coach Federation (ICF) President Karen Tweedie

Coaching can help in many areas, if you:

- ever feel you're going around in circles
- feel dissatisfied in your career
- want more self esteem/confidence
- want more from your relationships
- feel stressed out or overwhelmed in work or life
- want better mental and physical health
- want to achieve more in work or outside of work
- want clarity/direction in certain areas of life
- want to feel more empowered or assertive
- want to enjoy your family more
- want more peace and fulfillment

There is a myth that coaching is only for those who are struggling and *need* it. Well..actually it's for people that want to have a great life rather than just respond to what happens, as they say "the best way to predict the future is to create it" anon. We are all human and we all have areas where we could be better, whether it's in our personal life or in our work; coaching gives you the tools to handle life's bigger and it's everyday challenges in a constructive and tangible way as well as creating a future that you will be excited about. It allows you to think bigger, be better, be happier and be more effective in all areas.

It challenges you to *fully* step into the best version of yourself.

Coaching is a partnership where the client and coach engage in a thought-provoking and creative process that inspires the individual to maximise their personal and professional potential. It honours the client as the expert in his/her life, and from that viewpoint, it is the coach's responsibility to:

- discover, clarify, and align with what the client wants to achieve
- encourage client self-discovery
- elicit client-generated solutions and strategies
- hold the client responsible and accountable

A coach is trained to listen, observe and to customise their approach to individual needs. They seek to elicit solutions and strategies from the client; the coach's job is to provide support to enhance the skills, resources, and creativity that the client already has.

Three ways in which you can start coaching yourself

- start a success journal, include in it your goals, your values, your strengths and your development areas
- start noting down what you actually, deep down, honestly want, in each area of your life. Be clear, clearer you are, the more likely you are to achieve it
- build a support network of people that can help and support you

**READER'S
SPECIAL
OFFER**



Do you have something you want to change or achieve?

We are offering a FREE 45 minute coaching session

Since we're making this offer for the first time right now and we don't know how intense the response will be, we can't guarantee a coaching session for everyone.

We'll take as many people as we can and then start a waiting list. We will contact you within 3 business days.

If you don't hear from us, it means we've received more requests than we can handle right now and if a slot becomes available, we'll get in touch with you at a later time.

To take advantage of this offer, simply reply to the email with the subject "Free coaching session" and supply a number for us to contact you on.



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