

bean there

a newsletter from baxter bean

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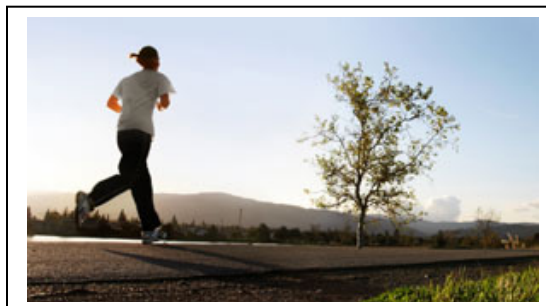
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Get Out of Your Comfort Zone

My children pushed me out of my comfort zone. This is ironic because throughout my late teens and early twenties, I was sure I would never have children. (I was happy in my comfort zone.) For a variety of reasons, I eventually decided to take a chance and become a parent and, as so often happens, one change led to more.



A year or so after having my second child, a running buddy suggested I train for a marathon. I have always disliked races and am not built for long-distance running. I had avoided even thinking about a marathon because I didn't want to put myself through the discomfort. But then I thought it really couldn't be that bad compared to pregnancy and childbirth. (As it turns out, it's pretty close.) Anyway, this thought carried me way out of my comfort zone – through 3 and 4-hour training runs that sometimes began at 4:00 am so we could beat the Toronto heat. It carried me past a number of setbacks in the form of injury, illness and self-defeating thoughts. Finishing a couple of marathons and many shorter races made me feel that through good planning, organization and determination, I could accomplish anything.

This confidence led to my husband and I both quitting our jobs in Toronto and moving to Calgary with our two children with a plan to find work and a house when we arrived. We had often thought we would like to move out of Toronto for a lifestyle change and had interviewed, without much success, for jobs in Calgary and Vancouver. Finally we decided that if we wanted a change, we would have to make it happen and so I ventured even further out of my comfort zone.

In Calgary, an opportunity arose to join a start-up business as a partner with someone I hardly knew. Once again I trusted my gut and once again the risk paid off.

There have been many other examples of getting out of my comfort zone but this is a sequence of events where I very consciously focussed on past experiences to give me the confidence to make my next leap. Getting out of your comfort zone shows you what you are capable of and opens up new possibilities.

Some things that I have learned over the years:

- Try to spend about 15% of your time out of your comfort zone. Even doing something different at lunchtime or taking a different route home from work can shake up your perspective.

Become a Better Public Speaker

Presentation skills can make or break you! Learn the success keys of presentation excellence.



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YES - I want to know more

Please tell me about the services offered by Baxter Bean.



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for more....

Strategic Mapping

"Strategic Mapping is the best sales planning program I have ever seen. Money well spent"
Click for more.



Quotable

"We do not see things as they are; we see things as we are."

- Talmud

Get Out of Your Comfort Zone...continued

- Trust your gut – ask yourself if a particular activity would be in your best interests. Don't get too caught up in what you should be doing, what looks good on paper.
- Have a safety net. Quitting your job when you've got four kids, a huge mortgage and no savings is probably not in your best interests. (When we moved to Calgary some of my in-laws kindly supported us with a place to stay until we were settled.)
- Have fun! Getting out of your comfort zone doesn't have to be uncomfortable, it just means doing something you might not ordinarily do. Take the perspective of an adventurer or a tourist and enjoy!

Summer's around the corner - the perfect time to stretch yourself past your comfort zone and try something new!

Janet

Janet Wright is a principle of Baxter Bean and has over 20 years of experience in the business and academic sectors.

For more about our programs and services, visit www.baxterbean.com.

NEW – Brain Candy

Thinking of exercise, try this simple program that will work in an office, done three to five times per week.

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, then relax.

As the days progress, you will find that you have more strength in your arms and that you can hold the sacks longer. At this time move to a 10lb sack. Amazingly, eventually you will be able to move to a 50lb and eventually a 100lb sack and hold them for a minute as well.

Once you feel truly confident at the 100lb level, put a potato in each of the sacks.

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Upcoming Programs from Baxter Bean

Stand and Command

Next Dates

June 13, 14 and 15 in Calgary

Presentations and public speaking can be a career maker!

These public training programs are limited to 6 participants and will teach each participant the tactics of being an effective presenter. The training will focus on making presentations with and without visual aids (PWPT, etc), as well as small group public speaking, impromptu and small meetings.



The program is structured as an intense, yet non-threatening session that will enlighten and build confidence.

Learn more about this workshop by visiting www.standandcommand.com. Call our office at 403.283.2225 and register via the telephone or e-mail info@baxterbean.com to register online.

Want to learn more from Baxter Bean?

Now is your opportunity to receive a 1 hour free assessment from Baxter Bean. This free service - no hidden fees, or sales pitch, will give you a chance to see what we can do for you.

To sign up for this great opportunity, please e-mail Baxter Bean at info@baxterbean.com and reference the **May 2006 E-zine 1 Hour Free Assessment Offer**.

We look forward to hearing from you.