

SKILLBUILDER SYSTEMS

VICTORIOUS VOICES!

BE more
 &
 DO more
 &
 HAVE more

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VICTORY QUOTE

*"I look at
 Victory
 as
 milestones
 on a
 very long
 highway"*

- Olympian
 Joan Benoit
 Samuelson

Victorious SkillBuilding

HAVE YOU CHECKED YOUR LIFELINES LATELY?

Imagine that it's a beautiful summer day. You and some friends decide to take a sailing trip. Suddenly, something hits the sailboat and you fall overboard. You flail around for a few moments and then someone tosses you a rope. You grab hold and get back in the boat, a little soggy and shaken, but okay.

Sometimes life is like that sailing trip, isn't it? You're going along just fine when something happens that really rocks the boat. Before you know it, you feel like you're working hard just to keep your head above water. Then someone throws you a lifeline. You grab it and pull yourself up and back into balance.

That's the kind of story I love to tell, usually about some other Victorious Woman. However, this time it's about *me* and *my* life. And have I ever been grateful for the people who have thrown me a lifeline!

You may recall in my last newsletter about transitions, I shared that helping my mother move was not only a transition for her, but for me and my spouse too. Over the summer, life got more complicated for all of us. In June, my mother had a medical situation that resulted in a cardiac catheterization and three stents. It was a big deal for a woman her age and, while recuperating, she accepted my invitation to stay with me for a few days.

Before she could return home, however, we learned that my mentally ill sister was back and living only a few blocks from my mother's house. From past experiences we know that usually means she's planning an uninvited move to my mother's house. For safety's sake, my mother extended her visit. One week became two, then three and now, since she's still afraid to return to her house, she's staying until her new home is ready.

What started as one transition has become several. There have been times when I've felt overwhelmed and barely treading water. That's when, as if by magic...or grace...someone threw me a lifeline.

Over the summer I was blessed with a lot of lifelines. I received emails that made me laugh, a call that jazzed me into inspiration, a friend who brought her beading

paraphernalia over and taught my mom and me how to make jewelry, and an alum who gave me a great idea for helping my mother. In addition, my walking partner kept calling to exercise, my cousin offered to house my mother during my vacation, my dear west-coast friend adjusted her schedule just so we could have some tea-time together and my summer assistant not only helped me get caught up, but made me giggle with stories of summer romances.

All the while, my spouse worked with me. Not only did he do the work of two or three people but no son-in-law could have done more to make my mother feel at home...even though the two Leos watching game shows or competing over silly stuff (like who could touch their toes) did try my patience (*my mother won*).

Honestly, I could use this whole newsletter to tell you about the many kindnesses I gratefully received. I thank each and every person who threw me a lifeline during the past few months.

In September, my mother will move into a newly built, beautiful and safe retirement community. She's naturally nervous about the change, but also excited. And, that was what I wanted for the past two years. My *goal* was to help my mother get her house sold so she could move with a clear mind and financial peace. My *intention for victory* was that she'd be really looking forward to it with a happy attitude. My goal is achieved and my intention satisfied. **Victory is sweet!**

While I know my mother couldn't have made this move without my spouse and me, I also know that I couldn't have gotten through this summer without my generous and loving lifelines. *How lucky am I?!*

What about you? Do you have any lifelines to support you during a victory-making process? Are they secure, or do you need to do some work to strengthen them? If you need some help, check out this issue's victory stretch.

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"Your presentation gave terrific insights" – L. Peer, Reinsel & Company

Need a Dynamic, Inspiring Speaker for your next event?

"Very powerful – I believe these are the tools I need to make the changes I want to make in my life" – B. Eveland, Barley, Snyder, Seufft & Cohen

Annmarie Kelly can help make your conference or retreat a success.

"I would recommend Annmarie for anyone looking to energize and focus their group" – T. Gilroy, Penn State University

Call Annmarie at 610.738.8225

VICTORY STRETCH

For those of us who are familiar with victory paths, we know the journey is seldom smooth. Sometimes, we all can use a lifeline to get us through the tough times. The people who become our lifelines can soften a hard edge, smooth over a rough patch and ease the pain of disappointment.

If you know any of the Victorious Woman stories, you'll remember that Lilly depended on her counselor from the Economic Opportunity Council, Maureen had a network of seniors who helped babysit, and Nancy had an older neighbor who became her mentor. From each Victorious Woman story, as well as from the hundreds of women I've interviewed or talked to about their victory (*and men too!*), I don't think I know anyone who traveled their victory path all alone.

So, if you find you're lifeline-light, this Q&A will help you find out how you can shore up your victory resources:

1 – What are lifelines?

Lifelines are the result of alliances formed through social and professional networking. They are the people with whom you have some common interests. Generally, you really like and respect each other. More importantly, you both make the choice to use some time, energy and effort to develop your connections and solidify your relationship.

In my case, every person who threw me a lifeline this summer was not only a part of my network, but were people I've known for at least five years. Whether it was breakfast, business or brainstorming, when we got together we chose to open ourselves up to each other...telling a little more each time, watching behaviors, learning to trust, and more and more, becoming willing to share. That's the basis for relationships that become lifelines when needed.

2 – How do I find a lifeline?

There isn't a perfect, one-size-fits-all approach to meeting a person who becomes a lifeline. However, there are a few sure-fire do's and don'ts:

- Don't** wait until you need a lifeline to look for one. Whether personal or professional, your association needs time to develop and mature.
- Don't** look for quantity, search for quality. Frenetically adding names to your contact list won't give you a relationship...or a lifeline when you need it.
- Don't** be just a giver or just a taker. Relationships that become lifelines are two-way streets. They need balance to be good.
- Don't** attach yourself to one person and expect them to fill all your needs.
- Don't** connect with someone who won't look you in the eye, tells lies, brags, or who is angry, overly argumentative or combative.

- DO** *consciously* choose to expand your social & professional circles.
- DO** talk to someone you've never met when at a party or meeting.
- DO** allow yourself to be open to meeting different kinds of people.
- DO** join something new – a cooking class, walking club, committee, local charity, etc. *Get involved.*
- DO** be willing to follow-up.
- DO** say thank you and show your appreciation for kindnesses.

3 – What can I do to grow and strengthen my connections?

Most experts agree that trust and time are the two most important bonding elements in any relationship. Consciously give each other some time to build trust through shared experiences. Four trust-building behaviors are:

- listen attentively
- give sincere compliments
- offer honest feedback
- be dependable: say what you mean and mean what you say

4 – What's my next step?

Make a decision today to create your own victory network. No one person can be your only lifeline all the time. Carefully add quality people to your group. When you do, not only will you find a lot of possibilities for mutual benefit, but you'll enjoy a rich diversity of thought, opinion and understanding.

DON'T WAIT. GET STARTED TODAY!

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READY FOR YOUR NEXT VICTORY? THESE FALL CLASSES WILL HELP!

EXCITING FALL WORKSHOP

VICTORY UP! TAKE BACK YOUR LIFE

DATES: Tuesdays, September 25-October 23
TIME: 7-8:30pm
LOCATION: Stetson Middle School, West Chester
REGISTER: www.chestercountynightschool.org

VICTORY TEAMS - NOW FORMING -

Talk about Lifelines! During these Six Sessions, you'll get information, support and, most importantly, you'll take positive, life-affirming actions! They begin on Monday, October 8. Take your pick between Daytime teams, 10-12:30, or Evening teams, 7-9:30. The cost is \$195 for all six sessions. Register: coaching@victoriouswoman.com

TWO GREAT TELESEMINARS FOR YOU!

Getting Unstuck

Do you feel like you are on the wrong path, going the wrong direction, and wish you could change your life for the better. You can! Be a part of this FREE teleseminar on **OCTOBER 1** and learn how you can get started and keep going.

Somebody's in My Corner

If you are a mentee who hasn't been happy with your mentoring relationships, this seminar will show you how to find the right mentor for you, how to create the best relationship and how to structure the meetings for your greatest benefit.

DATES: November 6, 13 7:30-8:30pm
FEE: \$149, includes DiSC profile, workbook and audio CD

Seating is limited. Register today at info@victoriouswoman.com

KATHY DEMPSEY

VICTORIOUS WOMAN OF THE MONTH
AUGUST 2007

How did she keep going? Kathy's inspiring journey started with the medical misdiagnosis that nearly ended her life...and instead changed everything from the inside out. Read about it at www.victoriouswoman.com/vwmonth.htm.

Tell me what you think:

Check out my blog and voice your opinion
www.victoriouswoman.blogspot.com