

SKILLBUILDER SYSTEMS

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- NOW FORMING - STARTING OVER VICTORY TEAMS FALL '08

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 FROM YOUR
VICTORY TEAM FRIENDS!

Victory Teams provide you with the **help** and **encouragement** you need to turn your dreams into realities. Your group will listen, give you ideas, cheer you on and support your efforts. Over the six Victory Weeks, you'll take action in small steps toward your personal success and happiness.

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Starting: October 7
Where: West Chester
When: Evenings: 7-9pm
Cost: \$295 for six sessions.
Location and Registration:
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VICTORY SKILLBUILDING

OLYMPIC LESSONS:

WORKING MOMS AND GUILT

"Show me a woman who doesn't feel guilty and I'll show you a man," declared feminist Erica Jong. *Is she right?*

Guilt. We feel guilty about how many calories we had for lunch, what we said to a client yesterday or because dinner was pizza instead of a home-cooked meal. Sometimes we even feel guilty for *not* feeling guilty.

Actually, not all guilt is bad. Sometimes it serves a purpose, like helping you know when you've made a mistake or done something wrong.

Yet there's a problem. While a little guilt might keep you on the straight and narrow, women have a tendency to raise guilt to an art form! And it seems especially true for working moms.

During some of the Olympic interviews with athletes, when I realized how many Olympians are "older women" and also moms, I thought about guilt. The training is so intense and takes so much time away from their families...*what were they thinking?*

One Olympian, Kate Markgraf, co-captain of the US Soccer Team, saw a bigger picture.

"I had two previous captains that had children and I saw them do it, she acknowledged. "I hope I'm showing the younger girls that they can have a family and be on the team."

No guilt. *Hmm.* Is she selfish? Self-focused? No! She's healthy and smart. The fact is, guilt isn't good for our health or our work.

And all the guilt isn't necessary!

In the Victory Stretch on Page 2, I look at three common "guilts" many women say they experience. Through the thoughts and words of some of our Olympian moms, and others, I have a few suggestions for you. My Victory Challenge to you: pick one of your "favorite" guilts, commit to *letting it go!*

What about your own Life Olympics?

It's time for you to

Victory Up!

If you're ready NOW,
 here are two victory-starters. *One is right for you.* Pick the victory-starter that best fits your time and readiness.

Teleseminar: Victory by Design

Wednesday evening: October 1, 8, 15, 22
 7:30-8:30pm EST
 \$125.00 includes workbook

Wine & Dine Book Club for Victorious Women

NAFE Network meeting

Monday, October 23
 6:30-8:30pm
 Location: Rt1 & 202, Glen Mills, PA
 \$30.00

We'll help you launch your dreams!

*For more information, call/email
 Call Annmarie at 610.738.8225*

Or info@victoriouswoman.com

Victory Stretch

Do any of these guilty quotes sound like something you've said...

"I feel guilty that I'm not doing my best for my children."

OK, whether you're at work or taking care of your own needs, *exactly* what do you think you aren't doing? Seriously. Think about and answer that question and write your answers down (you may surprise yourself).

Valerie Gotay, age 34, mother of two and Olympic athlete in Judokas said, "It's very difficult...but I have to see it through because in the end the bigger lesson for my girls is that this is all for *something*."

Oldest swimmer Dara Torres, 41, laughed at how, at the 1984 Olympics, she was "bouncing off the walls, in awe of everything else." But the older, wiser Dara says, "It's a lot different now. I have a child. My priorities are different."

So when Torres decided to put in two years of arduous training, it was about more than just winning medals. She was modeling an important life lesson for her daughter. So when Dara tells Tessa to "just go out there and believe you can to it," she'll be speaking from her own experience...with the medals to prove it!

Motherhood is the most important kind of "show and tell" because you can tell your kids and tell them and tell them again, but until you *show* them what strength, courage, responsibility, and boundaries look like, they just don't get it.

"I feel guilty that I'm not there when

my kids get home."

Being home doesn't automatically make you, or any woman, a good mother. When the Baby Boomer Women, with June Cleaver stay-at-home moms, grew up, they spawned the feminist movement. *Why?* Because they saw how unhappy or unfulfilled many of their post-WWII moms were. They didn't want the same fate.

If your kids get home first, make sure they have a fun activity to do and also that they are working on a goal-oriented task. That's what Pat's mother did. When she came home from school each day, she and her sister had a snack, played for a while and then she got dinner started. From that Pat says, "I learned responsibility," which contributes to her success in business today. Not only doesn't she feel cheated, she considers her mother a trusted advisor.

It's the lesson the USA rowing team seems to have learned. Competing in the Women's Eights, they amazed everyone by winning. One of the enthusiastic rowers bubbled, "It's so great to work hard for something and achieve it. It's amazing." *Yes, it is...* and whether you're home before dinner or not, teaching how tasks lead to accomplishment is the best gift you can give.

"I like working, being with adults all day...but I feel guilty that I don't want to be a stay-at-home mom."

OK, so you don't bake bread from organically-grown wheat and, in spite of calls from the La Leche League, you decided not to breast feed. Does that make you a bad mother? NO! That's why there's chocolate and vanilla. Some women are really well-

suited to being stay-at-home moms and are able to make that choice...*and good for them. You aren't, and good for you!*

Here's what Michael Phelps said about his mother, Debbie, a single parent and school principal: "She loves what she does and I think my sisters and I saw the hard work and dedication she put into her passion, changing children's lives. You always try to model yourself off what...and how well...your parents do, and you try to do it. I think my sisters and I, we've been able to do that, and we've been very successful as well."

By your example, your children will learn from you important character traits like honesty, reliability, respect for others, teamwork and self-respect – whether you are home all the time or not. As they grow up, they will become powerful on the foundation you *show* them...*not* the words with which you *tell* them.

What would you rather teach: fear of acting on a dream, or the confidence that comes from taking a risk, making mistakes, and still succeeding?

What would you rather model: dependence, or independence and *interdependence*?

Children learn what they live. So, focus on being your best self...without guilt...and pass it on.

OLYMPIC VICTORY QUOTE:

You don't have to put an age limit on your dreams.
**Dara Torres, Olympic athlete,
 Winner, 3 silver medals, 2008**

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VICTORIOUS WOMAN OF THE MONTH

July: Rosalind Sedacca, 1st Prize Winner, Victorious Woman Essay Contest

August: Karen Muranko, 2nd Prize Winner, Victorious Woman Essay Contest

www.victoriouswoman.com/vwmonth.htm.

Coming in September:

PA State Representative Barbara McIlvanine Smith's courageous story of victory through devastating loss!

Coming in October:

**Kathleen Fountain
 Winning Essay, 3rd Prize**