



The Answer To 'Why?'

Inside this issue:

Belief In The Answer To 'Why?'	2
Career Zone: Job, Career or Calling?	2
Life Zone: The Meaning In Marriage	2
Parent Zone: Building Belief in Children	3
Book Review: Man's Search for Meaning	3
Movie Review: Invictus	3

Welcome to the second issue of Shine, our bi-monthly newsletter providing you with tools and techniques on how to enhance fulfillment in your career and life.

Shine will also update you on project initiatives and new products or services offered by The SMART Career and Life Coaching Trust.

This issue focuses on beliefs and their meaning in an individual's career or life experience.

Career Zone, Life Zone and Parent Zone offer useful suggestions for achieving fulfillment by adding meaning to these areas of life.

Our Inspirational Quote this issue suggests that assigning belief to an outcome (i.e. the answer to 'why?') helps us to overcome any challenges in reaching that outcome (i.e. the answer to 'how?').

The Book Review examines how unconditional faith in an unconditional meaning enabled one man Viktor E. Frankl to endure years of unspeakable horror in Nazi death camps. Where many had perished this man survived.

The movie reviewed in this issue was directed by Clint Eastwood and tells the story of South African

President Nelson Mandela's bid to unite his country via the 1995 Rugby World Cup.

Please feel free to forward this newsletter on to those you know who could benefit from its information.



Parent Life Transition Program: Survey Results In

Inspirational Quote:

"He who has a 'why' can endure any 'how'"

- Nietzsche

The Trust would like to thank everyone who participated in our research surveys last month — your contribution to these projects has been invaluable and your time very much appreciated!

The summarized analysis below highlights some key findings from the Parent Life Transition survey. 45% of respondents were planning for parenthood ('Preparers') while 55% were parents ('Parents').

We found noticeable differences in responses for these two groupings of respondents. Preparers graded 15 of the 22 practical support topics as 'Important' or 'Extremely Important', while Parents considered only 12 of the 22

topics as important. Discrepancies arose in the following areas:

Natural Birthing Methods (60% of Preparers considered this area important while 67% of Parents considered it unimportant)

Pre- and Post-Natal Depression (40% of Preparers in comparison to 100% of Parents considered this area important)

Time Management, Work/Life Balance and Environmental Concerns (60% of Preparers considered these areas important while 67% of Parents graded Time Management and Work/Life Balance as 'Not Important' and 100% considered Environmental

Concerns as 'Not Important' for Parenting).

Overall, respondents across the two groups felt that the following areas were the most important:

- Sleep Deprivation
- Lactation Support
- Family Financial Planning
- Personal Relationship Management
- Communication / Conflict Resolution
- Physical Fitness
- Nutrition

In our next edition, we'll present findings from the Young Adult survey as well as update you on program developments.



Belief In You

Belief In The Answer To 'Why?'

This issue examines the next cognitive element to impact upon our decisions and behaviour in life — beliefs.

Belief is defined as 'a principle or idea considered to be true' (Source: Webster's Concise Edition - English Dictionary).

The difference between a thought and a belief is the level of conviction that we hold in accepting a principle as true. There is less questioning of a belief that is considered concrete, tangible and incontestable.

The answers to 'Why' questions are important because they are our reasons for being or for what we do. They give our lives

meaning. It is our conviction in this meaning that gives us the persistence required to make 'Why' a reality.

Persistence ensures that our actions speak loudly of what we believe in and enables more likelihood of success in reaching our answers to 'Why'.

So how do we create a belief or enhance our level of conviction? The answer is cognitive-in-nature, by changing your thinking and aligning it with a desired belief, we make conscious thought subconscious. Like breathing, our actions become subconsciously controlled and support our beliefs.

There are many practical ways to

change your thinking such as the examples listed below:

- Visualisation
- Affirmations
- Verbalisation
- Acting the Part
- Feeding your Mind
- Associating with Positive People
- Teach Others What You Are Learning

Source: *Williams P., and Thomas L.J. (2005).*

If you require assistance in building belief/conviction, the SMART Career and Life Coaching Trust can assist you.

"...your level of commitment and conviction to work increases as your work transitions from being a Job to a Calling. This results from the increased meaning and belief that you associate with work."

Career Zone: Job, Career or Calling?

Why do you work? Your response suggests a meaning that you associate with work and can explain your conviction for that work.

There are three types of work— Job, Career or Calling. If your primary response to our question was financial reward, then your work is considered a 'Job'.

If your main reason for working is progression and promotion, then you work in aid of a 'Career'.

However, if you work because you

feel compelled to, because you must fulfill a purpose, then your work is considered a 'Calling'.

Interestingly, your level of commitment and conviction to work increases as your work transitions from being a Job to a Calling. This results from the increased meaning and belief that you associate with work. Please note that the inverse relationship also exists. A Calling can become a Job where you no longer feel compelled to do the work, where it no longer serves purpose or provides fulfillment and where you

stay in your role only for the financial reward.

To enhance fulfillment from your work, evaluate why you go to work and look for new daily activities that will increase the meaning you associate with work. These activities need to address management need and draw upon your individual strengths/ interests.

If you require assistance in finding your Calling, the SMART Career and Life Coaching Trust can assist you.



Love of a Lifetime

(Image Source: www.sxc.hu | sbraburton)

Life Zone: The Meaning In Marriage

Statistics on marriage and divorce in modern society raises many doubts in this fundamental institution. In Australia, nearly every third marriage ends in divorce (Wikipedia). So why do couples continue to marry?

Some would argue that tradition and societal values insist upon the survival of this institutionalized practice.

However, others would argue that marriage is an institution via which we express meaning and belief in a relationship that will secure future family survival.

Marriage adds legal structure, conditional vows, security and certainty to a relationship based upon unconditional love. More importantly, this institution formally expresses the commitment and conviction that a

couple holds for one another.

Marriage creates a solid foundation upon which is built an environment for family growth and happiness — the more that we believe in this meaning, the more likelihood of it occurring and the more we can understand why couples continue to marry.

In 2007, there were 116,322 registered marriages in Australia. (www.relationships.com.au)

Parent Zone: Building Belief In Children

"Why?" is a notoriously popular question asked by children concerning everything. For parents currently encountering this, I challenge you to take the time to answer this question fully, providing some response other than "Because I told you so".

Up until the age of seven years old, children lack the full critical faculty that adults maintain for logical reasoning, judgment and decision-making. It is this critical faculty that separates our conscious mind from our subconscious mind. Thoughts and ideas are therefore subconsciously believed almost immediately by children under seven years of age. This is the period during which the

largest impression is made on a child's thinking (and belief) processes.

To assist children in building strong belief within themselves, the suggested practical techniques for changing thought processing (see "Belief in the Answer to 'Why?'" are as relevant (and to some extent more effective) for children as they are for adults. These techniques will establish good practices for the effective management of cognitive processing in young children.

Specialist techniques such as Narrative Coaching can assist in breaking down self-esteem issues and in substituting stronger self-

belief in children.

In general, effective communication and role-modeling between parent and child will fundamentally impact on the younger child's thinking, emotional intelligence and behaviour.

Frequent and clear communication of positive self-esteem statements is essential to reinforce a child's growing self-belief and self-awareness. Also, your own personal self-belief serves as an example upon which your children will model belief in themselves.

So now will you reconsider how you respond to "Why"?



Belief in Children

(Photo Source: www.sxc.hu | godyboyon)

Book Review: Man's Search For Meaning By Viktor E. Frankl

★★★★☆

Unlike other accounts of the atrocities that went on within the walls of concentration camps during World War II, 'Man's Search For Meaning' is a riveting exploration into the mental, emotional and behavioural responses of prisoners who were subjected to extenuating physical circumstances and conditions.

Dr. Frankl's translation of his experiences in concentration camps during World War II, into a psychotherapeutic approach known as Logotherapy is meaning-centered.

His fundamental message is

clear— you must have unconditional faith in the future and a will-to-live because those without aim or purpose in life become 'paralysed' and their bodies fall victim to illness.

For the prisoners a fundamental change in their beliefs was required—"... it did not really matter what we expected from life, but rather what life expected from us...Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual." For the few prisoners who kept their full inner liberty by

responding responsibly to what life threw at them, their inner strength raised them above their outward fate.

For Dr. Frankl, the vision of himself lecturing on the psychology of the concentration camps enabled him to rise above his suffering, all that oppressed him became objective from the remote viewpoint of science. He had found meaning for his suffering and purpose in a future life yet to answer to.

Inspirational and moving, this landmark bestseller receives four stars.

"...everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way...in the final analysis it becomes clear that the sort of person the prisoner became was the result of an inner decision, and not the result of camp influences alone."

Movie Review: Invictus

★★★★☆

Invictus tells the story of President Nelson Mandela's vision for a united South Africa and a belief in sport, namely rugby bringing his vision to fruition on home soil.

He inspired the Springboks in their 1995 Rugby World Cup campaign to victory and in doing so united a nation on the rugby world stage.

Directed by Clint Eastwood, starring Matt Damon and Morgan

Freeman, the movie clearly illustrates how any team can lift their game and achieve the unobtainable once they learn that they play for more than just a winning score. By assigning meaning to the task at hand, belief in that meaning inspires team/country achievement and success.

The Springboks visited some of the poorest parts of South Africa

to promote the game amongst the children. They visited the jail cell and quarry where Nelson Mandela spent most of his imprisoned life. In these places they found their inspiration.

This well-directed movie demonstrated how one man's vision could inspire a team to glory and unite a nation — worth watching at three stars.



Invictus

The SMART Career and Life Coaching Trust

Level 1
203 Blackburn Road
Mount Waverley
VICTORIA 3149

Phone: +613 8678 1823
Mobile: +61404528269
E-mail: diana@smartcareerlife.com
Website: www.smartcareerlife.com

We're On The Web:
www.smartcareerlife.com

Work SMART, Play SMART, Live SMART



Vision Statement

To help people manage career and life transitions, to improve their self-awareness and relationships with others, to find meaning and balance in their lives and to help them succeed in their pursuit of happiness.

Mission Statement

To deliver professional Career and Life Coaching services that provide measurable (SMART) results.

To promote Career and Life Coaching services to the general public and to increase social awareness of the benefits, through our provision of accessible and affordable coaching.

Programs

Ongoing research and development will be invested into the establishment of programs for young adults (aged 16–25) and parents (both for those planning to be and those newly engaged in parenthood) that will assist them in managing their career/life transitions, help them in their relationship with self as well as with others and to assist in finding meaning, balance and happiness.

Questions?

If you have any queries concerning the Trust, our work or the programs currently under development, please don't hesitate to contact us at info@smartcareerlife.com or visit us via our website www.smartcareerlife.com.



Diana Lim
**Director &
Principal Life Coach**

Editorial

Winter is upon us, often adding challenges that we could all live without such as family colds and flu. But these inconveniences merely delay rather than deter us from the important work we have in front of us.

The book in this edition 'Man's Search for Meaning' proves that even in the most dire of external circumstances, the belief in a better future and the will-to-live can raise you out of those poor circumstances. This book provides hope for our peaceful lives and times—if people were able to survive the atrocities of World War II and maintain hope throughout, just think of what we

could be hoping and striving for now!

Belief was the main topic of this edition and as you have seen, its importance touches all aspects of our lives. Belief defines those repeated thoughts that we hold as true unconditionally and therefore affects how we will behave in given situations.

Our focus on program research over the last two months has helped to give direction toward program development. We're passionate about Our Vision (see above) and the development of programs specifically catering for

young adults and new parents goes a long way to meeting that vision. We're really excited about the work and development tasks ahead of us.

Meanwhile, we're changing the world one person at a time!

Until the next edition, wishing you a fulfilling career, a meaningful life and above all else success in your pursuit of happiness!