



## Personal Power

In the last two issues, I wrote about Leadership. The heart of leadership is Personal Power. So in this issue I will talk about your power and how to use it in your work, family and other relationships. Before you read this article, I ask you to answer the following questions. Are you powerful? Are you willing to be more powerful? Are you willing to change in ways that will allow you to be more powerful?

I assert that you are powerful because personal power resides within all of us. When you are willing to give expression to your power, you are powerful. Conversely, when you do not give expression to your power you are not powerful. To be or not to be is a conscious choice.

### What is personal power?

It is influencing others, having impact in ways that matter, effecting change for the greater good, making a positive difference in others' lives, being an unavoidable presence in everything you do and say, and being clear about your values and living by them.

The qualities that define personal power are humility, courage, respect and regard for self and others, commitment to service and the greater good, inspiration and vision, priority to giving vs. taking, commitment to democratic principles, understanding, empathy and compassion. Since everyone either has these traits or is able to develop them, each of us has the potential to be powerful. The more we embrace this capacity, the more powerful we are.

Some familiar people who come to mind as having lived their power are Gandhi, Mother Theresa, Albert Switzer, Eleanor Roosevelt, Abraham Lincoln, Rosa Parks, The Dali Lama and Condoleeza Rice. Each of these people has been powerful because they were clear about their values, used them to guide their lives and found the courage to be powerful. Even if they did not define themselves as "powerful," each has made a big difference in the world we live in because they were willing to express their power.

### Are you?



### Within This Issue

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# business services

We offer a variety of services for the business, or the business-minded.

**Executive Coaching:** geared toward the manager who wishes to develop further skills within the workplace.

**Women's Leadership Program:** specifically focused on women in business, this is a program of strategic guidance and empowering support for female leaders.

**Workshops and Speaking Opportunities:** focus on business performance, motivation, team-building, management, communication, organization, and leadership.

# individual services

**Life Coaching:** for those who long for self-improvement in career, relationships, health, or overall wellness.

**Career Coaching:** for the person who wishes to improve their current career, begin a new one, analyze goals, and self-improve.

**Mind and Body Health:** a number of services are offered to help you energize, focus, relax, and relieve stress.



## Book Review by Doug Sawin

**Dharma Singh Khalsa, M.D. Brain Longevity:** *Regenerate your concentration, energy and learning ability for a lifetime of peak mental performance.* (1997, Warner Books, ISBN 0-446-52067-5)

While this book is currently the most authoritative source for defending against age-related memory loss and Alzheimer's disease, I found it to be a comprehensive resource for maintaining, gaining or re-gaining optimal physical health and peak mental performance as well. Dr. Khalsa describes the biochemical and physiological process of age-related brain degeneration in easily understandable language and style. He describes the process of delaying, avoiding, and recovering from brain degeneration in similar understandable ways with clear instructions on how to do so. He backs-up his assertions and advice with research.

Dr. Khalsa recommends a Brain Longevity Program that is broad and comprehensive. Included are diet, nutrition, supplements, stress management, mental exercise and physical exercise. In addition, he includes a treasure trove of resources and referrals.

More than anything, Dr. Khalsa writes from a perspective of optimism and hope. He speaks with the humility and wisdom of a healer and the authority of a well educated and well informed practitioner.

Since everybody experiences or will experience some degree of brain related degeneration, I strongly recommend this authoritative volume to you. Let me know your thoughts. (doug@lstonline.com)

## Ask Doug



Over the past few weeks, some of our readers have submitted questions for Doug. A few are answered below, but to read more Q & A's please visit [www.LSTlonline.com](http://www.LSTlonline.com).

**Q.** Dear Doug — I will be graduated this spring with a major in Business and a minor in Economics with the intention of entering the corporate world, like my dad. I was planning to enter an MBA program in the fall but my mom says that there is a "glass ceiling" for women that keeps them from moving up the corporate ladder. Is she right? Betsy J.

**A.** Dear Betsy — Your mother is right to a point. Traditionally women in management and lower level executive positions have often been passed over for promotions that are awarded to men who have similar or even inferior performance records. Things are changing albeit slowly. For example, the increase in the number of Women CEO's in the past several years is encouraging. Keep in mind three things: 1) The glass ceiling is not as much of a problem for the best performing executive women. 2) Things are changing. There is a continuing decrease in gender discrimination for promotions at all levels. 3) If you expect there to be a

"glass ceiling" there very well may be. If you simply do the best you can do and outperform your peers, there will be no glass ceiling. Go for it!

**Q.** Dear Doug — I would like to get more information on your executive coaching. I don't need help finding my dream job - I have already landed it. I now want to achieve the highest levels of productivity and success within my job and my personal life. Mark D.

**A.** Dear Mark — My Executive Coaching is based on two assumptions: First, your human potential is limitless. Second, if you are not fulfilling your potential, something is getting in your way — you are blocked in some way that you do not recognize.

I have found that the two most common factors for executives are 1) self-limiting beliefs and fears, and 2) inadequate or ineffective interpersonal communication. Since the causes of your problems are never "out there," I find it most useful to look inside where you have the choice to make changes. When you change, the stuff "out there" changes. It really works! You will find the productivity and success you seek.

**Q.** Dear Doug — I divorced my husband almost 10 years ago. After a year or so, I began looking for another husband. I have tried everything and tried very hard to find "Mr. Right" but I keep finding Mr. Wrong even though they look pretty good at first. Should I just stop trying and be single for the rest of my life? Evette Z.

**A.** Dear Evette — My answer is "yes" and "no." Yes, stop trying to find Mr. Right. The harder you try the less likely you are to find him. Trying attracts Mr. Wrong. And, "no" you don't have to be single for the rest of your life. If you work on yourself, you are more likely to attract Mr. Right. Let go of trying and have faith that when you are ready, he will show up. I've seen it happen over and over again.

If you have a question for Doug, please email us at [AskDoug@LSTlonline.com](mailto:AskDoug@LSTlonline.com). We would love to hear from you!

## Meet Carrie Woodburn



As a dynamic entrepreneur and CEO of a highly successful corporation, Carrie Woodburn received a life altering "wake-up call" which set her on a pathway toward her own healing and spiritual awakening. As a CEO, Mother, Wife and Healer, Carrie has learned to navigate "having it all" while practicing the fine art of "Self Care".

Carrie helps people connect with themselves through the practice of breathing and clear intentions. Fully embracing her calling as a healer, she is particularly interested in bridging the gap between alternative and mainstream thinking.

As a Certified Breathwork, Shiatsu and Reiki Practitioner, and also an ATPractioner® certified by Doreen

Virtue, PhD., she incorporates some or all into her private breathwork healing sessions. These practices facilitate deep healing and conscious awakening.

She helps people connect with their heart which creates an opening for healing and a rich experience of truth, serenity and joy.

For more information on how Carrie can help you, please visit the "Balance Team" page on [www.LSTlonline.com](http://www.LSTlonline.com).

## why register? here are the benefits:

- ✓ FREE Newsletter including articles, updates, insights, events, and exclusive promotions.
- ✓ Special rates and promotions for events, classes, and workshops that are often only available to our registered guests.
- ✓ Receive Your First Coaching Session Free!\*
- \*restrictions apply
- ✓ We respect your privacy, and your personal information will not be shared with any other company.

For more information  
or to register please visit  
[www.LSTIonline.com](http://www.LSTIonline.com)



## lsti events

### **Awareness Through Movement:**

Wednesdays 9am-10am. Please call 949.759.7593 or visit [www.ocfeldy.com](http://www.ocfeldy.com) for more information.

### **Monthly Breathwork Group Events:**

Laguna Beach. Check for upcoming dates at [www.kensho.bz](http://www.kensho.bz)

**Tai Chi with Estee Huff:** Mondays & Wednesdays at 7:45am- 9am or 6pm- 7:15pm

**April 15:** NAWBO, Microsoft Vision to Venture, San Diego, California ([www.nawbo.org](http://www.nawbo.org))

**April 24:** NAWBO, Microsoft Vision to Venture, Austin, Texas ([www.nawbo.org](http://www.nawbo.org))

**June 12-14:** NAWBO Women's Business Conference, Phoenix, Arizona ([www.nawbo.org](http://www.nawbo.org))

**June 23-26:** Women In Business 2008, Atlanta, Georgia ([www.wbenc.org](http://www.wbenc.org))

**July 24, 2008:** LA Mixer "Southern California's Ultimate Networking Event", Los Angeles, California ([www.largestmixer.com](http://www.largestmixer.com))

**August 12, 2008:** Women's Leadership Exchange, West Coast Summit, Long Beach Convention Center, Long Beach ([www.womensleadershipexchange.com](http://www.womensleadershipexchange.com))

How do I make an appointment or find out more about LSTI services?

It's easy! Please contact LSTI directly at:

**Phone: 949.388.4044**

**Fax: 949.388.0024**

**Email: [info@LSTIonline.com](mailto:info@LSTIonline.com)**

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