



2008 • November • Business Edition

the mind • body coach adelé green 083 679 2000



lifePHILOSOPHY  
imagine you

Combining coaching and kinesiology  
is our specialty

our passion  
professionals and corporate leaders

## Shift DOUBT in the workplace

Branding my business has been one of the single most difficult things I had to do since I launched **life PHILOSOPHY**.

My biggest lesson yet has revealed itself in the wisdom of Lao Tsu: **“Knowing others is intelligence, and knowing yourself is true wisdom.”**

Moving through the layers of knowing me offered the opportunity to face my fears one by one. With every step of growth the next challenge reveals itself and draws me out of my comfort zone.

Each step make us more powerful and we integrate yet another part of our identity. Experience in itself does not allow for awareness, it is only when we integrate this that we start to understand.

The workplace and constant change provide the platform for us to go through our own stages of self-doubt with each *stretch 'out of our comfort zones'*. This can be healthy or unhealthy stress.

### WHAT TO DO?

Instead of 'fearing fear' as we are taught at a young age when our parents told us that the only thing to fear is fear itself – learn to EMBRACE FEAR.

Go ahead and engage fully with your fear (and doubts).

When you do you will *learn the lesson* and receive its gift. Do not pretend to not be scared by avoiding it. Basic emotional intelligence principals teach us to name the feeling. Acknowledge that you are fearful!

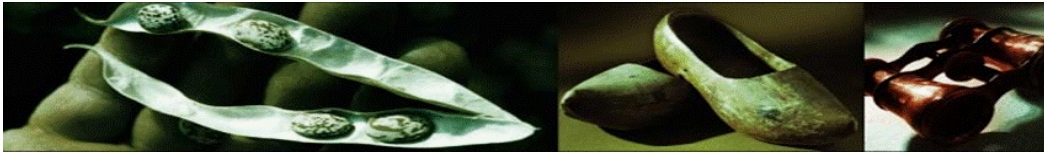
My fire walk experience demonstrated quite dramatically how fear can not exist in the moment. Again we have to do what Eckhart Toile teaches –

**Be present in the moment.**

It is what lies behind the fear and doubt that is valuable. Look through the mask of fear, because what you think you see is not as real as it appears to be. If you look long enough, you will notice it is not as overwhelming as it appears to be and it helps to breathe through it.

Something magical happens when we stand up and engage in the midst of FEAR (false evidence appearing real). **We create a new belief** that we are up to the challenge. We become victors and empower ourselves. We give ourselves choices and options and a possible new experience of reality as we have not seen it before.

Do you believe that you are not strong enough? To create the change you want, contact Adelé Green at 083 679 2000.



## online LAUNCH

Life Philosophy is **LIVE** after a year's persistence. It is as if we have finally arrived...

Eventually a more user friendly way to explain how coaching and kinesiology works. Read about it.

[www.lifephilosophy.co.za](http://www.lifephilosophy.co.za)



## frequently asked QUESTIONS

Does medical aid cover the cost of a balance?

Kinesiology and coaching is not covered by medical aids. At this stage my work is still perceived as personal development which is not covered by medical aid funds.

Hopefully in the future our hierarchical system will see that prevention is better than cure.

Odyssey article link?

The Sep/Oct issue of Odyssey Ezine article the "The key that opened the door" is about my personal story of change. For those who asked to repeat the url link, here it is – just click on it

<http://www.odysseymagazine.co.za/ezine/ezine-%11community/the-key-that-opened-the-door/>

What workshops are currently running?

During my sessions I became aware of how many people have difficulty during these economic times, which prompted me to offer an affordable value for money workshop.

This fun workshop is all about SYNCHRONICITY • MONEY • SPIRITUALITY. We will create money trees; learn what is holding us back and what is important to focus on in a light way, in line with our personal values.

Experience advanced learning techniques, art therapy and values in business in a way that only NLP can anchor into neurology.

There are limited seats for the **25<sup>th</sup> of February 2009**. Please contact me soonest to secure your place for the workshop from 09h00 – 15h50. Investment R1500 per person.

This is for you if you are going through change that will generate income doing what you love. Anyone who depends on sales will benefit greatly from releasing old beliefs that hold them back from living abundantly. Contact me if you require more information.

**ABOUT ADELÉ: coach, kinesiologist,  
artist, business owner, mother**

She is passionate about professionals and corporate leaders experiencing or creating change.

She facilitates conscious living as a philosophy lifestyle.

Adelé offers sessions or power coaching programs, body balancing or meta-coaching.

She plant seeds to put soul back into business through creating awareness in groups.

Private appointments available on Tuesdays or Thursdays at the JMD office in Linden.

Driven by her background in the corporate environment (FMCG and Fashion Retail) with its constant demand for change is what makes Adelé passionate about addressing change with balance.



To unsubscribe – please type “unsubscribe” in an email to [agreen@global.co.za](mailto:agreen@global.co.za).