

We are pleased to introduce the eleventh issue of intoaction's *Exploring New Pathways*. The concept behind this newsletter is an invitation for you to explore new ways of thinking, new perspectives, and new behaviors, so as to increase your personal effectiveness. The themes we have selected are commonly addressed topics in coaching. We have chosen them carefully and are eager to share them with you, in the hopes you will find them both thought-provoking and valuable.

Warmly,

Céline Brillet

into  action

## Exploring New Pathways

issue 11

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**intoaction** announces the launch of a Q&A section: Submit any challenges you might be facing to [info@intoaction.eu](mailto:info@intoaction.eu), and we will offer you a new perspective! The best challenges will be posted on our blog: [HTTP://INTOACTION-COACHING.BLOGSPOT.COM...](http://INTOACTION-COACHING.BLOGSPOT.COM...) (Questions can be submitted in English, French, or Spanish, and feel free to use nicknames!)

"Opposition is a natural part of life. Just as we develop our physical muscles through overcoming opposition - such as lifting weights - we develop our character muscles by overcoming challenges and adversity." - *Stephen Covey* **How do you overcome challenges and adversity?**

### Choose how you handle adversity

What do you say to yourself when faced with setbacks? As we all know, there is the optimistic and the pessimistic way of looking at a challenging situation. The way you think about adversity will determine how this event will affect your life, what actions you will take (or not), and how you will come out of this situation.

A pessimistic approach might cause you to look at a setback and to view yourself as a victim in the scenario. You may wonder why this is happening to you, and you might even believe that you somehow instigated this bad event. As a "pessimist" you might also assume that the challenging event could have a sense of durability around it and will inevitably reoccur in the future - similar to being trapped in a vicious cycle. Lastly, a pessimistic approach might lead you to believe this setback, like a snowball effect, will have an impact and influence on all other parts of your life.

The optimist knows that every time she is faced with a setback, she is adding yet another element to her "life toolkit" and equipping herself even better to handle future adversity. As the saying goes, "What doesn't kill you makes you stronger". That is the benefit of setbacks.

Shifting your perspective on adversity to something positive, will enable you to see what you are gaining from a personal growth, skills, resilience, and experience standpoint.

How do you cope with the adversity that arises in your life? How long do these events remain setbacks? How could you change your beliefs around these challenges, so they no longer seem like something purely negative?

The real impact that adversity will have on you, as an individual, will be determined by what you tell yourself and whether you choose an optimistic or pessimistic perspective. You can imagine these bad events only happen to you, or you can recognize that adversity is part of the learning process of life. You can look at a setback as temporary and passing or you can view them as permanent and lasting. You can isolate this particular event and attribute it to specific conditions, or you can assume that it will be a truth and recurrence in all situations. The choice is yours.

My invitation is:

- Next time you encounter a setback, examine your thoughts around this event.
- Identify what are the consequences of having these thoughts.
- Find arguments to disprove your negative beliefs: evidence, alternative explanations, circumstances...
- Discover strategies to shift your attention away from negative thoughts - try not to dwell too long on your setback.

Note: Concepts presented in this newsletter were inspired by Martin E. P. Seligman's book *Learned Optimism*.

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**PLEASE JOIN US AT [HTTP://INTOACTION-COACHING.BLOGSPOT.COM](http://intoaction-coaching.blogspot.com) IF YOU WOULD LIKE TO FURTHER DISCUSS THIS TOPIC.**

### **Top 8 reasons to partner up with a coach**

1. You want to make yourself a priority.
2. You feel stuck.
3. You want to build on your strengths.
4. You want to reach your goals more effortlessly.
5. You need a neutral sounding board to bounce ideas off.
6. You are facing a stretch challenge.
7. You have an important decision to make.
8. You are ready to move to the next level.

**intoaction** helps Executives and Entrepreneurs achieve their desired results through individual and team coaching, as well as through workshops devoted to developing leadership skills, managing change successfully, and enhancing team effectiveness.

<http://www.intoaction.eu/>



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