



# LET'S R.I.S.E. NEWSLETTER

*\*Reach \*Inspire \*Succeed \*Evolve*

*Life & Career Coaching with Sydney Davis*

April 2010  
Edition 2

## **Sincerely, Sydney**



My girlfriend and I were recently in FL together and aware that we were seeing each other's bodies in bathing suits for the first time. We did the usual "don't look at this..." and "I hate my..." that is typical of women's body self-loathing stuff that we are all guilty of and all participate in - oftentimes unknowingly or without any real awareness since it is part of the routine and our ritual.

At one point, she casually offered "You have the most beautiful legs - they are so pretty". BOOM - just like that - my day - my week - my mood - my perspective - shifted on a sentence and a celebration of an honest compliment. What my sweet friend may or may not have understood was just how much I had been cursing my legs (a recent broken ankle led to more of the unexpected....the cast helped form three blood clots - all in my "beautiful" legs) Yet, here was a sister who unpacked an honest thought - a compliment of what she was noticing - without much fanfare and it instantly helped me appreciate what IS working, what is worthy of positive energy and deserving my gratitude. It sparked a mini "pay it forward" revolution of sorts and got me thinking....

She could have held onto her thought and kept it inside - and I wouldn't have had the benefit of taking it in and appreciating the legs I have been beating up lately. It got me thinking....what do we not say? I know all the carpe diem messages we hear every day - "live like you're dying". But, do you share or, more specifically "talk the talk" like you're dying? Do you speak the positive thoughts that cross your mind, share the admiration of a stranger? Notice the kids who are well behaved on the airplane and tell them you were impressed? Call the friend who you are thinking of and tell them they are on your mind? Look at your kids and tell them in honest language what you appreciate about them? New

personal challenge...try to find one "radically kind" thought to share with someone every day. Just see what happens and see how it feels.

Write to me at [letsrise@yahoo.com](mailto:letsrise@yahoo.com) and tell me about it. What we don't say can mean more if we speak it, share it, mean it and let it be heard by the person who may just need to hear it the most.

## What Is A Life Coach?

A coach is a professional who supports, empowers, and challenges individuals to help them realize their personal or professional goals. The coaching relationship is a partnership relying on a high level of trust and connection between coach and client. The coach helps the client clarify their own agenda and supports them in creating and following through on a strategy to achieve their goals.



Coaches may help clients:

- Create a more balanced and fulfilling life.
- Design a meaningful career path.
- Discover their life purpose and create a life and career that expresses it.
- Clarify personal and professional goals.
- Develop and follow through on a plan of action.
- Overcome a block that's stopping them from achieving their goals.
- Enhance their personal and professional relationships.
- Make the transition into their new life (i.e., get a new job, start a business, work toward a personal goal, etc.).
- Clarify priorities and how to best use time and energy.
- Cope more effectively with change.
- Stay focused.
- Integrate spirituality into their daily lives.

---

## Testimonials



"Sydney is a natural coach. She is intuitive, creative, and supportive. She demonstrates a remarkable talent for using her coaching skills and instincts to guide her clients in achieving their goals. She is focused solely on her client, success-oriented, and lighthearted – a great balance for a career and Life Purpose coach."  
-Diana E

"When I met Sydney, I felt like I was all over the place. Kids, my own business, triathlon training, volunteer work. Sydney helped me accept that I am not "scattered," and that my various interests and commitments were truly something that make me feel fulfilled. She helped me to prioritize my tasks by creating long- and short-term plans and together we set realistic weekly goals. I now am more able to live in the moment and feel relaxed, while actually getting more done. Sydney's coaching style is exactly what I need to stay focused and motivated, as she is warm and understanding, but at the same time holds me accountable."  
-Susanne H

## Sydney in the news!

Check out this recent [article](#) about Sydney's parenting class.



## Spread The Word!



Are you interested in meeting with Sydney?  
Do you have a friend who may be interested in speaking with a life coach?  
Please pay it forward, and pass along this newsletter!

## Contact Sydney!



Sydney Davis  
Life & Career Coach  
(862) 223-9054  
letsrise@yahoo.com  
[Visit my website!](#)

©2010 Let's RISE Life Coaching | 181 Village Road, South Orange, NJ 07079

This email was sent to jstapley@yahoo.com. To ensure that you continue receiving our emails, please add us to your address book or safe list. View this email on the web [here](#). You can also [forward to a friend](#).  
[Unsubscribe](#)

Powered by [Mad Mimi](#)®