

## **Working Well, Living Well**

### **Halcyon Coaching**

Mike Linardi, *Personal and Business Coach*

October 2008 Newsletter

### **What People Teach Us!**

I've had many conversations this month about the "people" in our lives.....the good, the bad and those that heavily challenge us. In each conversation the underlying consensus is that a variety of people come into our lives to teach us. The wonderful, loving people teach us that the world is a good, just place. That there are people out there who can love us, support us and encourage us to be our best. The bad teach us patience, awareness, an appreciation of what is good in our lives. The challenging teach us to set up boundaries, to say "no" when appropriate and to dig deeper to understand why this person has entered our lives.

Take a look at the community of people around you. Are you surrounded by wonderful, loving people or those that challenge every fiber of your being? Ask yourself this, "What am I doing to attract these people into my life?" "What energy am I putting out there?"

### ***Quote of the month***

**The most wasted day is that in which we have not laughed – Sebastien Roch**

**What are you working on? What will your life be like when you have that?**

**Would you like a partner in that process?** Call or email Mike for a complimentary coaching session.

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