

# IMPACT By Coaching



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## Give Green – Intangible Gifts That Last!

By Sherry Greenleaf

This article has 906 words and should take 5.5 minutes or less to read. A small price for knowledge!

We spend more time shopping than the citizens of any other nation no matter what the time of year. But during the holidays, in particular, many of us find the time we want to spend with our families eaten up by shopping trips. In the past, the push to acquire lots of stuff made things hard for parents and on the environment -- generating more trash, per capita, during the holidays than any other time of year. The amount of garbage that comes into our home as gifts is overwhelming.

On the bright side, the holiday season is the perfect opportunity to rethink our consumption habits. Instead of buying stuff, you can "Give Green". Schedule time to do more reading, hiking, playing, or biking with your family. Another is to monitor something as simple as the paper products used in your household. Recycle if at all possible- paper, plastic, metal. I recycle all my shopping bags - that includes the blue and white plastic ones from the grocery store and the heavy-duty paper bags from the department stores. And of course – buying less means having less things to manage. Less things to manage leads to a more balanced, less stressful life.

So for this holiday – give green! No purchase necessary. You can give these intangible gifts all year long:

**LEADERSHIP** – While team members receive direction from you for projects, remember they also need clarity about where to go and what to do next; make yourself available to answer questions, provide information and coach when needed. It is easy today to lose sight of the goal if leadership is not available to focus attention and keep people on the target.

**RELATIONSHIP** - Confidence is vital to success in any endeavor. People receive confidence through their

relationships with other people. Team members, friends, and family can operate at a higher level when they feel supported in what they want to achieve. You create value by repeatedly demonstrating that you are someone they can trust and rely on, someone who is focusing on their strengths and playing on their team. While confidence is something that we feel as individuals, it really comes from the people we can rely on and who support and protect us.

**CREATIVITY** - Creativity goes beyond the conventional realm of art or music to include any kind of capability that you provide. People are interested in your capabilities embodied in the services that you provide. What services? Creativity services can mean providing new tools, techniques, structures, systems or ways of thinking to solve problems and even more importantly - innovate.



**Sherry Greenleaf, RCC**, is a corporate coach, trainer, and co-author of **Right Retention For The Busy Manager** and **Crisis Hiring for the Busy Manager**. She can be reached at 440-899-9010 or [sgreenleaf@impact-dev.com](mailto:sgreenleaf@impact-dev.com).

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**TRUST** – A relationship is based on mutual trust and respect. A strong and healthy relationship is one in which all parties involved can openly speak their minds candidly, able to address any issue good or bad. Provide opportunities for others to express differing opinions without judging them right or wrong. Demonstrate respect and your gift will reach the heights success!

**CHALLENGE** – Encourage people to grow and learn from everything they do. At times, you may have to take them by the hand (because you care) but with your other hand you must hold a torch under their feet to make certain they are moving forward towards their goals as they have never moved before in their entire lives. Guide, mentor, teach and coach!

**FEEDBACK** - The object is to identify a behavior that is not working and is keeping someone from being as successful as they might be. You don't want to be too critical or too rosy. Your feedback should be candid and direct. Incorporate qualities of "feed forward"; give your observation and then something the person can do better in the future.

**So for this holiday season, give an intangible gift and make it one that will last the whole year long!**



***Wishing everyone a  
Happy Holiday  
Season!***