



The Guide Post

April 2016

Page down for EVENTS and Some Inside Scoop!

Hello and welcome to the Guide Post.

Thank goodness for FLOW. The term was coined by Mihaly Csikszentihalyi in his book *Flow, The Psychology of Optimal Experience*, to describe the feeling and state of being when a person is in the zone. FLOW is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does. You know you are in flow when you have that feeling of spontaneous joy while performing a task or getting totally lost in a project that you really enjoy, brings out your very best and highlights your strengths. According to Csikszentihályi, FLOW is completely focused motivation and represents perhaps the ultimate human experience.

The Telesummit was a lot of fun!! It was a lot harder to do in terms of what had to be done than at first I imagined. It took a lot more time and energy than I thought it would. However, at every step in the process, I was in FLOW. Yes, it was a lot of work but when you are doing something you love that captures your attention and pulls you forward you are in FLOW.

I really believe that when we are in FLOW we are fulfilling our purpose or at least part of our purpose in life. It is a great goal, as part of our bigger vision and path, to be in flow as often as you can possibly be while still maintain the important relationships and responsibilities in your life. That's really why I am saying thank goodness for FLOW. Without FLOW the really big bold tasks in life might not happen. However, since FLOW creates such a great feeling

and moves us toward or allows us to experience living in our purpose, it is a welcome part of our positive personal motivation.

What do you do that puts you in FLOW?

What can you do to be in FLOW more often?



With love,
Jille

Join me on social media:



Upcoming Events



- **CoachPath Core Connection Group** begins April 13th at 3 p.m. eastern. This group is for coaches who are serious about taking their skills to the intermediate and advanced levels. While it counts as 7 hours of mentor coaching or 10 hours of Core Competency CCE's for Certification Renewals it will be a deep rich group discussion that being a coach requires.
- **Get Clients Now Group** begins April 14th at 10 a.m. eastern
- **CoachPath Personal Progression Group** begins June 8th at 1 p.m. eastern The most important thing you can do for yourself and your business is to keep growing. This group is a deep dive into the "who" of you. Growing and expanding personally is a requirement for a successful coach. Give yourself the gift of deeper personal awareness and aligned choice.

- I'm attending the **ICF Midwest Conference** in Indianapolis, IN June 23rd - 25th. Please let me know if you will be there. It promises to be a great conference.

Coaching Industry News

The Inside Scoop

I recently had a chance to meet Matt Varney, the ICF Chapter Development Director who attending the workshop where I spoke last month in New Orleans. Matt gave us a presentation that included some really interesting information that I wanted to share with you. Part of the goal of the ICF is to distinguish ICF trained coaches from others in the world who are not trained. This is good for those of us who invest the time, energy and money to train professionally and it is great for consumers of coaching to be able to distinguish a self-taught coach from one who has formal education and proven coaching ability. He suggested that we call ourselves ICF Coaches or Professional Coaches as we are out in the world introducing ourselves to make the distinction clearer. This is something the ICF is working towards having us all do. I love the idea and I am working on integrating it. What are your thoughts?

I'M SO GRATEFUL FOR...

The Coaching Profession. In April of 1996 I began my career as a coach after reading an article in Newsweek called, "Need a Life? Get a Coach." If you would like to read the article I have posted it on my CoachPath web site [here](#). The moment I read the article I knew that was what I wanted to do and that was what I was meant to do. I knew that nothing would stop me and no matter what it took, I was going to be a coach. That was 20 years ago this month!! I am celebrating by doing what I have always done almost every month since then; Coach. I am so grateful to the people who came before me, who had this idea, who created content and structure around this idea and who showed me the way. I am so privileged to be a part of this community and I want to thank you for being here with me. THANK YOU!!!

Joy of Life Ventures, INC. P.O. Box 1358 Gulf Breeze, Florida 32561 United States [\(850\) 916-0895](tel:8509160895)

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