

# Vision Quest CONSULTING

## LEADERSHIP COACHING THOUGHT



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Vision Quest Consulting provides leadership coaching, organizational development consulting, and training to top executives and their teams.

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Welcome to Vision Quest Consulting's Leadership Coaching Thought!

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### THIS MONTH'S TOPIC: **Setting the Stage for 2003**

To start the year, it is important to look back over the year and assess your accomplishments and shortfalls before forging ahead with new ideas, goals and resolutions. Do the exercise below called Year In Review outlined below by yourself, with your staff individually, and your boss. I use this exercise with all my clients and my husband and I complete it together every December; it has become part of our end of year ritual.

### **Year in Review**

**Accomplishments:** Take a look back at 2002 and list your accomplishments, things you are most proud of having accomplished Include work, spouse or significant other, children, extended family, health and well being, spiritual, community, and finances as categories.

**Shortfalls:** Take a look back at 2002 and list your shortfalls, things that disappointed, frustrated, or made you sad. Use the accomplishment categories to make this list.

**Opportunities:** Looking over your accomplishments and your shortfalls and looking ahead at 2003, what opportunities do you see that you are interested in accomplishing this year. Again use the same categories as before to make your list.

You should have a sense of closure for 2002 and now can set the stage to accomplish great things in 2003. Of course, the opportunity list becomes your goal list for 2003.

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As someone famous once said, "If you don't know where you're going, it won't matter which direction you walk, you'll still be lost."

## OFFERINGS

1. Take it To The Top; A Guide to Executive Coaching and Mentoring in America's Top Corporations by Wendy Capland is available for \$49.99. DO NOT HIT REPLY TO THIS MESSAGE. This book is available as well as an audiotape on Developing Effective Leadership and Coaching Skills by clicking:

<http://www.visionquestconsulting.com/store.html>

2. The Impact of Executive Corporate Coaching Programs, audio tape \$19.99 DO NOT HIT REPLY TO THIS MESSAGE. This tape is available by clicking:

<http://www.visionquestconsulting.com/store.html>

3. Complimentary half hour Coaching Session, first come first served. To register or obtain more information, email [wcapland@visionquestconsulting.com](mailto:wcapland@visionquestconsulting.com) with your name and phone number so that we may contact you:

Leadership Coaching Thought is written and produced by Wendy Capland. If you have any questions or comments, please send them to: [wcapland@visionquestconsulting.com](mailto:wcapland@visionquestconsulting.com). We'd love to hear from you.

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