



## LEADERSHIP COACHING NEWSLETTER

### This Month's Topic: **Take a Break**

A few years ago, my coach sent me this inspiring story. I am relaying it again as it captures the spirit of play, replenishment and fun. It's so important for us to remember life is a balance of work, responsibility, and play. As you read this short story, think about whether you give yourself guiltless permission to really unplug from work and take some time to rest and replenish. What many don't realize is that the quality of the time we take off increases our effectiveness on the job. It's not much fun to work during our vacation, even if it's "just a little bit" of work.

### **Mud Puddles and Dandelions**

"When I look at a patch of dandelions, I see a bunch of weeds that are going to take over my yard. My kids see flowers for Mom and blowing white fluff you can wish on. When I look at an old drunk and he smiles at me, I see a smelly, dirty person who probably wants money and I look away. My kids see someone smiling at them and they smile back. When I hear music I love, I know I can't carry a tune and don't have much rhythm, so I sit self-consciously and listen. My kids feel the beat and move to it. They sing out the words. If they don't know them, they make up their own. When I feel wind on my face, I brace myself against it. I feel it messing up my hair and pulling me back when I walk. My kids close their eyes, spread their arms and fly with it, until they fall to the ground laughing. When I pray, I say thee and thou and grant me this, give me that. My kids say, 'Hi God! Thanks for my toys and my friends. Please keep the bad dreams away tonight. Sorry, I don't want to go to Heaven yet. I would miss my Mommy and Daddy.' When I see a mud puddle I step around it. I see muddy shoes and dirty carpets. My kids sit in it. They see dams to build, rivers to cross and worms to play with. I wonder if we are given kids to teach or to learn from? Enjoy the little things in life, for one day you may look back and realize they were the big things."

Vacation and taking a break from work is a perfect time to experience something you are passionate about. Take a look at this video link from "*Britain's Got Talent*" and see what passion can look like. My husband and I watched this video together over the weekend and were so inspired!

[Click here](#) to see the video.

Is there something in your life that inspires you and makes you feel passionate? Immerse yourself during your summer break.

I will be going on summer break and so will our Leadership Newsletter. Have a powerful replenishing rest of summer! See you in September.

### **Recommendations**

Recommended reading: Something that you haven't had time to read and is not work related.

We offer leadership and executive coaching and consulting to help organizations develop a deep talent bench. We focus on giving good managers tools to use to make them into more effective leaders. Call or email us for more information. 978-692-4454, [wcapland@visionquestconsulting.com](mailto:wcapland@visionquestconsulting.com).

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