



Pat Obuchowski | inVisionaria

inVisionaria

Business and life coaching for
professional and personal results

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Message from Pat

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure...Your playing small does not serve the world...And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

- Marianne Williamson

Some of you know that I have been working with a leadership and social change model called 'The Bigger Game' which was developed by Laura Whitworth and Rick Tamlyn, co-founders of The Bigger Game Company and pioneers in the coaching field. This model is a change model that is designed to challenge people and call them forth to be their very best.

By 'Game' I simply mean what we are up to in our lives. By 'Bigger' I mean that it is Bigger than you! What is asked of you to play a 'Bigger Game' is to evolve, grow and develop additional competencies for the sake of your game. It is Bigger than who you are now and asks you to stretch into who you can become.

The premise of this model is "The size and quality of the game you play designs who you are becoming."

We are always becoming, changing, growing...sometimes unintentionally and sometimes intentionally. We grow unintentionally because of circumstances and events outside of our control, such as a divorce, loss of a job, death of a loved one or a friend, the birth of a child and many more. Or we can grow intentionally, choosing our direction with an eye consciously on 'who do I want to become?'

The Bigger Game model is a model that helps you grow with intention.

If you can perceive an exciting and fun and a more intentional future for yourself, then The Bigger Game is one place for you to venture into and play.

An example of a Bigger Game is Venus Noble. Ms. Noble is an Oakland, CA. social worker, who has had a son and a nephew shot dead, and another son badly injured in a shooting. Her attitude is: "It happened to my family. It could happen to your family, and we want to do something about this." She has launched the Be Yourself Foundation for Nonviolence and Social Affirmation to help eradicate violence in San Francisco Bay Area communities.

Another example is the woman whose husband passed on and she could no longer take the pain. She founded a group of surviving spouses to help each other through the painful recovery process. This was a Bigger Game for her as she no longer felt like a victim. She intentionally chose what she wanted to do.

Some signs you are ready to look at playing a Bigger Game:

- You want to make a bigger difference
- You hear a call to serve a higher purpose, even not knowing what it is
- You want to live a well used life
- You feel bored or stuck
- You feel a hunger for something more
- You want to intentionally grow and find a direction in your life
- You are asking yourself 'Is this all there is?'

The Bigger Game will help you get in touch with what it is you hunger for and help you leave those comfort zones that are not serving you and stopping you from living a well used life. See Upcoming Workshops below for more information.

"Many people die with their music still in them. Why is this so? Too often it is because they are always getting ready to live. Before they know it, time runs

out”.

-Oliver Wendell Holmes

Step into leading and play a Bigger Game in your life...don't wait...model leadership...the World needs us to do this.

Lead strong!

Pat

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Developing the Courage to Lead

What does it take to have courage and emotional strength to lead others?
At its most basic level it takes several necessary ingredients:

1. To be aligned in Personal Integrity.
2. A Vision that emerges out of that place of Integrity.
3. An Awareness of your Duty to fulfill that Vision in order to maintain that Integrity.
4. A Commitment to that Duty.

Well you may be thinking that I've got it backwards here, after all doesn't it take courage to do all of that?

In fact the courage and emotional strength emerge as a result of following the steps above. Let me elaborate.

To have Personal Integrity essentially means aligning yourself in everyway with your personal inner truth i.e. that inner emotional wisdom that is your reference point for all the decisions that you make.

You see there must be such a reference point within for you to be able to gauge whether a decision you make is in your best interests or not. Without it you would be totally adrift with no way of knowing whether you were on the right track or not.

If you sit with that inner wisdom in a state of quiet reflection you will begin to recognize which path is the right one for you to follow in any particular endeavor. All other paths will be automatically excluded because they simply will not feel right or resonate with you at a core emotional level.

As you become aware of your path it comes into focus and becomes your Vision. It is what you were always meant to pursue. It has always been within you. When you recognize it you will likely start to feel peaceful, passionate, joyful, focused, clear, a desire to embrace it and unwavering in your desire to achieve it. That is because deep within you will know that this is what will lead to your sense of personal fulfillment.

In addition, as you become aware of it you also begin to recognize that it is in fact your Duty to yourself to pursue it. That is because your entire sense of fulfillment depends on it. In your heart you will know emotionally that there is no other way. This awareness draws you into aligning your life with that Vision in such a powerful way that nothing can move you from it.

Therein lays the Commitment to the Vision. In other words your felt desire or passion for that Vision is where the Commitment will spring from. As you make this internal alignment you will feel such a surge of inner strength and courage that you will likely feel your heart open up in a way you've never experienced before in your life. It will feel so uplifting that you may think that you've been lifted right off the ground.

When you find yourself in this state others around you will feel the energy that you radiate in such a way that they will be drawn to it and feel buoyed up by it as well. It will remind them in some way of their own desire for what you are feeling.

In fact it will help them realign with their own inner wisdom and all of that will set off a powerful positive chain reaction that will draw others in as well.

The chain reaction that I'm talking about will in fact have the power to change fundamentally the nature of this reality in ways that are completely in alignment with our hearts' dreams for it.

Isn't that what leadership was meant to be about, to help improve the nature of this reality?

- Dr. Nick Arrizza

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Leaders Put Good Intentions into Action

"Mr. Meant-To has a comrade,
And his name is Didn't-Do;
Have you ever chanced to meet them?
Did they ever call on you?
These two fellows live together
In the house of Never-Win,
And I'm told that it is haunted
By the ghost of Might-Have-Been."

— William J. Bennett, *The Book of Virtues*

A recurring nightmare haunted Peter to re-examine and change the aimless and drifting course of his life. In his bad dream he was standing before a severe judge and disapproving jury. "You are charged with wasting your life," the judge bellowed harshly down to Peter standing before the high bench. "How do you plead?" Restraining himself from fleeing the courtroom, Peter was finally forced to whisper, "Guilty." He appeared ready to say more, then stood lost in thought.

The click ticked steadily on the courthouse wall. "I always had the best of intentions," Peter began slowly. "I just never got around to translating them into action. There was always tomorrow. But tomorrow never came and the world went speeding by. I ran out of time. I guess, after all is said and done, a lot has been said, but only a little has been done."

Looking back, we can all point to times in our lives that seem wasted. In some cases, those times were a pause in the action. Perhaps it was time to regroup and take a different course or rest before trying again. The danger is if the time-out turns into just putting in time. If we fail to continuously grow, change, and develop, then precious life is wasted. The American writer and publisher, Elbert Hubbard, warned, "The recipe for perpetual ignorance is to be satisfied with your opinions and content with your knowledge."

Jim Clemmer

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Allies

Most of you know I am an activist in insuring ethics and credentialing in this relatively new field called 'coaching'. I am a Certified Professional Co-Active Coach through the Coaches Training Institute, a certified Bigger Game Coach and Consultant, and a Leader and Examiner for the Bigger Game certification program. I am also credentialed through the International Coaching Federation (ICF).

Earlier this month a segment on life coaching aired on the U.S. national news program *The Today Show*. The segment featured International Coaching Federation member Laura Berman Fortgang, MCC. Below you will find a link to a video of this segment.

This segment underlines how important ICF Certification is becoming--even for established executive coaches.

I hope you get a better understanding of how coaching can help people in their lives.

[This is a link to an interview on life coaching that was on *The Today Show*. \(Please be patient with the lead-in advertising.\)](#)

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Recommended Reads with links to Amazon.com

[Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others](#) by James Kouzes and Barry Posner

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Upcoming Workshop Offerings

The Bigger Game Workshop: Has something been calling you? Maybe a whisper, a tug or a knowing there is something bigger waiting for you...possibly something your soul has been craving. The Bigger Game is a dynamic interactive workshop that naturally calls the better you yet to be expressed.

In this workshop we will explore and define the elements required to actually be IN a Bigger Game. Our objectives in working together are:

1. To clearly define the elements of The Bigger Game Model.
2. Have you learn what it means to be a Bigger Game Player
3. Have you explor your OWN personal Comfort Zones and potential Bigger Game
Outline the process of setting up a Bigger Game strategy, so that you
4. are experienced enough to meaningfully move into bold action around your Bigger Game.
5. Connect you with other Bigger Game Players.

Come let your Bigger Game Player come out to lead and experience the fun and excitement of having a Bigger Game to Play.

June 9-11 in the San Francisco Bay Area.

For more information see: www.TheBiggerGame.com. To register see: <http://invisionaria.com/pdf/BiggerGameJun2006.pdf>.

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"Quote For Your Day!"

"Faith is the daring of the soul to go farther than it can see."

- William Newton Clark

I send out a "Quote for Your Day!" on a daily basis. If you like to think (and sometimes laugh), sign up for the daily quote by sending a blank e-mail to Quotes@inVisionaria.com with "Quote" in the subject line.

Until next time, I wish you joy and fun and ease and effortlessness!

Pat Obuchowski
CEO, Chief Empowerment Officer
inVisionaria

Helping people step into their roles as leaders in their businesses, their communities and the world. Helping people find their "Bigger Game."

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"By Pat Obuchowski of inVisionaria."

Brief Biography

Pat Obuchowski is the CEO (Chief Empowerment Officer) of inVisionaria. inVisionaria is a company devoted to helping people and organizations find and achieve their vision and their voice. She works with individuals and organizations that are looking for structure, focus and accountability to set and achieve their goals. She also works with people who are ready to make big changes in their businesses and their lives and step into the leaders they've been yearning to be. People who are ready, willing and able to begin playing their "Bigger Game." No kidding. Right now.

The approach to achieve this and create this alliance is individually based and is designed between Pat and each of her clients.

Testimonial:

"I have in fact been promoted – due almost completely to what I learned working with you. You bring to the coaching relationship intelligence, integrity, a sense of humor, respect for me, for who I am – very good at listening and then calling me on things."

- Director at a Biotech Company

CONTACTING ME. I receive a large number of emails every day. I get many questions and it's hard to get to them all. However, I do my best. If you don't hear from me in a few days, please try again. Your email may have fallen between the cracks.

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