



**Ann Golden Eglé,
CPCC, PCC**

Chill, Baby, Chill...

Think of any highly successful woman you know. Is she driven, visionary, enterprising, dynamic and passionate? What you may not realize is that, unlike her male counterparts, she also experiences a silent, agonizing challenge—her inability to ‘chill out.’

Gretchen, a 44 year old senior executive now at the top of her game explains this dilemma. “It’s like my mind won’t stop. I jump from one scenario to the next with no resolve, repeating this pattern day and night. I feel out of control.

“It’s a roller coaster that I can’t stop. I am dining with friends, attending my son’s soccer game, on our boat, on the phone. My mind races from tomorrow’s board meeting to personnel issues to my next presentation.

“I love my position but would love to leave it behind from time to time. I’m exhausted and need a rest.” Gretchen is not alone.

John Gray, acclaimed author of the Mars/Venus series brilliantly portrayed this female phenomenon in Portland last year. He asked a man in the front row for his wallet. Gray then invited a woman to surrender her purse. She did so begrudgingly.

He held the man’s thin wallet in one

hand and large purse in the other, demonstrating the vast difference between what each gender carries energetically each day.

Gray then opened both props. The man’s wallet contained only a few essential credit cards and cash. The woman’s purse took more time to sort through. Vitamins, notepads, perfume, a knitting project, Band-Aids even a full-sized hairspray came tumbling out.

The point being obvious, men learn at an early age to compartmentalize things. They deal with one issue and then move on, keeping what’s most important in the forefront. Women are prepared for anything and anyone. We live our days ready to jump in and help whomever, whenever.

Such was the case with Gretchen. Her mind quickly flowed from short term to long term goals, to her family and church’s needs. This only served to drain her. She could feel herself becoming less effective.

To be her most fruitful, Gretchen needs to firmly tell her overactive mind to ‘stop!’ She’ll be ahead of her game once she develops the art of letting go and lightening up, also known as ‘chilling.’

What do I mean by ‘chilling?’ Think of the ‘stop, look and listen’ procedure you learned as a child. This is the process that kept you from harm then and it can do so now.

1) Stop.

Pause long enough to breathe and notice the beauty around you. Stop your racing thoughts long enough to feel centered and gain perspective. Breathe it in.

The point being obvious, men learn at an early age to compartmentalize things. They deal with one issue and then move on, keeping what’s most important in the forefront. Women are prepared for anything and anyone. We live our days ready to jump in and help whomever, whenever.

2) Look around you.

What are the gifts and what are the dangers? In slowing down you’ll see what you can eliminate, delegate or enhance.

3) Listen to whom?

Listen for what? Start by listening to others for their valuable input. When our minds race from one topic to another with no resolve we get sucked into a hole of thinking we’re responsible for all things. This is simply not true.

Listen to your heart which in my estimation is 90 percent more accurate than your mind. Does your heart feel light, heavy, tingly or numb? Listen to your intuition which is right there with your heart. What does that little voice inside urge you to consider?

We’re not talking about that sabotaging voice that urged your mind to race in the first place with debilitating statements like ‘enough is never enough.’ The voice to listen to is that soft voice of wisdom that moves you forward in ways you hadn’t imagined. “Is it time to act, pause or possibly walk away?” you might ask.

‘Chilling’ provides better perspective and clarity; strengthens your confidence and puts you in a place of wisdom and innate power. As Lily Tomlin says, “The fastest way to get where you want to go is to slow down.”

My challenge to you during this month of focusing on ‘Women in Business’ is to discover what ‘chilling’ means to you. Let me know how it goes.

Ann Golden Eglé, CPCC, PCC, president of Golden Visions Success Coaching, has coached executives throughout North America since 1997. She is co-authoring a book on relationships due out in February of 2005 and has a free international e-zine on success tips. She can be reached at 541/385-8887 or www.GVSuccess.com.