

Minutes of the MMW Meeting
Held Saturday, March 5, 2011,
at the Mobius Center, Damariscotta, Maine

Business Meeting:

President Carol Jaeger welcomed members and guests and provided a brief description of MMW. Other points of interest:

- Sherry Hanson's March 1st surgery went well, and she's recuperating at home. She'll have to have more chemotherapy, but the overall prognosis looks good.
- Janice Lindsay presented the Treasurer's Report (see next page) and \$430.00 of the current Scholarship balance was due to contributions made in memory of Marilis Hornidge.
- Genie Dailey gave an update on our anniversary anthology, noting that 33 members had made contributions of art, written material, or support services – or a combination of these. She acknowledged Kathy Brandes and Ria Biley for editorial help, President Carol for writing the book's Introduction, Janice Lindsay and Louise King for writing the *Jump Lines* description, and Janice for writing the Dedication to Marilis. Also, Genie stated that Jennifer Bunting of Tilbury House had agreed to write a testimonial blurb for the back cover.
- Cheryl McKeary showed the group 5 potential front cover designs for the book, and these were circulated so everyone could see them. The Board will make the final decision on the cover design.
- Next meeting was announced: April 2nd in Rockland with guest speaker Chelsea Fournier, intellectual property lawyer. Carol suggested that members think of questions for Chelsea ahead of time. [May 7th will be our Annual Meeting.]

Around-the-Circle Introductions were made.

Program: Elizabeth Sylvester, Certified Life Coach

Elizabeth started by stating that life coaching involves helping people with changes and transitions in their lives – and that this means work with one's body, emotions, and thought/language processes. Most of the work with a life coach happens through conversations so the client can discover the answers within herself to change her life into what she wants it to be.

Attendees participated by suggesting words that describe how we feel when we fail to say "no" and realize we're giving our power and energy away: guilty, resentful, angry, etc.

Elizabeth then gave an overview of general client experience in trying to make changes to prevent those feelings: the difficulty of putting yourself first ("I'm worth it"); the attitude that you don't need help; the feeling that you need to explain or defend

yourself. Working with a coach, you become accountable to someone other than yourself as you develop new behaviors that can literally change your life.

Two focal points for today were Making Direct Requests and Saying “No.”

Making direct requests cleans up communication and lets people know exactly what you need and when you need it. The form is “I request that you do X in Y amount of time.” The wording can vary, but the message has to be clear and without apology. Elizabeth noted that requests don’t often come this way, and it takes practice to do it.

Saying “no” means (again) being clear and knowing that you don’t have to explain, justify, or defend yourself, no matter what reaction you receive. Keep in mind that you have no control over anyone but yourself, and “What other people think of me is none of my business.”

A key for getting started is to be your own observer. Be aware of what you do when making (or receiving) requests and saying “no.” Then observe what makes you happy – that’s what will fill up the space after you free up your time! [Suggested exercise: Name 5 things that make you happy, that you’d like to have time to do when you have more time.]

Finally, Elizabeth noted the importance of getting together in small groups to talk and share with other women. She facilitates such groups, and also offers free initial consultations with potential clients. Contact info: Elizabeth Sylvester, New Visions ME, 207-737-2158 / silverbirde@gmail.com / www.lifecoachmaine.com.

Treasurer’s Report as of March 4, 2011:

Checking account:	\$ 7,521.19
KVA Scholarship:	\$ 2,180.12
MMW Scholarship:	<u>\$ 2,237.73</u>
TOTAL:	\$11,939.04

Respectfully submitted,
Genie Dailey
Secretary

CORRECTIONS: (1) In the February minutes, the balances for the two scholarship funds were reversed – KVA should have been \$2,180.12 and MMW \$1,907.73. (2) In the January minutes, it was implied that Davene Fahy’s book *The Boy Who Thought He Was a Plane* was self-published. It was not. The publisher is William Tasker at Monkey Press in Caribou, Maine.