

Sixteen Habits of an Effective Mind, Positive Psychology & Wellness,  
Leadership/Business/Life Coaching Specials & MUCH more.

Welcome to The (W)Right Coaching CC's March 2011 newsletter.

**THOSE WHO HESITATE ARE LOST FOREVER!**

**AT SOME LEVEL OR ANOTHER WE ALL WANT SOMETHING MORE IN OUR LIVES, CAREERS, RELATIONSHIPS, & BUSINESSES / ORGANISATIONS. BY READING THIS NEWSLETTER AND VISITING OUR WEBSITE YOU *DRAMATICALLY* INCREASE THE CHANCE OF BEING THE MASTER OF YOUR, AND OR YOUR BUSINESSES / ORGANISATIONS DESTINY.**

**WHATS INCLUDED IN THIS NEWSLETTER?**

[Article – “Goal Setting”, by Steve Krummeck](#)

[Article of Interest – “Sixteen Habits of Mind – Strategies for Making Intelligent Decisions”, by Christine Leonardi](#)

[Quote of the Month](#)

[Life & Career Tips](#)

[What we can do for you – Summarised in one line](#)

[Happiness \(Positive Psychology\) – Why this is a must for YOU](#)

[Coaching Conversations workshop for managers and leaders](#)

[Coaching Specials \(Executive / Leadership, Business, Life, & Wellness Coaching, and Mentoring\)](#)

[Book, “The Game of Life & Success – Steps to Self Mastery & Happiness”](#)

[Testimonials](#)

[Services Offered](#)

**ARTICLE, “GOAL SETTING & AFFIRMATIONS”, FROM THE BOOK, THE GAME OF LIFE & SUCCESS – STEPS TO SELF MASTERY & HAPPINESS, BY STEVE KRUMMECK**

In my book, “The Game of Life & Success – Steps to Self Mastery & Happiness”, I explore sixteen ‘steps’ that shift the reader (individually or collectively as a business / organisation) to a degree of self mastery. In this, the eleventh article of the series, I explore ‘step’ ten in “The Game of Life & Success, namely “Goal Setting and Affirmations”.

“To will is to select a *goal*, determine a course of actions that will bring one to that *goal*, and then hold that action until the *goal* is reached. The key is action” - Source Unknown

Transformation of your life, relationships, career, and / or business / organisation would not be possible unless you *formulated a workable plan and strategy to achieve* the desired transformation. *Goal setting* is essential in gaining a degree of self mastery. The same applies to the transformation of your business / organisation to one that is highly effective, profitable, a trend setter, as well as positively contributing to society and the environment. An important element of your plan, and of The Game of Life and Success, is for you to *formulate concrete goals* to work towards achieving. In effect, an element of The Game of Life and Success is for you to ***devise an achievable and measurable life and or business / organisation strategy***. This is the next step in the Game of Life and Success.

Click [here](#) to read the full article.

### **ARTICLES OF INTEREST – “SIXTEEN HABITS OF MIND – STRATEGIES FOR MAKING INTELLIGENT DECISIONS”, CHRISTINE LEONARDI**

By asking “What is the most intelligent thing we can do right now?” business teams learn to employ one of sixteen habits of mind to handle challenging scenarios intelligently and powerfully. Such results require teams to skilfully combine multiple talents, attitudes, cues, past experiences and behavioural predispositions.

This is according to the authors of Habits of Mind: A Developmental Series, Arthur L. Costa and Bena Kallick, who identified sixteen types of intelligent behaviour, which they call “habits of mind,” based on how intelligent people behave when they are confronted with problems for which they don’t immediately have answers.

Costa and Kallick say intelligent people use strategic intellectual resources to make disciplined decisions.

Click [here](#) for the full article.

### **QUOTE OF THE MONTH**

“Responsibility is the price of greatness” – Winston Churchill

### **LIFE & CAREER TIPS**

A life or career tip, sometimes in the form of a single sentence, often acts as the catalyst in propelling your life, relationships, career, or even your business, to a level never imagined before. For life altering tips, click [here](#)

### **WHAT WE CAN DO FOR YOU**

We enable and assist you realise your essence, your authentic self, and step into that way of being.

### **What else will we do for you?**

Go to our website at <http://www.twrcc.co.za/services-offered.html> for a full listing of our service offering.

### **What else can we do for you – Happiness & Wellness**

Are you and or your staff happy? Would you like to know if you are happy? Happiness / Positive Psychology is linked directly to a persons’ overall mental and physical wellbeing. Happy people and staff are more compassionate, more creative, more energetic, more financially successful, more emotionally and physically healthy, and more effective and productive in the work place. We have two United Kingdom assessments that assess whether you and or your team are happy and or feeling good or bad, as well as the only Happiness Now workshop of its kind in South Africa.

The workshop has shown scientifically to radically improve workshop attendees happiness levels. Through customised offerings, which may include my book, “The Game of Life & Success – Steps to Self Mastery & Happiness, Positive Psychology one-on-one / group coaching, and the Happiness Now workshop, we move our clients exponentially towards a state of happiness, a state of mental, physical, and spiritual (if appropriate for our client/s) wellness/wellbeing. For details of the workshop, go to <http://www.twrcc.co.za/workshops-happiness-now.html> **Contact Steve directly to book this personal and business turn around workshop.**

### **COACHING CONVERSATIONS WORKSHOP FOR SUPERVISORS, MANAGER’S, AND EXECUTIVES / LEADERS’**

This two day workshop will train you, up-skill you, develop you, empower you, and give you the tools, know how, and expertise, to hold, manage, and lead quality professional Coaching Conversations with your staff and or teams. Coaching is recognised world wide as one of the most effective ‘means’ to maximise individuals and teams development, self realisation, interconnectivity, interdependence, behaviour enhancement, improved cognitive functioning, AND most importantly, innate power and full potential. The Coaching Conversations workshop assists you move in the direction of achieving the outcomes of a professional Executive / Leadership and Business Coach at a FRACTION of the cost of one-on-one and or team coaching.

**Testimonials on the workshop** are available at the following website <http://www.twrcc.co.za/coach-training-workshop.html>

The **main themes included in the two day workshop** are available from Steve Krummeck directly. For a detailed brochure that contains the following (**inclusive of testimonials from a respected nationally based financial institution**), contact Steve Krummeck directly on the telephone numbers and or e-mail address at the base of this page.

- Why you should choose this workshop;
- Workshop overview;
- Workshop outcomes;
- A detailed outline of the workshop programme;
- Who should attend the workshop;
- Details on the facilitator; and
- Price.

### **COACHING SPECIALS – EXECUTIVE / LEADERSHIP, BUSINESS, LIFE, & WELLNESS COACHING, MENTORING, AND BUSINESS CONSULTING**

The service offering includes forty / or thirty / or twenty hours of broad based one-on-one and or group Executive / Leadership / Business / Life / Wellness Coaching, and or mentoring, and or business consulting (per calendar month). Based on past and present offerings of this nature, we GUARANTEE a return on investment! The

value, and therefore return on your investment in respect of this offer, is unmatched in the industry!

The service offering can be used as you deem necessary within your business / organisation and the hours can be used by you / your business / organisation for individuals and or groups at any level of your business / organisation.

Three offers are available, as follows.

- **Forty hours of Executive, Leadership, Business, Life, and Wellness Coaching, Mentoring, and or Business Consulting at R51400** a calendar month (R1285 an hour);
- **Thirty hours as above at R38550;** and
- **Twenty hours as above at R25700.**

Terms & conditions apply.

Contact Steve Krummeck on e-mail address [stevewk@twrcc.co.za](mailto:stevewk@twrcc.co.za) or telephone 011 7041395, or cell 0829000679, to book an appointment to find out more and to book your sessions (one of the three categories per company / organisation).

### **BOOK, "THE GAME OF LIFE & SUCCESS – STEPS TO SELF MASTERY & HAPPINESS" (Now available on Amazon.com), WRITTEN BY STEVE KRUMMECK**

Arguably one of the most life, relationship, career, and business / organisation shifting books on the market. Remember, businesses / organisations are shifted positively through the right people in their organisation, who have mastered themselves, thereby accessing their true potential and power. This book does just that. To **order the book, read the blurb, the foreword** by Dr Marshall Goldsmith, PhD, **reviews** by Dr Jayme Albin, MA. PhD, and Anize van Zyl (counselling psychologist), and the **chapter titles, go to the following internet site** <http://www.twrcc.co.za/the-game-of-life-&-success.html>

To **view reviews on the book by magazines**, go to <http://www.twrcc.co.za/press-coverage.html>

### **TESTIMONIALS**

Click [here](#) to access some of our clients' testimonials. These are **compelling** reasons to use our services.

### **SERVICES OFFERED**

We offer the following services: -

- Executive / Leadership, Business, Life, and Wellness **Coaching**;
- **Coaching Conversations workshop** for Executives / Leaders, Managers, and Supervisors;
- **Future Leaders Now** ®;
- **Mentorship**, including **mentorship workshops**;
- **Talks** (Happiness, Self Mastery, and much more);
- **Workshops** (Happiness, Self Mastery, and customised workshops);
- **Books, "The Game of Life & Success – Steps to Self Mastery & Happiness",**

- Broad based **business consulting / organisational development.**

For details of the foregoing services, go to the following internet site

<http://www.twrcc.co.za/services-offered.html>

### **SPREAD THE WORD**

If you feel anyone you know would benefit from our effort to make a positive difference in people's lives and businesses/organisations, please forward this e-mail onto them.

### **SPAM E-MAIL**

This e-mail is not spam. It was sent to you in good faith as one of our existing clients, associates, and/or business contacts. We respect your privacy and have compiled our databases from surveys, events, and referrals. We do not share or hand out any of our database information.

### **UNSUBSCRIBE / SUBSCRIBE**

To unsubscribe from our mailing list, please click on the following link and place "UNSUBSCRIBE" in the subject line - [unsubscribe@twrcc.co.za](mailto:unsubscribe@twrcc.co.za)

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If this e-mail was forwarded by a friend or associate, please join our mailing list by sending us a blank email by clicking [here to subscribe](#) Your details will **NEVER** be shared, and you can unsubscribe at any time.

**All the best, take care, and my best wishes to you in the coming weeks.**

Regards

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