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## Finessing your way through your life.

### By Laura Rose, CTACC

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Throughout the years, I've noticed some "word fads". For instance: several years ago, I could not exit a corporate seminar without hearing the words: "paradigm shift", "global marketplace" or "self-directed empowerment". Today the fad words lean more toward "green technology" and "total health and wellness". Terms like holistic health, homeopathic remedies, mastermind groups, hybrids and carbon footprinting have been uttered more times in the last 3 years than in the accumulation of the previous 20 years.

This is natural. We focus on a passion or vision, and coin phrases to help illustrate our devotion to a cause or goal. There's nothing wrong with this, outside of the fact that creating a term often limits the essence of what you are trying to convey.

Take for instance: health. It sounds like a perfectly good word to use. Yet, I've also heard comments that the word "health" has a negative stigma associated with it. It has a judgment that, if you don't fit my definition of "health" or body structure – then you are not perceived as healthy. At the same time, many people that openly promote a specific perception of "total health" also verbally support individuality, diversity and nonjudgmental tolerance (or allowance).

So maybe there is a better word to describe this social movement toward a well-balanced, well-rounded life.

But even the word "balanced" is a misnomer. The natural flow of life is not 'in-balance'. The natural flow of life is the act of continuously regaining balance: a natural breathing in AND out. There's no better illustration of this than the four seasons and nature itself. Nature is never 'in-balance'; it is always in the act of balancing. The seasons are the continuous act of balancing. If nature was in total balance, we would have only one season, a finite and unchanging number of people, animals, plants, etc. There would be no need to replenish or rebuild. There would be no storms, no variety in weather patterns, etc. But nature is not that way. Nature is relentlessly balancing.

Bodily, the only time someone is 100% in-balance is when the person is sitting or laying down (not moving). Take the tightrope walkers (or ballet dancers, soccer player, etc). They are extremely athletic, in shape, strong and very flexible. Yet, they are rarely in balance. They are constantly regaining their balance with slight, continuous ankle and muscle moments. If they did not constantly adjust their ankles and muscles to bring them back to center, if they just stopped all movement on the rope, they would topple.

Borrowing from that metaphor, if we want to continually grow, progress and evolve, we need to accept and be at ease with balancing. To me, life is mostly balancing, experimenting and finessing our way to our next level. The skill isn't in being in 'balance', the skill is how quickly and seemingly effortlessly we continue to regain our balance. And when we reach our next major level, we bask only a moment. For like the tightrope walkers, we want to continue to move forward toward our next desire, or next goal. We know that staying too long in one place on that tightrope is very risky.

“Today”, I enjoy the concept of finessing my life. It sends the message of elegant ability and dexterity, a delicate and skillful approach in dealing with situations, AND it has the feel of play (because it’s derived from bridge and other similar card games).

Conclusion:

Finesse is all about taking the next step that is right FOR YOU: the step that is aligned with your inner knowing or purpose (and no one else’s). So, approach life with the attitude of experimentation and see what happens. Finding something that FITs you, to me, that’s what overall FITNESS is all about.

Let me know what tricks you use to align yourself better with some of the “word fads” out there.

### ***About the author***

Laura is a certified efficiency and business coach. Laura offers one-on-one career and life coaching, small group coaching, seminars and workshops.



She has been in the software and testing industry for over 20 years. She’s worked with such international companies as IBM, Ericsson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her business and personal life coaching career. As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them in their professional careers as well as personal development. They then follow-through with project and time management techniques to create the reality they really want.

You can learn more about her at [www.RoseCoaching.info](http://www.RoseCoaching.info) and contact her at [LauraRose@RoseCoaching.info](mailto:LauraRose@RoseCoaching.info)