

Building Culture with Mindful Leadership at Every Level

FEBRUARY 2021
NEWSLETTER



February 1st, I entered my 7th decade on this planet, and the realities of aging show up every day. A knee suddenly gives out when going up steps; balancing on one foot when putting my socks on, as simple as that is, takes special effort; remembering names of even close acquaintances can escape me. Oh yeah, I have an app to find my cell phone when I lay it down. My wife says I'm like an absent-minded professor, lost in insights and ideas for my next book, but unaware of where I last left my phone!

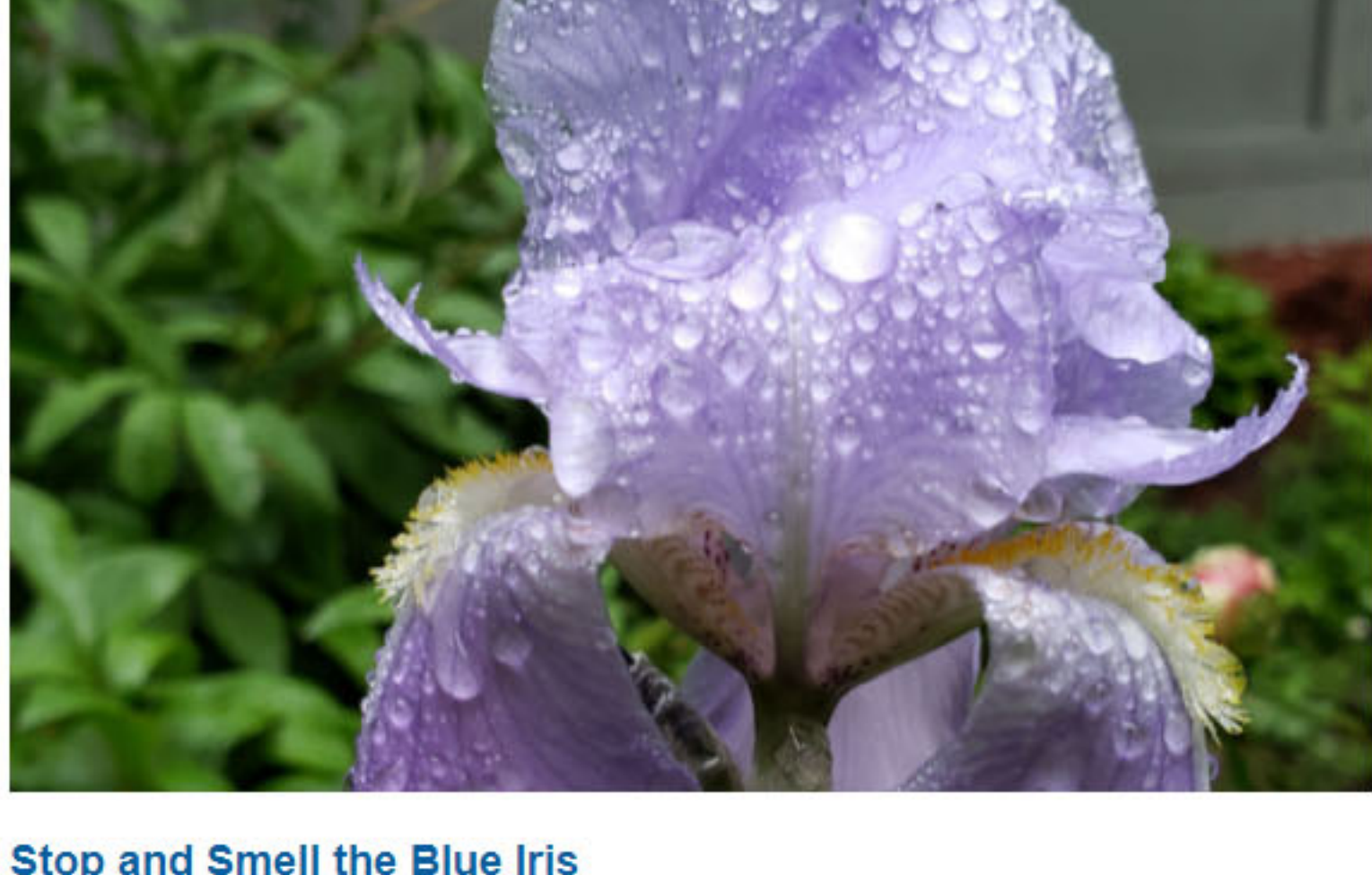
However, the best symptoms of being 70 are the experiences of saging! Saging is the ability to face the sometimes-brutal facts, and yet have a profound hope of prevailing, no matter what may come. Of course, this is how Admiral Stockdale survived years as a prisoner in the Hanoi Hilton.

Fortunately, I have found a saging coach! Saging shows up when I am better able to work in the zone, that flow state of sharing wisdom when engaged in my craft as an executive coach. Fortunately, I have been trained by Commander Mark Divine, US Navy Seal Retired. His training, Unbeatable Mind Coaching, has helped me stay focused on my mission on this earth, to create a quiet mind in the midst of outside chaos, improve my physical condition to be Seal Fit, and leverage my self-talk to face the daily battles with courage.

I am experiencing renewed hope through daily continuous improvement as I sage. Then, while growing in wisdom, I am being mindful to observe the realities of change and embrace great joy as well as the natural melancholy of youth lost, with equanimity—an unbeatable mind.

I am republishing Marks article from our magazine, Accelerate Thru Conflict, so that you can learn what commitments it takes to forge your elite leadership team. Also, in each newsletter for the rest of this year, I will continue to share my journey with my clients who engage in Unbeatable Mind Coaching. Stay tuned!

I am especially excited to present an article I published in Branches Magazine, August 1998 titled: Stop and Smell the Blue Iris. In the article, I share a profound experience of how to regain focus and be fully present and engaged, inspired by my 4-year-old daughter Meghan. The intent of this article is to inspire you to regain focus, stop living in a constant hurry up mode, and embrace the miracles of life in our midst, moment by moment.



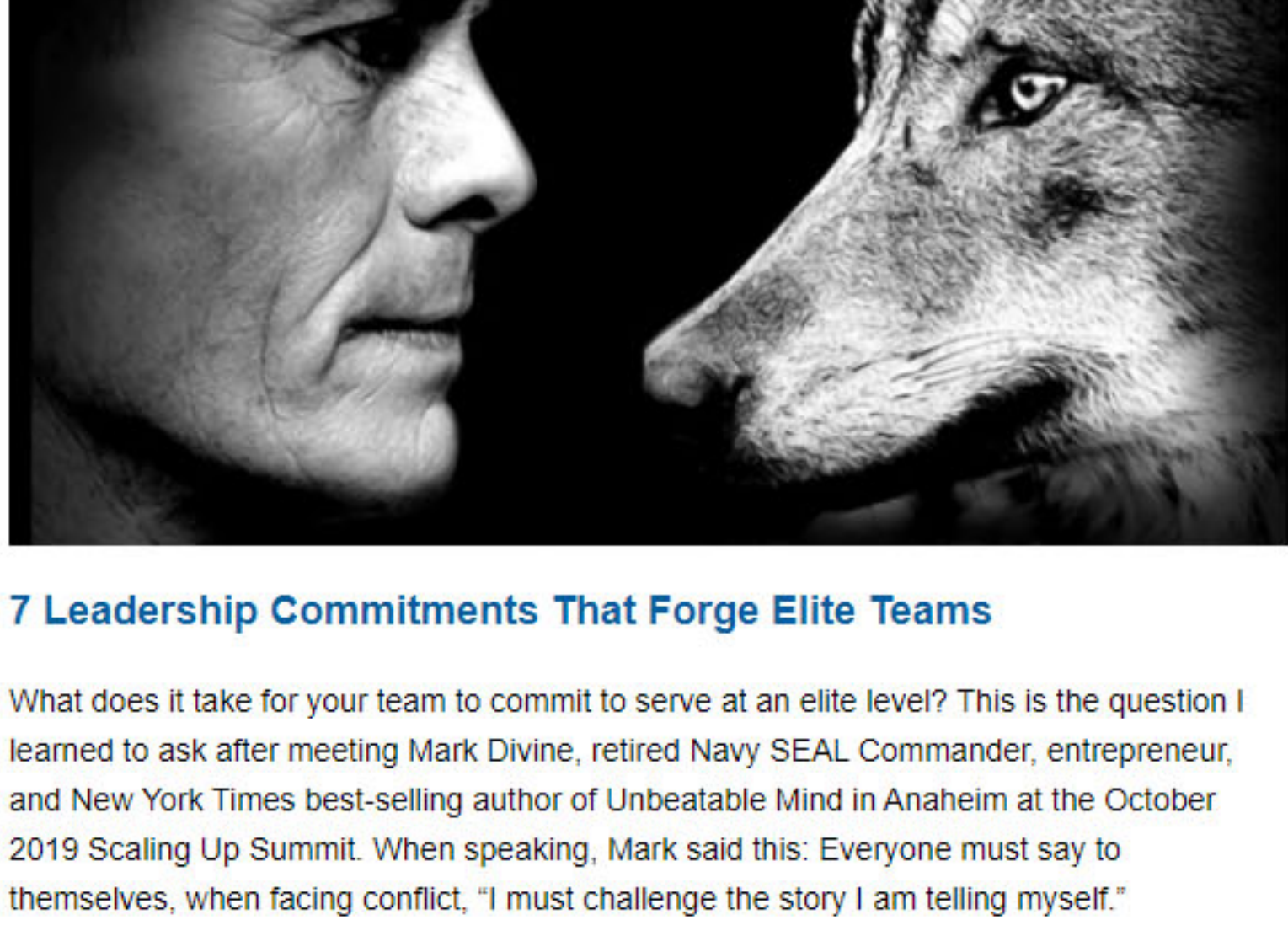
Stop and Smell the Blue Iris

Oh, no - I'm going to be late again, I thought, looking at the kitchen clock. Pressured by the demands of a Monday morning, too late to eat a real breakfast, a sharp edge rose in my voice. "Hurry up!" I called out to my four-year-old daughter. "We have to leave. Now!"

Meghan was playing carefree in her room, oblivious to my need to move quickly. I could hear a sweet, innocent melody as she sang a thank-you song to God about birds, flowers, trees and joy.

But I kept yelling at her to hurry. Meghan spent her days with Grandma Doie and Grandpa Pap while Becky and I worked. Doie and Pap's house was on their horse farm just across the field from our house, but we rushed to the car. I turned on a radio news program, my mind reeling with what-ifs, shoulds and worries about problems out of my control.

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7 Leadership Commitments That Forge Elite Teams

What does it take for your team to commit to serve at an elite level? This is the question I learned to ask after meeting Mark Divine, retired Navy SEAL Commander, entrepreneur, and New York Times best-selling author of Unbeatable Mind in Anaheim at the October 2019 Scaling Up Summit. When speaking, Mark said this: Everyone must say to themselves, when facing conflict, "I must challenge the story I am telling myself."

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SCALING UP BUSINESS GROWTH WORKSHOP

April 15th, 2021
8:30 AM – 12:30 PM ET

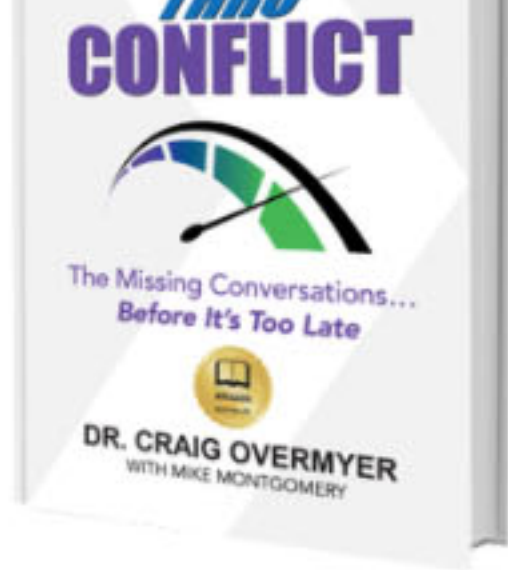
If you are experiencing these challenges, this workshop is designed for you:

- Are you spending too much time sucked into fixing problems?
- Are you wasting too many resources when your teams row in different directions?
- Are you tolerating underperformance, carrying too much of the load for others?

Discover how to accelerate profitable business growth using the scaling up four decisions tools:

People, Strategy, Execution, and Cash

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Accelerate Thru Conflict: The Missing Conversations... Before It's Too Late!

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In this book *Accelerate Thru Conflict: The Missing Conversations... Before It's Too Late*, listeners will learn how to create the habit of putting into practice the "in-the-moment" conversations method to accelerate that momentum. The Eight Accelerator Questions Guide included in the book is essential to help colleagues have these harder conversations.

When scaling up, it is imperative to build the momentum of your "business flywheel". This momentum is either accelerated or decelerated through moment to moment conversations among colleagues or with clients.

Accelerate Thru Conflict Magazine

NEW ISSUE NOW AVAILABLE!

In this magazine, you will gain knowledge from global thought leaders, business owners, leaders, managers, and employees of growth firms, like yours. The heroes and heroines portrayed in the articles in this magazine have discovered how to raise the quality of conversations to accelerate through conflict.

[View the magazine here.](#)



Go deep to discover how to raise the quality of conversations

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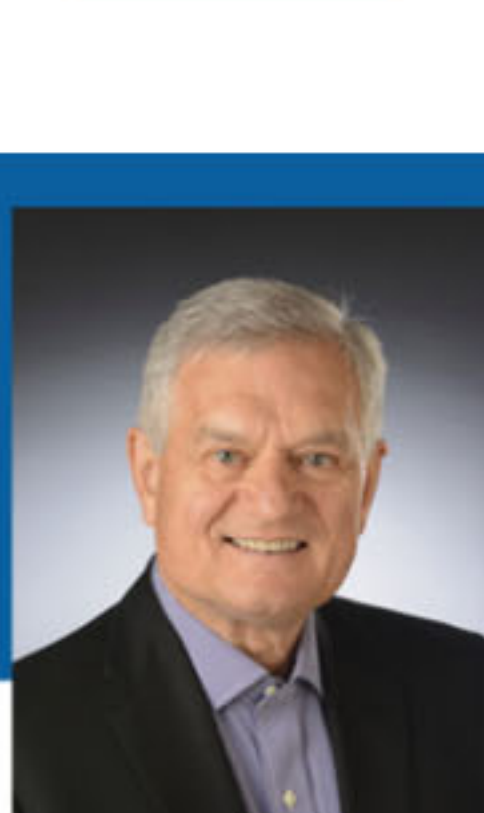
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