

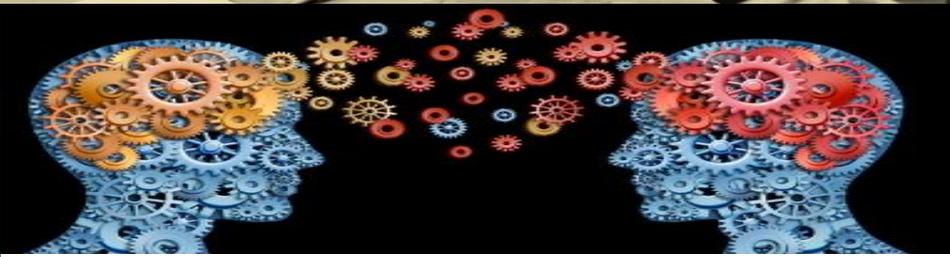


# A TIGNEY SOLUTIONS INSTITUTE COACHES STRATEGIC MASTERMIND GROUP JULY NEWSLETTER

COACHING TIP  
Mentor Coach Shezetta

## STORE UP!

This last month ended in a whirlwind. I can honestly say, as much as I probably prepare for everything, I wasn't prepared for this. My husband's father passed away unexpectedly and immediately, our world, our priorities and our schedules had to shift. To say the least, all energy was now refocused on what we needed to do to accommodate our family getting to our destination to help prepare the services. Once we arrive, we run into an immediate emergency with my husband's mother. Talk about the two most important people in his world....his parents. We were split and beside ourselves trying to have the energy to accommodate all things. In the midst of the cyclone, I stopped and said.....I am tapped out....but I need to still have some energy for my husband. I immediately for the first time in a long time, didn't know what to do, or where to pull from.



My first thought in my meditation time was, "where do I get the most support from and what support do I actually need?" I was able to confirm that I needed to talk thru it and i get the most support from my mentor coach! My mind immediately began to think of the process of coaching and what it brings to the table in my life on so many levels. My value for coaching increased in a huge way.

I'm a person that tends to have a strong and large capacity. I can go for a while...and I mean a while in full strength. However at this point, I was running out of gas. Coaching in this difficult experience, provided the energy and strength for me to just be ok with walking thru this experience and focusing solely on it alone.

So, you ask....what's the store up? Well, for me, it was not within myself. The store up was in the ability to remember that I did not have to walk this out without help. The store up was that I had a resource outside of myself that could help me focus and even get refilled in the midst of the chaos.

I recognize that my need for independence is changing. That I always remember that the resources are available. And that even I, a mentor coach, have the ability to tap into it and gain amazing strength!

### Questions?

Contact Chanise Gilliam at A Tigney Solutions Institute. Access all tools and previous CSMG recordings directly through her.



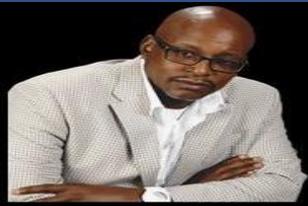
A TIGNEY SOLUTIONS INSTITUTE PRESENTS  
**COACHES STRATEGIC MASTER-MIND GROUP**

1ST THURSDAYS AT 6PM - 7PM ARIZONA TIME  
Via Zoom Video Conference (The link is provided to paid subscribers)

**YOUR MONTHLY SUBSCRIPTION AFFORDS YOU:**

- ✓ A monthly strategic newsletter to keep your practice growing
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- ✓ Referral System
- ✓ Updates and opportunities on continuing education and in the field of coaching.
- ✓ Monthly forum for strategy, support, and practice sustainability
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**KEYES**



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UPCOMING EVENTS



**Time of Service**

Wednesday Empowerment Study 7pm  
Sunday Discipleship 9am  
Sunday Celebration 10am

We welcome you to join us at New Destiny to experience radical, life changing worship and the love of God. We are company of people that believes in praising God with all our heart and allowing God to rule and reign in our worship service. We also like to greet you with and hug of acceptance to demonstrate God's love for you and to you. As an Apostolic and Prophetic church, we worship God in dance, prayer, the gifts of the spirit, fellowship and service. At NDI you will be challenged to grow out of your comfort zone as our vision is to see you maximize your God given potential and be released into your destiny! We have many opportunities for you to grow in grace. As Leaders of NDI it is our pleasure to meet with you and your family and answer any questions and assist you with your growth in God as you serve and worship with us. The following information is provided to help you further understand our style of worship.

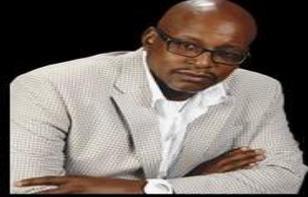


**Tucson Bible Institute present  
DBIB 120 New Testament Survey**

**Sep. 10, 2018- Dec. 3, 2018  
6:30 pm - 8:00 pm**

An examination of the New Testament and of the historical, social, economic and religious background out of which Christianity arose.

For more information please contact the TBC administrator at [Support@TucsonBibleCollege.org](mailto:Support@TucsonBibleCollege.org) or call the office at 520-323-8852



# www.ATigney.Solutions



**KEYES**



**NEW DESTINY INTERNATIONAL**



**T4NATION**

**KABN**

## Providing Personal & Corporate Solutions



In the state of our world today we must be reminded that our emotional and mental fitness is just as important as our physical fitness. Living from the inside out is a powerful state of being.

Situations, good or bad, come and go but they don't need to have the power over us or control our emotional and mental fitness. Here are a few empowerment tips to help strengthen your emotional and mental fitness.

1. **Change your physical posture.** When a person is sad and going through challenging situations you will typically find that person slumped in posture or energy sluggish and at time negative. Some of the ways you can help adjust your mood from the inside out is breathing deeply, correcting your posture, stretching, or going for a simple walk.
2. **Change your focus.** What you highlight in any given situation effects our feelings. Do you see a problem or a solution? Is the glass half empty or half full? Is it a torture moment or a teaching moment? What your mind makes the most of makes the most of you. Empower yourself by focusing on what you can benefit, adjust, correct, or learn from.
3. **Notice the words you use.** The words that you use internally and externally to describe life and the situations you go through. Your language creates the emotional rhythm of your lives and just changing one adjective can shift your whole emotional and mental fitness.

We can look at our emotions as tools that we just to help share our gifts and talents with the world. So, strengthen your emotional and mental tools and transform your life. Contact the T4Nation office at (520)-323-8852 to begin your fitness transformation from the inside out.



COUNSELING COACHING CONSULTING

We at **Kingdom Advancements** have found that sincere empathy will often enhance counselor/client therapeutic relationship and client outcomes. Research shows that when counselor's empathize there are more positive results for clients. The use of a "Perceived Counselor Empathy" evaluation tool can be utilized to capture client feedback in this regard. The 5-point Likert Scale is utilized to capture client perception of counselor empathy, giving the counselor data that can be measured. Our Counselors, Consultants, and Coaches are gifted and skilled to connect with their clients. Many of our clients are referred to us by former and current satisfied clients who we have use our gift of empathy and authenticity to truly connect and empower clients to be successful and live the life they were created to live. Give us a call today at 520-323-8852 to see how you can benefit from our team. By Michael "Mickey" Allen, Case Management and Counseling Coordinator



As a non-profit organization you have a message behind a solution, strategy, service, or a product. What is your message? Who is aware of your message? It is very important to publish your message.

When selling a product or service it is necessary to communicate the message that distinguishes you from the next person who has a similar product or service. It is very beneficial for non-profit organizations to have a newsletter or monthly electronic communication. This is a great opportunity to reach not only your network community but also those beyond your network community. Non-profits should attempt everything from starting a blog to publishing a book or telling your story in as many publications as possible. When you write about your message you it is a great opportunity to give your network and supporters a better understanding of the why behind your service or product. **Kingdom Advancement Business Network-KABN** is not only here to coach, consult, and mentor you but is also skilled to help you format a professional newsletter that you can present to your network informing them of the unique and necessary value of your product and services. For more information please call the office at 520-323-8852. By Chanise Gilliam, KABN Strategist

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