

Blue Ocean Coaching Co.

A SEA of Possibility



Is it Time to Dismantle Your Business or Your Thinking?

Kaizen, a process made famous by the Japanese (Think Toyota) is said to inspire teams of people to implement not just processes, but results, using the “scientific method” of investigating and experimenting.

Teams of people identify and eliminate physical as well as *mental* waste, by dismantling a system or a business and putting it back together more efficiently and humanely. The goal is to streamline and humanize the workplace- terms which might seem at first glance to be in conflict. Kaizen takes the “work smarter, not harder” mantra a step further - I call it “Kaizen-tight” (as in Bless You!) which is sort of appropriate when you understand the idea of Kaizen. The same principles apply in a coaching or any collaborative relationship: Two heads are always better than one, especially in times of challenge. A fresh pair of eyes on a persistent challenge is invaluable to speeding up the discovery of a solution.

Kaizen Philosophy, as well as a good coaching or other collaborative relationship involves three key principles:

1. Process and results. This Japanese Proverb says it best: “Vision without action is a daydream. *Action without vision is a nightmare.*” Sound familiar? How often do we master one and forget the other?

2. Systemic thinking (The Big Picture in concert with the details at hand).

3. No judgment! Blaming is considered wasteful and egotistical. (Mental waste.) It shuts people down, discouraging discourse and creativity. “You missed my point.” becomes, “Allow me to clarify.” There’s an inviting humility and openness to discourse in non judgemental-ness.

Toyota uses Kaizen in several ways including directing its employees to: “Become a learning organization through reflection and continuous improvement.” Reflection vs. thinking is a vital, oft ignored key to success and an important component of the “work smarter, not harder” philosophy.

In times of challenge do you dismantle and reflect upon your process and results collaboratively, systemically, and non-judgmentally? (“Kaizen-tight!”) Are you a High or LOW Self Esteem reactor?

12 Low Self Esteem Traps.

ISOLATE
DETERIORATE
PROCRASTINATE
PRONATE
ALIENATE
RUMINATE
SUFFOCATE
DISINTIGRATE
AGRIVATE
INEBRIATE
DEACTIVATE
HYBERNATE

12 High Self Esteem ACTION Steps. Which do you choose?

DEBATE – Network with positive, successful people
RE-GENERATE – Your marketing outreach plan
CREATE- New ways to conquer the inertia.
AMBULATE- MOVE your body. Your mind will follow
POSTULATE/EDUCATE- Serve others; it will serve you.
COMMEMORATE – Make a mental GOOD times movie.
STIMULATE- Your business with new outside input
REJUVENATE – Go back to basics- what worked before?
NEGOTIATE – Break it down- one conflict at a time
CELEBRATE – EVERY win, small, smaller and big
ILLUMINATE – Your mind with nourishing/positive input
COLLABORATE- CO-CREATE (Consultant, colleague or Coach!)

ALL HEADS ON DECK! A coach or mentor will challenge and remind you that ACTION alone creates momentum. Momentum begets motivation and passion. I say, **MIND the GAP!** *Gratitude, Accountability and Persistence.* Practice these tools a little each day. You will be amazed at your calmer, more mindful reactions to challenges big and small. Know your own mind and you will be as wise as the sages. ~ Napoleon Hill.

Take charge of your mind set, take charge of your life. Sounds simple, yet taking charge of your mind is a reflective, conscious, solitary process – something we are not inclined to do without inspiration or worse, some catastrophic event that spurs us to reflect on our life. Mind-setting as a daily ritual can transform your life. Try it this simple way: www.blueoceancoaching.com. – Go to: Daily Rituals Document.

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A competitive world offers two possibilities. You can lose; or, if you want to win, you can change. Unknown

Success requires constant change which in turn requires reflection, action, accountability and persistence; all things we may know are important yet often push to the side- left to our own devices. Who wants more accountability!? We all would – we'd beg for it, pay for it and treat it like gold if we allowed ourselves to be acutely conscious of its enormous impact on all levels of success. I have experienced the positive outcomes of accountability as an entrepreneur, wife, mother, "coachee" and coach, as well as 3% Club member. (One who has kept off more than 50 lbs for more than 5 years-without benefit of surgery). Accountability is a wise investment in your success, whether it's coaching, mentoring, mastermind groups or other tools. Whatever your preference, you can insure your own success by succumbing to the greatest measure of accountability you can muster. If it feels uncomfortable, good! Growth requires a stretch. Most of our dreams are there for the taking, just outside our comfort zone. So dip your toe into the Sea of Possibility with accountability. It may sting for a moment but once you are fully submerged the "SEA" water is fine! Kaizen Tight! Susan Ross, Certified Business Coach. www.blueoceancoaching.com