
Manila Women's Forum

A Network of Women Professionals

February-March 2013

Ramp-Up to a Great New Year

By Melissa Alipalo

More than 50 women attended the January meeting of Manila Women's Forum at Kitty Arambulo's home to hear executive and career coach Shana Montesol Johnson's mini-workshop on making—and keeping—new year's resolutions.

Shana led the women through a 3-step process she uses with her "What's Next?" coaching clients of taking stock, getting clear, and acting.

Step 1: Taking Stock of 2012

This reflective exercise is divided into two parts. In the first part—"Loved it!"—the participants were asked to quickly write down what first comes to mind in response to the questions: "What were the best moments of 2012? When did I feel I was at my best? What made me happy and fulfilled? What am I grateful for in the past year? What experiences, projects, commitments, trips, relationships, and/or activities were enjoyable,



Left to right: Jemma MacFadyen, Shana Montesol Johnson, Julia Cummins

energizing, life-giving?"

Each woman then shared her response with a partner before moving on to the second part of taking stock, "Loathed it!" when the women were asked to write down responses to the next set of questions: "What were the

worst moments or seasons of 2012? When were you the least happy? What experiences, projects, commitments, trips, relationships, and/or activities drained your energy, triggered your stress response, and/or
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March MWF Meeting ■ **When:** 6:30 p.m., Monday, 2013 March 18. ■ **What:** "How knowing your personality preferences improves communication." Joanne Weston is a certified coach and Myers-Briggs Type Indicator (MBTI) practitioner. She will facilitate an interactive workshop to demonstrate how MBTI helps us to a) identify our natural communication style and b) improve how we interact with others. The result is improved relationships in both professional and personal lives. ■ **Where:** Carol Davies' office, 9th Floor, Döhle Haus Manila, 30-38 Sen. Gil Puyat Ave., Makati. Coming from the Makati business district, drive along Gil Puyat (Buendia), cross Ayala Ave. and then cross over the railway track/South Super Highway. The building is about four blocks up, right after Security Bank and before you reach Bautista St. It's a new tall red building, (hard to miss) on the left hand side. Turn left into the parking area located on the ground floor of the building to either park or get dropped off. ■ **Bring:** Something to share for the potluck dinner. ■ **April Meeting:** Monday, 2013 April 15.

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drove you crazy?”

The “Loved it/Loathed it” stock-taking exercise was perhaps captured best in one forum member’s reflection with the group. “The things you love can also be the things you loathe,” she said. “For example, I have loved being home with my two beautiful, adopted children, and I have loved going back to work. But juggling the two has been really stressful.”

Step 2: Getting Clear on 2013 Dreams and Schemes

With the past year in quick review, Shana next asked women to look ahead by finishing the sentence “I want . . .” —but finish it as many times as you can. “Don’t edit,” Shana said. “Don’t say, ‘That will never happen.’ Just write whatever comes to mind, in a stream-of-consciousness way.”

Forum members proved they are creatures of desire. In 2013, they want

boyfriends, and new jobs, and more time, and more control. But wanting it isn’t enough to have it. In her final exercise of the workshop, Shana told her audience that actions are, of course, more effective than words.

Step 3: Act

This final step came in two parts. Firstly, based on what they know of 2012 and want from 2013, Shana asked the participants to list actions they could take to bring them closer to what they want in 2013.

In the second part of the exercise, Shana asked the women to commit to taking one action in the next week. If they had a hard time identifying any single action, she recommended they break down their actions into smaller tasks that would take no more than 30 minutes—and then choose an action from that list.

Several women shared how they would take action to get what they want from 2013. One forum member said she would claim more personal time and exercise by treating herself to a well-earned Saturday morning timeout and finally visit that yoga studio she’s been meaning to go to. She’s also going to talk to her boss about the new office policy that allows for flexible hours in an attempt to introduce more flexibility and variety into her 9-to-5 schedule. A member wanting a new job said she would reorganize her résumé in the next week. To control her temper, one member said, “I am going to count to 10 before I respond to someone who has annoyed me.”

Shana encouraged women to follow-up with their partners during the week. “Research has shown,” she said, “that people who wrote down their goals, shared this information with a friend, and sent weekly updates to that friend were on average 33% more successful in accomplishing their stated goals than those who merely formulated goals.”

If you missed this fun and meaningful evening, and would like a copy of the PDF worksheet to work through this exercise on your own, you may contact Shana at shana@developmentcrossroads.com or +63 921 333 4938. You can also follow Shana on Facebook (<http://www.facebook.com/#!/developmentcrossroads>) and Twitter (<http://twitter.com/#!/devxroads>), or subscribe to her e-newsletter at www.developmentcrossroads.com.

Coaching

Coaching

When referring to getting coached by a professional coach, coaching is a teaching, training or development process in which an individual gets support while learn-ing to achieve a specific personal or professional result or goal. The individual receiving coaching may be referred to as the client or coachee, or she may be in an intern or apprenticeship relationship with the person coaching them. Occasionally, the term coaching may be applied to an informal relationship between one individual who has greater experience and expertise than another and offers advice and guidance as the other goes through a learning process.

Career coaching

Similar in nature to career counseling and traditional counseling, career coaching focuses on work and career, or issues around careers. It is not to be confused with life coaching, which concentrates on personal development. A common term for a career coach is career guide, although career guides typically use techniques drawn not only from coaching but also from mentoring, advising, and consulting. For instance, skills coaching and holistic counseling are increasingly of equal importance to careers guidance in the UK.

Executive coaching

Designed to help facilitate professional and personal development to the point of individual growth and improved performance. Coaches need to have a strong understanding of individual differences in a work place as well as the ability to adapt their

coaching style or strategies, and it is suggested that those coaches who are unable to acknowledge these differences will do more harm than good.

Executive coaches work their clients towards specific professional goals. These include career transition, interpersonal and professional communication, organizational effectiveness, performance management, managing career and personal changes, developing executive presence, enhancing strategic thinking, dealing effectively with conflict, and building an effective team within an organization.

Expat and global executive coaching

Deals specifically with the unique set of challenges created from crossing cultures following an international or domestic relocation. This niche of coaching tends to center around adapting to a new culture, identity issues created within re-locating families, difficulties attaining professional goals amidst a changing political and social structure, and other social and personal hurdles unique to each individual. This method of coaching is either individual, or group-based and helps the client gain fulfillment, success and a sense of identity in the areas that are coached.

Coaching ethics and standards

One of the challenges in the field of coaching is upholding levels of professionalism, standards, and ethics. Many coaching bodies and organizations have codes of ethics and member standards and criteria according to which they hold their members accountable in order to protect coaching clients’ interests.

Introducing Raw and Organic Foods

Healthy Eating Decisions *for the* Body, Mind, and Spirit

By Irene Donohue



Left to right: Shamsi Qurashi, Alexandra York, Charie Zamora, Angela Lichauco (speaker), Shweta Mangal, Sylvia Lichauco

The February 18th Manila Women's Forum introduced attendees to the raw food movement with a presentation by Angela Lichauco of Rawlicious Green Smoothies at the home of Natasha Van Der Brink in Dasmariñas Village. Accordingly, the contributions to the pot-luck dinner certainly kept to a vegetarian theme with green salads, colorful entrees and

other vegetable dishes as guests socialized and connected through the very relevant topic of healthful eating. Realizing the market to promote a green and natural lifestyle, Angela and her partner started Rawlicious with the concept that food is an important part of one's life and small but meaningful changes can be beneficial. Food not only should help us live longer but also it can heal us physically, emotionally and spiritually. "Taking control of your overall health comes with a better

relationship with food," Angela explained. "Conscious eating affects our entire well-being." Angela endorses a plant-based, organic diet as one way to achieve that mind-body-spirit balance. Through Rawlicious, Angela distributes smoothies to clients all around Metro Manila as well as at the Legaspi Park Sunday Market in Makati. For Angela, the debate between cooked versus raw, plant versus meat, and calorie-
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(*Healthy . . . from page 3*) counting versus non-counting all end with seeking the nutritional benefit of foods. “You can take 100 calories in a sugary soft drink or 100 calories in an apple - which 100 calories is more

nutrient-rich?” Angela posed. The raw apple is a “living food” and has fiber, essential vitamins and enzymes which boost the energy in our bodies. “This positive energy source in living foods allows our cells to renew themselves and grow,” she continued.

Without this renewal and high energy, Angela believes, our bodies can deteriorate and we become sick more easily.

In addition to the positive energy generated through a healthy plant-based, raw diet, Angela spoke of the benefits of caring for our spiritual health including meditation and thankful prayer. As important steps toward developing conscious eating practices, gratitude and thankfulness offer a connection to food and make one fully aware of what is being eaten. Understanding our food and from where it comes, influences our entire sense of well-being. For this reason, Rawlicious choses ingredients from organic farms that use no fertilizers and pesticides on their crops. The promotion of organic farming and production is an important goal for Rawlicious.

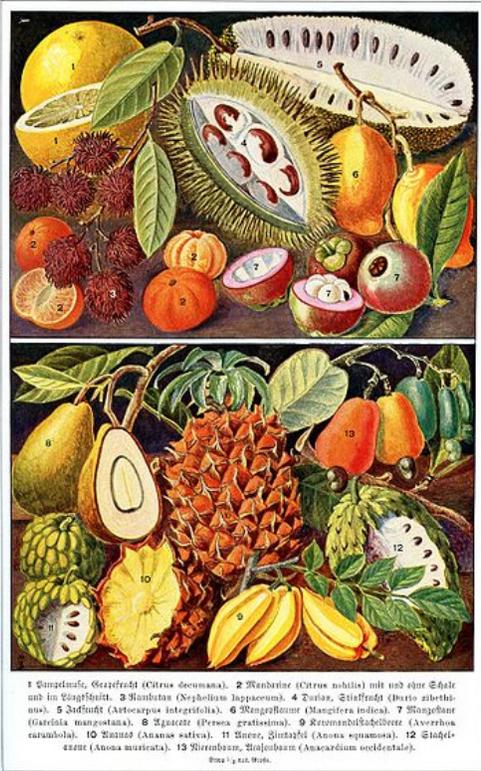
Angela believes just small steps to making changes toward a green, plant-based and organic diet will benefit us. She says no one diet is right for everyone since we all have different chemical and biological make-ups. The important part is realizing the need to move to

more healthy, conscious eating habits and building a better relationship with food. According to Angela, key questions to ask while eating: “Is it truly nourishing? Will it heal me? Is this going to balance me?” For the Rawlicious team, their answer – and motto – is “Nourish Yourself Deeply.”

Visit www.rawliciousplanet.com for more information. Scheduled deliveries are made twice weekly throughout the city. For delivery of green smoothies right to you, email rawliciousplanet@yahoo.com or 09178301RAW.

Apfelsine und andere Südfrüchte I.

Apfe



Oranges and other fruits. Source: *Der Neue Brockhaus* (1937), vol. 1. This image is in the public domain because its copyright has expired. From [Wikipedia Commons](https://commons.wikimedia.org/wiki/File:Apfelsine_und_andere_Suedfruechte_I.jpg).

Manila Women’s Forum

Manila Women’s Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, talk to women of various cultures, and share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join.

The current officers are: **Lisa Lumbao**, Chair; **Julia Holz**, Treasurer and Membership; **Beulah P. Taguiwalo**, Newsletter; **Lisa Stuart**, Message Board Moderator; **Evelyn Mendiola**, Membership; **Shari Virjee Tañada**, Message Board; **Caroline Wright**, Message Board; **Camille Dalmacio**, Message Board.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution of P50 is collected from non-members at each monthly meeting. For more information about MWF, please contact Lisa Lumbao at Tel. 813-0168, or at lumbao@mozcom.com.

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