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# choice

the magazine of professional coaching

## Impact!

How coaching  
is making a  
difference

Coaching for  
Rapid Impact

Gardening  
for Growth

Impacts from  
Coaching  
TED Fellows

## IFTTT

By Sandra De Freitas



Take control of your social media, automatically back things up and let your phone action items based on your location with IFTTT. IFTTT, (If This, Then That), allows you to set a “Trigger” that then creates an “Action” (called a “Recipe”). There are many Recipes ready for you to add that will take your productivity to a new level and take tasks off your plate too, like thinking! For example, if you get a new contact on your phone, save it to a Google spreadsheet. Now you never have to worry about accidentally deleting your contact or losing your phone; all of your contacts will be in a safe place.

Things get more interesting when you can use IFTTT to automate your social media. One Recipe allows you to automatically post your Instagrams to Twitter. Another Recipe looks for changes to your Facebook profile picture; if it changes, IFTTT will automatically update your Twitter profile picture. Another “Recipe” will save all of your Instagram photos to DropBox.

A few other Recipes control the sound on your phone. For instance, if your phone ringer is off and you can’t find your phone, one Recipe will allow you to get a friend to text your phone with #volumeup which will then turn the volume up on your phone. Other Recipes are triggered by your location, such as “Mute my Android device when I get to the office & turn on vibrate.”

If you need a reminder each time you get home or you just want to send yourself a motivational message, the Recipe “When I get home, have my phone welcome me!” will send you that message in a text.

IFTTT is available for your laptop, iPhone or Android.

## Inbox Pause

By Sandra De Freitas



What would it be like to not get a single email in your inbox for a day? Would you get more done? Would you be able to focus instead of being at the whim of your inbox and those email notifications? Do your clients complain that they can’t get anything done? Do they “live” out of their inbox? Emails can rule our day and can derail our plans for productivity. You can though, put your inbox on pause with Inbox Pause. Inbox Pause will “hold” your emails until you click the “unpause” button, then any emails that were sent to you during the “pause” will appear in your inbox.

With a click of a button you can pause your inbox so you can focus on family over the weekend, so you can focus on completing that blog post, or so you can finally get through all your emails before new emails come in!

You may have heard that completing tasks in batches increases your efficiency. The same goes with receiving and replying to emails. With Inbox Pause, you can allow emails to come through at a set schedule such as first thing in the morning, lunchtime and at the end of the day.

There is an option to send an email notification to those who email you during a “pause” so that they are aware that their email didn’t make it to your inbox (yet).

Inbox Pause is available only to Gmail users at this time. To install it, visit [inboxpause.com](http://inboxpause.com) and click “Download Inbox Pause.”

## Certified HÜDDLE Facilitator

By Marcy Nelson-Garrison,  
MA, LP, CPCC



There are times when our clients need more ideas, new perspectives and creative input from others. Adding HÜDDLE facilitation to your current offerings will give you a structured way to provide that

A HÜDDLE (love the name, by the way) is a two-hour facilitated master mind process for four participants developed by Darcie Davis. It’s a relatively simple structure but with a very creative twist. It’s the “twist” that makes it a unique and powerful experience for participants.

Certification training is easy and involves three video modules and the client check lists, prep sheets, instructions and reminder emails are all done for you. You will be able to start offering HÜDDLES to your clients super fast. Try offering a HÜDDLE session as a stand alone for an additional revenue stream or add it to group coaching programs, membership sites or even as a bonus for individual clients.

What a great way to offer additional support and create an opportunity for your clients to get new perspectives, feedback, recommendations and brainstorming from a group of peers. I recommend taking a look.

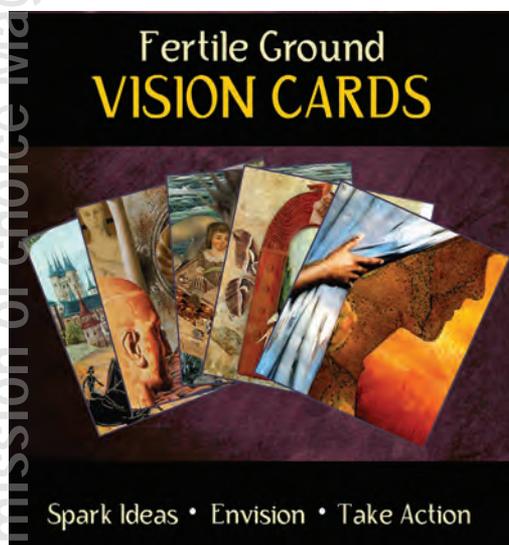
# Fertile Ground Vision Cards

By Marcy Nelson-Garrison, MA, LP, CPCC

The images in Fertile Ground Vision Cards by artist/coach Carolyn Campbell do exactly what the name implies: provide a deeply provocative, fertile ground for exploring the world of light and shadow, archetypes and mystery.

Images are potent tools for uncovering and claiming truth and meaning - everything from fears to callings. I often find that the images that speak to me are often a step ahead of my conscious, concrete, literal mind.

The image provides a door, a pathway to access



more. Having a prompt or stimulus like this makes what ever is just out of reach known more quickly.

Because there are no words or explanation of meaning, this particular deck invites the users own deep meaning to surface. Exploring the image with a client gives you, and the client, so much rich information. There is also an accompanying e-book available with the deck that gives you an introduction and different ways to approach using the cards.

If you like to work deeply, or if you have a spiritual, artistic or psychological bent, you will love this deck. Use it in group work, as part of a coaching session, as a creative prompt for writing and definitely incorporate into any retreat work you facilitate.



## Break Through to Your Great Story

By Marcy Nelson-Garrison, MA, LP, CPCC

We hear so much about the power of story these days, especially in the context of marketing. However the story that needs to happen first, for each of us, is what Lucid Living calls “Your Great Story.” Lucid’s new online program, Break Through to Your Great Story, invites a level of personal exploration I have not seen before and it is destined to become a transformational force in our industry.

Break Through to Your Great Story is depth work at its finest, created with great love, gentleness, clarity and hope. Throughout the program you are exquisitely held by Master Coaches Leza Danly and Jeanine Mancusi as you explore your wounds, your overcoming, your triumph and your divinity on the way to your “great story.”

The program is robust – figuratively and spiritually. There are eight modules, 26 audio lessons and the ability to post questions and comments. To give you just a taste: Module 2 is on Seeking Deeper Meaning. One of the audio lessons under that heading talks about The 7 Faces of the Soul – sounds juicy doesn’t it? The entire program is that rich and wonderful. Plus the way it’s laid out makes it very easy to use.

I highly recommend Break Through to Your Great Story. It is more than a learning program – it invites deep exploration, healing and transformation. It touches my heart as I reflect on the journey you will take and the impact it will have. ●

Links to products reviewed by Marcy are available at [coachingtoys.com/choice.htm](http://coachingtoys.com/choice.htm) • Links for products reviewed by Sandra are available at [wpblogsites.com/choice](http://wpblogsites.com/choice)