

What's News

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What is 60 like?

A couple of days ago I turned 60. 60...is that possible? I've heard others talk about how your body definitely seems 60 on a lot of days. But you don't feel 60 as a **person**. In a lot of ways I (the person) feel the same as always. Now don't get me wrong I have described the progress of injuries and body deterioration as the following:

-When you are in your 20's and 30's you're out playing sports in my case rugby blasting into people blasting into you with little or no effect (*apparently*, more on that later). Oh, sure there would be an occasional real injury, sprained ankle, broken rib, concussion, no big deal in a couple of days or weeks you're 100% blasting and being blasted, again.

-40s uh oh the blasting starts catching up to you. Things appear to be wearing out, *suddenly*. Or at least it seems suddenly. But it all makes sense. Years of sports, long before stretching was a concept. My shoulder sounded like someone was popping popcorn in it, when I would lift my arm. I could no longer play tennis even though I never had "injured" my shoulder. Well sure I played football, ground thousands of pounds against my shoulders in scrums for 12 years.

-Early 50's now a sneeze can cause an injury that would have taken being smashed to the ground by 4 big angry guys when you were in your 20's. Throw your back out, pull an abdominal muscle, from, no kidding, a sneeze. Apparently, even all the "cured" injuries can be brought back to life by throwing a suitcase in the overhead, stepping off a curb, or *gardening!*

-Late 50's you can now hurt yourself while sitting motionless in your recliner. However it is time for fixing chronic problems. In my case clip out a foot of colon and my chronic diverticulitis is cured. Yippee! Back to popcorn and nuts after 20 years of avoidance. But major repairs starts to get part of the normal landscape.

Now none of this is the point of the article. Just a point of reference that your body does show wear and tear but your body is not *you*. Now, back in my late 40's I realized that the trick was to make sure you got wiser not just older. Wisdom is not knowledge, its wisdom.

One of the other keys is understand *generativity*. This concept proposes that there is a point where your life is no longer about *your* success but about passing on what you know on to the next generation. Hopefully so those you pass it on to will have fewer scars and your knowledge doesn't end with you.

Given I am constantly talking with people about the state of there lives, *lots* of people are suffering because they are not aware or not clear about the purpose in life. When you get your career handled or your kids raised or reach whatever success goals you had set when you were younger and now I hear them say "Is that it?" With out a clear sense of purpose life is just a series of circumstances good or bad. As you age potentially more bad circumstances than good because of physical deterioration. When you are clear life is about making a difference about furthering your purpose your life is not circumstantially driven. It's really not about you. I still have lots to do. In fact I feel more knowledgeable and able to make a difference now than at any time in my life. That is energizing.

Lots of people my age are talking about retirement. I am completely uninterested. It's not that I think retirement is a bad thing. It's just not for me. I have too much to do. Oh, sure a couple more rounds of golf would be fine. But retired? Stop doing what I love. Stop making a difference at the highest level possible? No way!

Now as you age you do have to have some attention on health issues. That is important. But you can't let is stray into being obsessed about your health. You CANNOT have too much attention on what your body, and what it now can't do. You cannot obsess about what aging has done to how your body looks. It's easy to get absorbed by all that stuff and when I do my life sucks.

So all in all when I use my purpose to contextualize the events in my life both good and bad, I feel "on purpose". When I have my attention on passing on what I know. When I focus on the difference I still want to make. When I keep my attention on making a difference in my relationship with Susan. When I keep looking to figure out how I can best parent our two adult sons. When I keep looking to what clients need and provide that...life is good. 60 is good because I know more so I can contribute more. If I keep my attention off of me and on the above life works. If I don't I'm just an old guy who can't play competitive sports with a bad knee, a bad hip, a bad back, and 30 pounds overweight. Aging as our friend Walt Mason says is not for the timid. You have to be disciplined to keep your eye on the right stuff!

Let us know what you think about the Aging process and what has worked well for you.

Congratulations are in Order.....

**To the graduates of our courses from China congratulations
on the Olympic Games in Beijing!**

**To the graduates of our courses from Venezuela
congratulations on another Miss Universe!**

**If you are a graduate of one of our programs and you want to
be congratulated please send us e-mail with the details so
we can include you in the next newsletter.**

Woman Moving Forward® Workshops for 2008/2009

The **October 15-17** workshop has 3 spaces remaining. These workshops are filling up ahead of schedule and there is limited space so please have all of your referrals in soon. There 2009 workshops are now open for registrations: January 21-23, 2009, April 15-17, 2009 and October 21-23, 2009.

**Smart People: Managing and Retaining Gifted Employees©
March 10-12, 2009**

This is our newest workshop. John and Susan co-lead this workshop that deals with one of the most difficult issue in hiring today: How do I hire the best and the brightest and then have them contribute to the company long term?

Many of you know the difficulty in attracting talent to your company. This course actually deals with how you best attract them and then retain them.

This workshop also helps parents who are dealing with gifted children.

The July workshop is 50% full.

Men Relationships and Work© September 23-25

For those of you who want a workshop for men like Women Moving Forward® is for women this is the workshop for you!

Many men are suffering needlessly with their own issues and this course assists them in relieving that suffering and in moving on more effectively in their lives.

John leads this workshop so if you would a man in your life to register have him call or e-mail John at our office.

PRODUCTIVE RELATIONSHIPS© October 21-23 & Dec. 2-4 ,2008 February 24-26 & June 16-18 2009

October and December workshops are still available for registrations. New workshops in 2009 are also open for registrations.

This workshop will help you develop the skills to deal with any relationship you have even the most difficult ones.

John would be happy to speak with anyone interested in attending.

LEADING PROJECTS© Through Relationship, Commitment & Purpose September 8-12,2008 January 12-16

Most corporations are now working in a Project based system, which has most employees on at least 2-3 teams at all times. If you find yourself trying to stay sane while optimizing your team's performance this workshop will help you do just that.

John will be happy to speak with you about the workshop write or call him to get more information.

**Don't forget you can always purchase
multiple spaces in workshops yearly for a
deeper discount.**

**You can also bring any of these workshops
into your company. Call us for more
information.**

PUBLIC WORKSHOP SCHEDULE (7/21/08)

All prices are in US Dollars

2008 Courses			
MEN, RELATIONSHIPS AND WORK©	August 5-7	Lone Tree, CO	\$3,50
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE©	September 8-12*	Lone Tree, CO	\$5,00
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE©	September 10-12**	Lone Tree, CO	\$3,50
WOMEN MOVING FORWARD®	September 23-25	Frankfurt, Germany	\$3,50
WOMEN MOVING FORWARD®	October 15-17	Lone Tree, CO	\$3,50
PRODUCTIVE RELATIONSHIPS©	October 21-23	Lone Tree, CO	\$3,50
ADVANCED MEN'S COURSE©	October 28-30	Vail, CO	\$4,50
PRODUCTIVE RELATIONSHIPS©	December 2-4	Chicago, IL	\$3,50
2009 Courses			
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE©	January 12-16*	Lone Tree, CO	\$5,00
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE©	January 14-16**	Lone Tree, CO	\$3,50
WOMEN MOVING FORWARD®	January 21-23	Lone Tree, CO	\$3,50
PRODUCTIVE RELATIONSHIPS©	February 24-26	Lone Tree, CO	\$3,50
SMART PEOPLE: MANAGING & RETAINING GIFTED EMPLOYEES©	March 10-12	Lone Tree, CO	\$4,00
WOMEN MOVING FORWARD®	April 15-17	Lone Tree, CO	\$3,50
WOMEN'S LEADERSHIP RETREAT -Make-Up Day	May 5-7 May 4	Vail, CO	\$4,50
PRODUCTIVE RELATIONSHIPS©	June 23-25	Lone Tree, CO	\$3,50
TRAINING FOR CHANGE AGENTS	October 6-9	Lone Tree, CO	\$5,00
WOMEN MOVING FORWARD®	October 21-23	Lone Tree, CO	\$3,50

*TO INCLUDE A REQUIRED 2-DAY PRODUCTIVE RELATIONSHIP WORKSHOP

**FOR THOSE THAT HAVE MET THE PREREQUISITE ATTENDANCE OF PRODUCTIVE RELATIONSHIPS

*Spouses and Partners of Course Graduates can attend the Course for half price
(this offer does not include the Advanced Men's Course or WLR) .*

To register for any course, retreat, or conference, contact our office.

We accept MasterCard, Visa & American Express

*There is a \$500 discount when two or more people attend the same \$3,500+ workshop
from the same company and location.*

You must register together and attend together

All prices are subject to change. No refunds are given.

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