

# What's News

MARCH 2008

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A Lifetime of Support (and of Answers)

In the beginning of December we were very excited that Adam and Charlie were coming home to Colorado for a couple of weeks. A trick, (getting us all together) that is increasingly more difficult to pull off. Charlie called us to say his back was bothering him. We said get a message so you're in good enough shape to drive home. Though he did that his back continued to deteriorate rapidly and before you know it he was he bed only able to tolerate a few seconds of standing before the pain was too excruciating to bare. By then he had gone to a back pain clinic and received several shots to relieve the pain but to no avail. The doctors were now talking surgery. Since we know back surgery was a decision not to be made lightly we headed to California and shifted the purpose of our holiday together from family celebration to family intervention.

To see your son face down on his bed barely able to move is disturbing to say the least. However having had a lifetime of back problems myself we were not with out experiences to rely on. Fairly quickly we assessed that there were a minimum of 2 problems: the condition Charlie's back was in and his psychological condition due to the condition his back was in. Charlie was freaked out that he could be in this shape so young, 26, and facing back surgery.

I wanted Charlie to have some context for his situation. That he wasn't "damaged goods" or falling apart, or cursed but had a condition for which he needed to take responsibility.

I sat in my hotel room and made a list of all the things I had done to address my back problem down through the years. The list was really an evolving chronology of chiropractors, DOs, rolfers, muscle relaxing drugs, stretching exercises, stomach and back strengthening exercises, weekly message, additional exercises, an Ekonnas Stressless Chair, listening to a EMDR relaxation CD, and Yoga. The list spans 43 years of addressing my back issues. Starting with going to the chiropractor 3 days a week to be able to wrestle in High School.

The reality is I have a congenital condition; scoliosis that would NEVER be fixed or go away. I have a defect in my back that if unaddressed can throw me on the floor and render me immobile. I tried to impress upon Charlie he did too. So you are left with taking responsibility for that reality. Just like many of you have conditions or situations that may never be fixed. Things that are not your “fault” like being abused as a child, or having parents that fall somewhere on the continuum of evil to less than perfect. Whether your condition is physical, psychological or both there are things that we have in our lives that we must persevere to build a support system to address.

In my younger years I had a team that would address the crisis when my back would go out. My team was good and could eventually get me back on my feet. The problem was that those interventions took weeks to complete and my life was a mess until then. I started looking for preventative techniques that would prevent the crisis from happening. And I kept underestimating what that would take. Seeing a Rolfer for 10 sessions was not enough. Having a message every week was not enough. Stretching was not enough. Avoiding lifting was not enough. Back exercises every day were not enough. Listening to my EMDR CD 3 times a week was not enough. Having an ergonomic chair at the office was not enough. Getting a shrink was not enough. Yoga was not enough. However, all of that together is pretty good. I haven’t had a full-blown crisis in about 10 years.

For those of you with “conditions” that will never be fixed you must first accept that that is the truth. As I told Charlie it starts with acceptance and a commitment. Acceptance that you have whatever condition you have and a commitment to have that condition not curtail your life. Then you are on the road to figuring out what “enough” support is for you. From a seeker of forty some years I challenge you to get on the preventative side ASAP. Do not underestimate how much it may take. Never give up and just put up with it. Life is not easy. Growing into support and eventually preventative support is not easy.

For those of you that like to know the end of the story. Charlie is getting better and starting to figure out what his support system will need to look like. This is the journey we are all on and the journey we will be on for the rest of our lives.

As invite your thoughts comments about this article. E-mail them to us at [svvconsult@svanvleetconsult.com](mailto:svvconsult@svanvleetconsult.com). Let us know what you think.

### **Congratulations are in Order**

To **Jim Clemmensen** for being awarded the Captains Cup for outstanding Accomplishments made by an executive for the past year at MiniCO Insurance, Inc.



To **Roger Monsell** on his new job with Seattle Genetics, Inc. in Bothell, Washington

To **Nancy Funk** on her new job as Quality Manager for Product Development and Launch and to **Kathy Carter** who is now the Supplier Quality Manager at Steelcase.

To **Adam Van Vleet** on the acceptance of his animated short: *Jacket* into a small film festival in NYC. And for his website animation contract in Chicago. Adam graduates from Columbia College this May.

To **Charlie Van Vleet** on his new job as Associate Producer at A Smith. This is Charlie's second Associate Producer Credit.

**WOMEN MOVING FORWARD® April 8-10, August 5-7 & Oct. 15-17, 2008**

The April class only has 3 spaces left and the August & October workshops are filling. There are only 25 spaces left available in 2008. So if you plan to register or refer someone let us know.

**WOMEN'S LEADERSHIP RETREAT© MAY 6-8, 2008**

There is only 1 space left. If you would like to attend please call Susan as soon as possible.

**LEADING PROJECTS THROUGH RELATIONSHIP COMMITMENT & PURPOSE© APRIL 14-18 & SEPT. 8-12, 2008**

If you are a project leader this course will assist you in making big leaps in team success without taking it's toll on you. To register contact John.

**PRODUCTIVE RELATIONSHIPS© June 17-19, Oct. 21-23, 2008 in Lone Tree, CO. Dec. 2-4 in Chicago.**

The Chicago Workshops are very popular. So if you plan to attend in Chicago or refer someone to any of the workshops please let John know.

**MEN, RELATIONSHIPS AND WORK Date To Be Announced** This is the companion course to Women Moving Forward® for men. John only does one per year in Colorado. Space is limited to 12 men. So if you want to attend or register someone contact John.

## **SMART PEOPLE MARCH 11-13, 2008**

The first workshop was a great success and gave our participants insights and new ways to manage the smart people who work for them. The benefit for companies is their most intelligent and talented people will be better managed and therefore turnover of this talent pool will be lowered. There is still space available in the March course.

## **TRAINING FOR CHANGE AGENTS JUNE 3-8, 2008**

In this course we train people whose job it is to be internal change agents. This can mean a change in enterprise wide software to a downsizing. Our program teaches drivers of change how to do it more effectively and without ruining their lives. There is space available but it is limited.

**NOTE: If you are interested in bringing any of our workshops to your company we would be happy to speak with you about that.**

**Or if your company wants to purchase a group of spaces in our public workshops and enjoy a larger discount contact us for more information. There is a corporate discount for companies that buy 10 or more spaces at a time. These spaces can be used for the same workshops or different workshops over a period of 1 year from the time of purchase.**

**\*\*Also we offer spouse or partner discounts. If you have taken a course you would like your spouse or partner to take they can attend for half price. The only courses not included in this policy are the Women's Leadership Retreat and the Advanced Men's Course.**

## **In Memorium**

**To the families, friends & coworkers of Iris Ocando,  
Gabriela Rodriguez Lamazares, Ruben Salazar, Adriana  
Martinez and Viviana Vivas.**

**All were wonderful people from P&G Venezuela.  
We knew Iris best as she was a graduate of Women  
Moving Forward®**

**We have you all in our thoughts and prayers.**

## PUBLIC WORKSHOP SCHEDULE (1/23/08)

<b>2008 Courses</b>			
MEN RELATIONSHIPS AND WORK	TBA	Lone Tree, CO	\$3,500
SMART PEOPLE: MANAGING & RETAINING GIFTED EMPLOYEES	March 11-13	Lone Tree, CO	\$4,000
WOMEN MOVING FORWARD®	April 8-10	Lone Tree, CO	\$3,500
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE	April 14-18*	Lone Tree, CO	\$5,000
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE	April 16-18**	Lone Tree, CO	\$3,500
WOMEN'S LEADERSHIP RETREAT -Make-Up Day	May 6-8 May 5	Vail, CO	\$4,500
TRAINING FOR CHANGE AGENTS	June 3-6	Lone Tree, CO	\$5,000
PRODUCTIVE RELATIONSHIPS©	June 17-19	Lone Tree, CO	\$3,500
WOMEN MOVING FORWARD®	August 5-7	Lone Tree, CO	\$3,500
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE	September 8-12*	Lone Tree, CO	\$5,000
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE	September 10-12**	Lone Tree, CO	\$3,500
ADVANCED MEN'S COURSE	September 23-25	Vail, CO	\$4,500
WOMEN MOVING FORWARD®	October 15-17	Lone Tree, CO	\$3,500
PRODUCTIVE RELATIONSHIPS©	October 21-23	Lone Tree, CO	\$3,500
PRODUCTIVE RELATIONSHIPS©	December 2-4	Chicago, IL	\$3,500

\*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 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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