

## Cormier Associates

# Cormier Associates *VIP Update*

## Celebrating 25 Years of Helping Leaders Succeed

### Programs and Services

[Executive Coaching](#)

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[Emerging Leaders Coach Group](#)

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[Retreat/ Meeting Design and Facilitation](#)

[Consulting Services](#)

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Cormier Associates

Specializing in Collaborative  
Meeting Design & Coaching  
for Executives, Leaders and  
Their Teams

[www.CormierAssociates.com](http://www.CormierAssociates.com)

Greetings!

*It's 2010. You made it through last year's challenges. What did you learn..about yourself, your work, about what's important? Have you taken the time to stop and reflect, or, are you back on the treadmill, reacting to whatever comes your way?*

*It does seem that Life has a way of not cooperating or misbehaving, doesn't it? Life seems to move so quickly that we find ourselves just trying to keep up, or catch up... Or, is it we that have a habit of misbehaving? We move so quickly in our old familiar rhythms, that, even with an experience like last year, we still so quickly can lose track of ourselves and what's important?*

*Think about it. Does last year, or last week, or the last hour seem like a blur?*

*The fast pace of life is a given for most of us. We live busy, full, abundant lives and wouldn't want it any other way. Except that we want to be able to enjoy the moments, let them in, experience them. That's what gives our life meaning and that's what makes us a better leader, parent, colleague or friend. The pause; the reflection; then the action.*

*It takes courage to stop and reflect. Real courage to step back and assess. Real courage to risk dreaming and evaluate where you are as you reach for that dream. It takes courage to dream and to lead - whether leading your life or your company or your team. It takes courage and a personal commitment to live the life you really want - today, not waiting for tomorrow.*

### Leadership Question of the Day:

*What have you done recently to support an up and coming leader?*

*It's not too late to pause, take a breath and assess where you are, and where you want to be. A pause once a day to remind yourself is all you need to get that process in motion. A pause. Not an hour, or a day. A pause - for you. Try it for 30 days, and you'll see. I promise.*

*I wish you the best as the year unfolds, and am looking forward to working with you to help you achieve those dreams -*

*Denise*

### Did You Know?

*Fortune recently reported that the single characteristic that distinguishes top companies from the rest is those companies commitment to leadership development and creating a strong leadership pipeline.*

*58% is the percentage of organizations that expect hiring, retaining and developing leaders to become more difficult in the*

### Non-Profit Nominations

*Thanks to all of you who sent in your nominations for my annual pro bono consulting and coaching services program. They were all such wonderful and worthy organizations - each and every one.*

*I want to congratulate NEADS, this year's winner. NEADS trains service dogs, hearing dogs and other assistance dogs to help people with disabilities live independent lives. Some of NEADS' services include training hearing and balance dogs, and canines for disabled vets. I am honored to be helping NEADS in their strategic planning and leadership transition efforts. If you would like to know more about this fabulous national organization. [click here](#).*

*next ten years  
from CPP Global Human  
Capital Report*

*Over the past 5 years,  
coaching for leadership  
development has increased  
from 43% to 53%, while  
coaching to address specific  
problem areas has declined  
from 37% to 29%*

*As baby boomers retire,  
executive coaching has  
become a primary tool for  
developing leaders and  
rising stars, as well as for  
helping those boomers exit  
gracefully with renewed  
purpose*

*national organization, [click here](#).*

## **Personal Strategic Planning Interested in a Retreat Format?**

*A number of you have approached me with an interest in my offering the Personal Strategic Planning program as a weekend retreat.*

*In a nutshell, Personal Strategic Planning is a program that I developed to help you become the hero of your own story, whatever that story may be. In the PSP program, you create your own personal strategic plan, from clarifying your vision, to assessing your strengths, gaps and support networks, to developing your personalized road map to success. The PSP program is designed for those of you who want a change, those of you who love what you are doing but feel that something is missing, those of you wanting to leave a legacy, and those of you contemplating your transition from successful leader to successful retiree.*

*If you are interested in participating in the Personal Strategic Planning program offered in a retreat format, please [click here to email me](#). If there's enough interest, I'll schedule a weekend retreat in the upcoming months.*

*Personal Strategic Planning is also offered on an individual basis and in a group coaching format. For more information, [click here](#).*

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