



TED* LETTER

*THE EMPOWERMENT DYNAMIC: A POSITIVE APPROACH TO LIFE'S CHALLENGES

January 2012

By David Emerald



"It's not so important to me to hear the stories of your past. I'm much more interested in thinking about the new stories you're going to create... Once you have this knowledge, life will never look the same to you again. Tomorrow will be like a fresh canvas on which you'll paint your unique contribution to your world."

Chapter 6 ("The Creator Orientation") of The Power of TED*

Welcome to 2012!

The beginning of a New Year is an opportunity for a fresh start. (And speaking of fresh starts, notice the new "look" of the "TED* Letter" and check out our [new website!](#))

Like many, over the years I have used the turning of the yearly calendar as a time to focus on, set and declare resolutions, goals and intentions for the year ahead. I have many journals in which the first few days of the year are filled with projects to complete, financial income intentions, personal development goals (how many times have I written, "I will lose X number of pounds"?); travel dreams, and the list goes on.

What I noticed a few years ago is that, when I would look back at those lists at the end of the year, while many may have been accomplished, the year always unfolded in unexpected ways that I had not foreseen - and sometimes in surprising and extremely positive ways.

While I still engage in annual planning and projecting (clarity

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The next "TED* for Coaches" Webinar Series! Begins January 19, 2012*

This webinar series is designed specifically for coaches, whether you are an independent coach, a coach within an organization or a team leader. This six-session series will be facilitated by Donna Zajonc, PCC (Director of Coaching and Practitioner Services for The Power of TED*) and Barb McAllister, PCC (an independent coach and TED* Practitioner). **Click here for more information or register online.**

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of intention IS an important practice), I have chosen to see the New Year as a time to declare a "fresh start" and to look more generally at various aspects of my life: health; relationships; work/professional; and leisure, to name a few.

In addition to focusing on your specific plans and objectives, I invite you to join me in the following framework within which such outcomes can be created:

1. **Let go of the past** - It can be helpful in preparing for a fresh start to review what has come before. If your year had been like mine, it has had lows and highs; breakdowns and breakthroughs; failures and successes. That is the nature of the human experience. Learning from experience is an important part of being a **Creator**. Retain the lessons learned, reconcile the past to the past, and turn your attention to today and the future. For some, letting go of the past requires practicing forgiveness (for more, see the [December, 2010 "TED* Letter"](#)).
2. **Set your Orientation** - Adopt a **Creator Orientation**. Focus on the outcomes you want to create. Tap your passion for creating and for the possibilities that call to you. As friend and colleague, [Abby Straus](#), shared in a New Years Day email, "The future doesn't come to you. It comes through you." In addition, as a Creator, choose your response to the circumstances that arise in your life. You create through the choices you make.
3. **Co-Create** - You cannot not create. You also cannot create without some form of collaboration - seen or unseen; physically, mentally and/or spiritually (for more, see the [January, 2011 "TED* Letter"](#)). As you take action in manifesting your outcomes, interact with others through the roles of Creator, **Challenger** and **Coach** that make up **TED* (*The Empowerment Dynamic)**. Create by harnessing Dynamic Tension: envision outcomes, tell the truth about current reality, and commit to taking Baby Steps toward your vision.
4. **Reflect on your experience** - As you work Dynamic Tension and take Baby Steps, pause to reflect on what is working; what is not working; and what you are learning.
5. **Acknowledge contributions** - As you co-create, recognize and express gratitude for successes, forward progress and the support you receive from collaborators (whether seen or unseen). And

April 15-18, 2012 TED* Practitioners Program

The TED* Practitioner Program draws a committed group of individuals from throughout the United States and the world, forming a community-of-practice of professionals who are committed to making TED* (*THE EMPOWERMENT DYNAMIC) a key component in the services they provide to their clients. For more information, [click here](#).

The Spread of TED* Continues!

If you would like to have David Emerald speak or to sponsor a TED* workshop in your community, contact us: DEmerald@powerofted.com

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acknowledge and appreciate your own role in achieving outcomes.

In putting this framework into practice, you can make your own fresh start, create your future and live into the best year ever!

Acknowledge Contributions

2012 promises to be an extraordinary year for TED* with many new surprises and offerings that will emerge. In preparation for what is to come, we have launched a new website (with the same "old" URL of www.powerofted.com) and new look. We have also adopted a new tag line: "A Positive Approach to Life's Challenges."

Meeting the challenges of creating the website and new look is the accomplishment of the following TED* Team members: Donna Zajonc (Director of Coaching and Practitioner Services); Kathy Haskin (Administrative Creator); and Debbie Hulbert (Master of the Web). In addition, Colleen Broughton (Consultant-Extraordinaire) guided us and contributed in so many ways.

To one and all, my heartfelt gratitude!

*To the Creator in you!
David Emerald
The Power of TED**

"The TED* Letter" is designed for those who are committed to making the shift from Victim to Creator in their works and lives. If you want to continue to receive "The TED* Letter," please add this to your address book to avoid spam filters. And, please, feel free to forward this to friends and colleagues who might benefit from it! If you do not want to receive future issues, please scroll down to the bottom and click on unsubscribe & we will promptly remove you from the list. And, as always, "The TED* Letter" will not share its subscriber list with anyone else.

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