

EMPOWERMENT
COACHING:
SOUL CENTERED
COACHING AT IT'S BEST!

SPECIAL
POINTS OF
INTEREST:

- Mission Valley Office!
- Rage Workshop Encore plus more...
- Poetry Corner

"I decided the time had come when I should cut down on dangerous habits like smoking, drinking, and cursing. Imagine, I might really be somebody some day!"

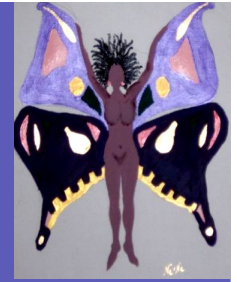
Maya Angelou
from Letter To
My Daughter

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MPOWERU

Newsletter



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MAY 2009

Mother's Day Remembered...

This month we celebrate the loving efforts or the heart felt struggle of Motherhood. Although my Mom has been gone six years on May 31st, I remember and have learned much from her life as well as her passing. She had wonderful moments and she had her struggles and I have been blessed to learn from both.

Being a Mom myself, I know all too well the random guilt that comes from the question was I enough for my son even though I was not enough for me? I know all too well that the answer is; I did the best I could at the time, just like my Mom did her best for me years ago. The wisdom of

advancing age and purpose result in the realization that if I knew then what I know now things could have been better



Ernestine

for me and most assuredly for my son. Thank goodness I have moved to a place of self acceptance and authenticity which encourages me to be more loving with myself and consequently, transparent with those I love. As a result of me showing up more authentically, I can be a more loving but neutral sounding board for those I encounter. I now have the ability to be present

to what is transpiring with a more proactive approach which includes deeper listening and awareness. When my son now well into adulthood asks for insight, I can give it from a loving place not shaped by hurt or acrimony. Because I am now keenly aware of how abundantly blessed I am, I can give insight and wisdom from a heart not bound in scarcity and fear. What a wonderful place to be, no longer loyal to my pain or the incessant stories that kept me in a never ending cycle of distrust and negativity. I sometime think about the burdens my Mother carried, many I knew

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MPOWERU Office Location in Mission Valley

I now have use of an office in which to do my work and expand my MPOWERU Coaching practice! Men, Women and couples are welcome. Let me assist you in getting what you want! If you are willing and want it bad enough to do the

meaningful work! I want to share with others how to live life loudly and still have a loving impact on the world! Learn more about being aware of your authentic voice and steps to get out of your own way!

I offer one on one coaching, group coaching as well as telephone and on line coaching! I coach for results and respect that a client has the tools to resolve any challenge they might encounter!



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**Inner Solutions to Outer
Concerns...**

MPOWERU Mission

As a Professional Empowerment Coach, I provide an ongoing partnership designed to support clients in producing fulfilling results in both their personal and professional lives. As a Coach, I assist others in getting out of their own way. Together we explore discovering and utilizing your true voice. I am trained in heart centered listening, the creation of balance in our lives on a spiritual, emotional, physical, and mental levels. I customize my approach to your individual needs from a culturally competent and non judgmental perspective. Our work is confidential and life changing!

Mother's Day Remembered Embracing Rage

nothing about and others that I probably should have not known about as a child. I know that I got some of the best of her and carry it still and for that I am eternally grateful! My Mom lurks in my beautiful garden, in the brightly colored walls of my home, and my ability to serve up a classy menu for the palette...she is up there saying proudly, "that comes from me"! I know, "Stine" is also happy I am now courageously living out my dreams and keeping company with the loving Creator 24/7. My Mom is elated to know that I am full of gratefulness for all of the sacrifices she made and living out dreams of hers that were deferred and unrealized. Thank you Mom for all you taught me in life as well as your slumber!

Ernestine D. Payne 10/12/32-5/31/03

Let's talk about rage and gain some insight into the disguises of rage. Rage can be unexpressed anger-passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learned how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions. Coach Gennene is sponsoring a group coaching event for the following women; believe they are successful at hiding their rage, are not angry, don't express anger, as well as afraid of other's anger should come to this insightful workshop! June 7th (Sunday) 10 to 4 \$35 includes lunch and workshop materials. This should not be missed! Call or email Gennene for details...

Poetry Corner

Nature's Seduction
By Gennene Wilburn

I tingle inside
as the boat's bottom
massages the ocean waves.

My cheeks are intermittently warmed
by the Sun's dancing
in and out of the clouds.

The gentle winds caress my body.
My hair blows toward my face
and kisses my lips and chin.

I close my eyes
thanking God for another day!