



SAPCA

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INTERNATIONAL COACH FEDERATION

P.O. Box 780114 - San Antonio, TX 78278-0114 ♦ www.sapca.org

Review of Borders Workshop Event

Love It, Don't Leave It 26 Ways to Get What You Want at Work! Make Your Job the Job You Love!

Presented by:

Mike Mayberry

Associate Certified Coach

mmayberry@theleadershipcoach.net

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Review Written by:

Janet Bonnin

"How can I get more personal enjoyment from my job?" Interested attendees at the September 20, 2007 SAPCA – Borders Presentation explored this subject with the guidance of Executive Coach Mike Mayberry. The book Mike chose to focus on this evening was *Love It, Don't Leave It - 26 Ways to Get What You Want at Work! Make Your Job the Job You Love!* In the book, authors and career specialists Beverly Kaye and Sharon Jordan-Evans share some smart and specific advice for taking responsibility for making your work-life work.

After having participants claim some goals for the evening, Mike walked us through some great individual exercises, one-on-one discussions and shared intriguing insight into what we can find in the book. Mike also freely shared concepts he has garnered in his many years as a successful business coach.



Mike led participants through several individual exercises and then encouraged everyone to share insights learned. One exercise entitled, "What kept you? What mattered most?" invited each participant to evaluate and rank the top reasons he or she has stayed with a particular job. Several other exercises led each of us to identify our top five passions or callings in choosing a job or career.

One area that generated much interest was a concept called the Energy Continuum developed by Richard Leider of The Inventure Group. This was illustrated by a linear diagram showing the range of attitudes an employee might have towards his or her job ranging from a mid-range *sweet spot* of "fully engaged" moving to "overwhelmed" and possibly ending in a decision to "give up and leave" a job. The other side of the "fully engaged" spectrum led to "disengaged" and might end in "give up and stay" in a job – the attitude that you cannot do anything to improve your situation but are unwilling to leave.

In summing up the book, Mike indicated it gives great advice on getting more out of any job, including strategies for communication, career growth, balancing work with family, and more. Participants from the event complimented Mike on a thought-provoking, insightful evening.