



February 2022 | Vol 4 No 2

First Friday for Entrepreneurs

Monthly e-Newsletter for Business and Leadership Development

In this month's issue:

- What's Holding YOU Back?
- TKO YOUR Saboteurs and Gremlins

February 17: *Entrepreneur Community Roundtable*, 7:00 – 8:30 pm, Zoom

- YOU Can Positivize Bragging: *How To Help Yourself Brag More to Succeed More*

February 25: *Lunch & Launch*, 12 noon – 1:00 pm, Zoom

- This Month's Quote to Inspire throughout 2022

What's Holding YOU Back?

As entrepreneurs and leaders, we sometimes encounter that feeling of *being stuck*. We can't seem to move forward with our business, to research new opportunities, to reach out to new contacts. Or how about feeling FOMO (fear of missing out), which leads to “rabbit holes”, “shiny new objects”, and other distractors that catch our attention in non-productive ways.

One way to handle this is to recognize, identify, and label the culprit, or culprits, involved in *stuckness* or FOMO. Consider these areas researched and discussed by thought leaders:

- Imposter Syndrome: You believe that you really don't deserve the new position or earned the recognition. If you tell others about your successes, they may consider that bragging, or find out the “real truth.”
- Gremlin: This is an inner critic that challenges everything you think/say/do, undercuts your efforts, and enforces self-defeating behaviors and beliefs.
- Saboteur: This inner voice is critical of what you are doing, judging what your thinking is, and causing you to overly focus on one area of action at a detrimental level. In fact, according to Chamine, you have many different saboteurs to identify and handle!
- Regrets: “Regret” may be better understood as a process that involves actions taken or not taken, the success or failure of the choices that the decision maker made, and the associated unpleasant feelings. Having intense regrets can result in an imbalance of positive/negative feelings, an “imbalance that can inhibit learning, stymie growth, and limit our potential.” (Pink, p. 13)
- Languishing: This is a sense of stagnation and emptiness, a feeling that is between depression and flourishing. To deal with this obstacle to moving forward, it helps to identify and name this feeling; engage in an activity that involves the sense of “flow”; and give yourself some uninterrupted time, and without multitasking.

You have options after determining which culprit you want to work on. Some people develop an avatar, with name, clothes, and appearance, that they can confront and dismiss. Others have conversations with the culprit first to confirm who is really in charge: You! Still others outline steps to strategically challenge and overcome their culprits. Whichever you choose – and it may be another option that fits your strengths – recognizing and addressing what's holding you back is doable and obtainable. And – as Carson recommends –when you develop a “practical system for banishing the nemesis within,” you come out on top with confidence and high energy.

Resources

- Rick Carson: *Taming Your Gremlin (Revised Edition): A Surprisingly Simple Method for Getting Out of Your Own Way*. William Morrow Paperbacks: 2008.
- Shirzad Chamine: *Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential*. Greenleaf Book Group: 2016 edition.
- Adam Grant: How to stop languishing and start finding flow. TED: September 7, 2021. https://www.ted.com/talks/adam_grant_how_to_stop_languishing_and_start_finding_flow?language=en
- Adam Grant: “There's a Name for the Blah You're Feeling: It's Called Languishing”. *NY Times*: April, 19, 2021. <https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>
- Adam Grant: *Think Again: The Power of Knowing What You Don't Know*. Viking: 2021.
- Daniel Pink: *The Power of Regret: How Looking Back Moves Us Forward*. Riverhead Books: 2022.



Saboteur – Gremlin – Imposter Syndrome – Regardless of how you label it, negative thinking impacts your actions, motivation, and confidence. Gain insights from research and ideas from *Banish Your Inner Critic* (Jacobs, 2017) to throw those wily detractors out of your ring of influence!

Join us for February’s *Roundtable* as we examine how being our own worst critics impedes our creativity, risk-taking, and productivity. Leadership coach Sam Samuel will lead participants into ways they can train their inner voices to be their biggest promoters and motivators.

Entrepreneur Community Roundtable

Thursday, February 17, 2022

Zoom: 7:00 - 8:30 pm

Fee: No charge; guests welcome

Zoom Link:

[https://us02web.zoom.us/j/83622050362?](https://us02web.zoom.us/j/83622050362?pwd=bTUrWjVMQk5ocIV0TmgxaFVhVEZ5QT09)

[pwd=bTUrWjVMQk5ocIV0TmgxaFVhVEZ5QT09](https://us02web.zoom.us/j/83622050362?pwd=bTUrWjVMQk5ocIV0TmgxaFVhVEZ5QT09)

Meeting ID: 836 2205 0362

Passcode: 495096

Sam Samuel MSM, ACC, MBTI

Allusive Concepts

sam@allusiveconcepts.org

[allusiveconcepts@aol.com/](mailto:allusiveconcepts@aol.com)

www.linkedin.com/in/sam-samuel-Coach

703-201-7835

Meet Sam

Following a successful career in the military and graduate of the Army Command General Staff College, Sam Samuel has extensive experience with both small and large companies. He has served as a mentor and coach to people in mid-level, senior management, and executive positions within Department of Defense, Department of Energy, Aerospace, and training organizations. He provides pro bono coaching to those in need within his community.

February 25: YOU Can Positivize Bragging:

How To Help Yourself Brag More to Succeed More

As entrepreneurs and leaders, we must communicate our expertise, services, products – in ways that showcase our best selves and encourage clients to engage in our businesses. When networking or building relationships, consider how to reframe “bragging” to a more appreciative and positive interaction: authentic and honest story telling; facts and learnings; productive impacts. It is never too late to learn how to self promote without discomfort, being offensive, or feeling guilty.

Join us for February’s *Lunch & Launch* as executive and leadership coach Mark Sachs highlights elements from *Brag: The Art of Tooting Your Own Horn Without Blowing It* (Peggy Klaus, 2004).

Participants will have opportunities to discuss the value of self-promotion and to practice “bragging statements.”



Lunch & Launch

Friday, February 25, 2022

Zoom: Noon to 1:00 pm

No fee; guests welcome

Zoom Link:

[https://us02web.zoom.us/j/88479518406?](https://us02web.zoom.us/j/88479518406?pwd=aFEwdEJscnBxayswMVYxcGVzQ1hsdz09)

[pwd=aFEwdEJscnBxayswMVYxcGVzQ1hsdz09](https://us02web.zoom.us/j/88479518406?pwd=aFEwdEJscnBxayswMVYxcGVzQ1hsdz09)

Meeting ID: 884 7951 8406

Passcode: 804500

Mark Sachs

Mark Sachs & Associates

www.markasachs.com

mark@markasachs.com

www.linkedin.com/in/mark-sachs-41b6823

(301) 588-3858

Meet Mark

Mark Sachs is an executive and leadership coach and organization consultant who works with clients with their bragging and boundaries. He knows that when people set better boundaries and limits with others, they are happier and more successful in work and personal relationships. From that work, Mark recently published *Getting What You Want: Setting and Maintaining Boundaries with Others*. Mark previously served in the Air Force, was manager of Station Relations for National Public Radio, and was a director of the Corporation for Public Broadcasting. Mark is a Professional Certified Coach (PCC) with the International Coaching Federation.

Gathering of Great Minds supports entrepreneurs and leaders in all stages of development through the **Entrepreneur Community Roundtable** *Third Thursday series*, **Lunch & Launch** *4th Friday series*, and **Mentoring and Coaching** sessions provided by Associates. Sponsored by **CC Robinson & Associates, LLC**. For more information, contact Carol C. Robinson at carol@ccrobinsonassociates.com or 571-318-3733.

Notes of Appreciation

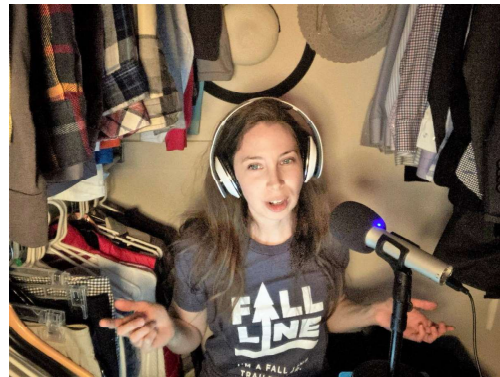


Expressing YOUR Expertise

Thank you to Karl Mohle for sharing the role of voice overs for entrepreneur in their marketing and as an addition to their portfolios.

Karl Mohle

Karl Mohle Voices, LLC
karl.mohlevo@gmail.com
<https://karlmohlevoice.com/>
(703) 996 - 9539



Podcasting YOUR Expertise

Thank you to Jessica Bowser for her insights and guidance in moving into the professional world of podcasting.

Jessica Bowser

Host | Virginia Outdoor Adventures Podcast
info@VirginiaOutdoorAdventures.com
www.VirginiaOutdoorAdventures.com
C: 614-668-6551

Upcoming All-Star Events



Entrepreneur Community Roundtable

March 17, 2022 | 7:00 - 8:30 pm | Zoom

What a Mastermind Group Can Do for YOU

Carol C. Robinson
Synergy Leader, Coach, and Facilitator
carol@ccrobinsonassociates.com
c 571-318-3733



Lunch & Launch

March 25, 2022 | 12:00 - 1:00 pm | Zoom

YOU Need Time for De-Stressing
and Re-Setting

JoAnn Sheffield
Transition and Mindset Coach
jsheffieldmsw@gmail.com
301-988-0461

Community Groups

- **Women Entrepreneurs Mastermind Group**

Monthly meetings held on fourth Wednesdays, 1:00 - 2:30 pm

Community of like-minded women committed to using proven structures and strategies to be successful in their businesses and lives. For more information and register for Zoom meetings, email **Patty Maples**, Transition Coach for Career & Life and founder of Women Entrepreneurs Mastermind Group, or call 703.966.7215.

- **Reston Coaches**

Monthly meetings held on third Wednesdays. 8 - 9:30 am.

For more information and to register, contact Cindy Atlee, cindy.atlee@storybranding.com

- **Loudoun Coaches**

Monthly meetings held on second Tuesdays, 8 - 9:30 am.

For more information and Zoom link, email **Dirk van der Vaart**, dvandervart@intelligentleadership.com.

Resource Development Credits

Members of the International Coaching Federation who need Resource Development continuing education credit hours may receive up to 2 hours of resource development credits per session of "Gathering of Great Minds." A certificate of attendance will be provided upon request by CC Robinson & Associates, LLC. For more information, email **Carol C. Robinson**, PCC.

Topple those interlopers!

February is the month of love, which gives permission to look at how you as an entrepreneur can love and support your efforts as you work on your business. Get rid of those gremlins; smash your saboteurs; stop languishing; take charge! Join our two Zoom sessions this month to see how you can best handle your obstacles - and celebrate with your village of support!

Your Partner in Entrepreneurial Synergy -

Carol C. Robinson



Is 2022 the year to focus on your business endeavors?

Looking for support, clarity, and a "board of advisers" to further you and your business?

Ready to be challenged? To be a thought leader with community involvement?

Tired of trying to do it *all* on your own?

Click here to learn more about CC Robinson & Associates, LLC, and to see if it is your new tribe!

Guiding Inspiration for 2022

You must do the thing you think you cannot do.

— Eleanor Roosevelt

Shared by Natalie Critchley
Travels Brewtiful
Hop Skip Drive

CC Robinson & Associates, LLC
703-830-1780
carol@ccrobinsonassociates.com
www.ccrobinsonassociates.com

Connect with us

