

ARE YOU READY TO CHANGE THE WORLD

WHAT IS YOUR GIFT?

by Lorraine Sims

Gift – a natural talent or ability

Are you happy? Do you feel fulfilled? Are you engaged in your passions? Are you realizing your full potential? You have a combination of natural abilities and talents that are unique and no other person in the world has your combination. This means that you can do something different or better than anyone else in the world and it is not only your responsibility to share your unique talent, it is your duty.

What have you always loved doing since you were a child? When you do it, you lose track of time, you feel fulfilled and at peace. What are your natural talents and abilities that bring you happiness and contentment?

What is your gift?

As with all presents, your gift has to be unwrapped. Instead of being concealed by paper, our gifts are wrapped up and sometimes hidden deep within us. They are often buried under fears of failure and criticism, fear of other people's expectations, unidentified unmet needs, worries, and a multitude of other pressures. Once we begin understanding and relieving these pressures, we uncover our gift.

Many of us spend a lifetime searching for it, tending to look outside ourselves. But you cannot find it "out there." Your gift is within you, always showing you signs, in those moments of enjoyment when you lose all sense of time, you feel uplifted and you feel a deep sense of fulfillment. This is your gift shining through.

When you take the time to look deep within yourself to discover your gift (and here is the amazing part), *it* will be presented to *you*. Once you have uncovered your gift, you will be on the road to fulfillment, happiness, and success. It is your wonderful contribution to the world and your duty to share it with others.

What is your gift?

You have to do what you love, share your gifts, and be who you are in all your glory. Why would you settle for anything less? The world expects you to give your best. You have been blessed with extraordinary talents, unique gifts and a responsibility to share them.

Once you change direction and step into who you really are, you will find that opportunities appear to support you. They have always been there but you just couldn't see them, because you weren't ready to accept them. Are you ready now? Are you ready to embrace your gift?

You can live your life with happiness, fulfillment, and success. It is your birthright. I can help you discover your gifts, turn them into your profession, and, in a larger sense, fulfill your purpose in life.

It is my privilege to serve you and share with you my gift.



Korena Bergen Photography

Lorraine Sims, President, TRINITY COACHING GROUP

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MY GIFT

Gift – a natural talent or ability

My gift is my ability to inspire people to reach their highest and noblest visions. It is not something I have been trained to do or push myself to do; it is a natural talent that comes from within. It comes from a desire to see people succeed and be happy. 9 years ago, I decided to transform this gift into my profession, and now I mentor and inspire people every day. (continued on page 2)

LORRAINE SIMS *coaching tomorrow's world leaders* TRINITY COACHING GROUP

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ARE YOU READY TO CHANGE THE WORLD

FOR THE CHILDREN OF AFRICA

by Susan Standfield

I hired Lorraine as my coach when I decided that it was finally time for my dream to become real, and she was just as excited as I was about the journey. I sat down and drew up a budget and determined that I could easily cover her fees if I stopped putting money into things that weren't building my dream - like new clothes, magazines, alcohol, and restaurant meals. As soon as I started investing in my dream, doors started opening. It really does work that way.

Two of Lorraine's concepts, that accelerated my progress, were;
1) having faith in my goal, and;
2) moving beyond self-judgment or other people's limiting beliefs. She taught me how to be positive even about the failures because they were priceless experiences.

Regular people, like you and me, accomplish amazing things everyday.

Lorraine taught me to trust that I could be that very person if I had the courage to push through my fears and set proper time allowances. I decided my dream would take 20 years to accomplish, and knowing this means I will not give up if things do not fall into place after 6 months or a year. Even though the end of the dream is still far in the future, I live the dream every moment of my life.

Every day, I am building my gallery - whether I go for a run to take care of my health, or receive an email from a contact who says they are too busy to help me. It's all progress and I have at least a 50% chance of succeeding. The odds are always in my favour if I choose to perceive them that way. And forget about failing - I can't.

The most important thing Lorraine ever asked me was, "What can you do



with what you have right now?" Thanks to my coaching experience I encourage people everyday to pursue their dreams. Your dream begins when you make yourself accountable to pursuing it and once you start you'll be amazed at what you can do with what you already have.

by Susan Standfield, Founder
The Children's Photographic Gallery of Kenya
2006 Nominee, Rolex Spirit of Enterprise Awards
www.cpgkenya.com (604) 726-7826

Read about Susan's success on page 3



MY GIFT Continued

From when I was a child, I have encouraged people to do their best, do what they love, and share their gifts with others. Some people love painting, some excel in athletics, and others have a natural talent for finding solutions to problems. Each one of us is gifted and unique.

9 years ago, I was sitting in my corporate office when an unhappy co-worker walked in expressing her dissatisfaction with her administrative job - the duties, the hours, the people, and her lack of purpose. She was feeling drained and was taking sick days because she was unhappy and unfulfilled. I asked her what she really wanted to do, what brought her happiness, excitement, and made her feel as if she were contributing. I drew out her desires and helped her acknowledge her natural talents and abilities. After 20 minutes, she left my office beaming with delight because she could clearly see that she was talented at organizing events where people would laugh and enjoy themselves in the atmosphere of fun that she just naturally created. She realized that it wasn't her current job that was causing her unhappiness, it was her decision to stay in it. Once she decided that she wanted more for her life, she approached her supervisor and, within 3 weeks, she was in a new depart-

ment, planning events and having a wonderful time.

After she left my office, I thought, "Geez, if I could do this for a living, I'd be on top of the world." I wasn't very happy in my work either. 6 months later, I discovered the wonderful world of personal coaching and now I feel enriched and fulfilled and I contribute to the betterment of society every day.

Today, my clients are realizing their highest and noblest visions. They integrate all of their talents, skills and passions to create a brighter future and hope for humanity. Some have started their own healing or communication businesses, some have won elections to serve in public office, and others are creating opportunities for children in Africa. This is how one person changes the world. This is how humanity will fulfill its highest potential.

by Lorraine Sims

"Everyone has the perfect gift to give the world - and if each of us is freed up to give that gift that is uniquely ours to give, the world will be in total harmony."

- Buckminster Fuller



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ARE YOU READY TO CHANGE THE WORLD

FROM VISION TO REALITY

by Lorraine Sims

Do you believe that one person can change the world? Here is a testament to the power of one person that will instill belief in your own ability and your duty to step forward.

I was intrigued by Susan Standfield's grand vision. When Susan first shared her vision to alter the lives of children half way around the world, I was moved to tears. Since that day, her quest to achieve this vision has enriched my own life and the lives of thousands, here and in Africa.

2003: Susan's Vision

"My dream is to build The Children's Photographic Gallery of Kenya to, ultimately, help the children of Africa build a bright future for themselves. The Gallery will sell beautifully-framed photographic works created by the children. The images will be sold and sent to far-reaching corners of the world to be seen, appreciated, and to tell the stories of the children of Kenya.

Unlike aid or charity, which can create a cycle of poverty, the Gallery is a business. The children earn money for themselves and their community, and become self-sufficient individuals who inspire and encourage subsequent generations.



Sakina Lengele in tree
Photographer: Laleti Joseph Lesupuko



Mary doing the hula
Photographer: Kelvin Lepariong

The spirit that lives within these children can change our world. I believe that this is the work of my life."

2004: Actualizing the Vision

"The children are taking pictures of their lives, their friends, and their homes. Photographs are being silk-screened and hand-sewn onto t-shirts that are being sold. The children are learning photographic skills, developing an understanding of business, and receiving income which contributes to their current health and wellbeing and creates opportunities for future education and prosperity. The shirts convey hope about, and awareness of, how many children in Kenya, and Africa, are in need of global partners to assist their development."

2005: The Vision becomes Reality

Susan and I began our work by writing down the mission and purpose of the gallery, who it would serve, the short and long-term benefits, the required resources, and a description of the gallery. Once this was clear, the first of

many doors opened and Susan found her first group of children to work with in Kenya. I guided Susan to a higher level of confidence, to believe in herself, enabling her to recognize and accept the opportunities unfolding before her. After a great deal of effort and love for the children, Susan launched **The Children's Photographic Gallery of Kenya**, on October 27, 2005, in a Vancouver venue. Susan commissioned the talents of extraordinary Vancouver artists to create artistic pieces based on the photographs taken by the children. The gallery opening was a huge success, selling most pieces and earning \$5,000 for the children of the S.H.E.R.P orphanage in Maralal, Kenya.

Susan now has partners in 2 additional orphanages in Kenya and has found a gallery site in Nairobi. She continues to inspire others to copy her business model for the wellbeing of humanity.

Once an idea is backed by faith and set in motion, the resources and opportunities begin to appear, turning the vision into reality.

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ARE YOU READY TO CHANGE THE WORLD



Are you capable of more?
www.lorrainesims.com

ACHIEVING YOUR GOALS

"I saw myself as an educated mother with little direction. I now specialize in visioning work in developing countries, as a result of my work with Lorraine; all of my consulting work is now focused on creating world-wide visioning opportunities. Without Lorraine's help, I would have figured out how to make a living. With Lorraine's help I have discovered how I can put my talents to work to create legacies that last long beyond the days that my feet are on this earth. I have discovered my purpose."

Sue Seward, Communication Consultant

Goal setting is not a mystical, mysterious, or complicated practice. In fact, it is easy and leads to the successful achievement of those goals. Achieving your goals is affected by your ability to identify and write those goals down.

It's that easy. It's amazingly powerful.

When a goal is written down it becomes tangible. It is not just something in your head anymore; it is on paper and very real.

☞ A goal written on paper provides a starting point for clarifying thoughts; attention becomes focused on creating a clear vision of success.

☞ Taking action towards your goal becomes an energy unto itself, taking on a life of its own, and producing results.

Take this opportunity to write your goals in the space provided below. Be clear, specific, detailed, free, and courageous. Identify your goals and, when you are ready, I can guide you to change your life and change the world.

1.

2.

3.

March, 2006



ARE YOU READY FOR THE TRINITY COACHING GROUP?

The following questions will help you assess your readiness for working with the Trinity Coaching Group. Only you know the answers to these questions and only you know your truthful responses.

1. Do I want to make positive changes in my life? Yes No
2. Am I interested in global issues? Yes No
3. Do I have big plans and goals? Yes No
4. Am I ready to do the work to make my life different? Yes No
5. Am I ready to act on opportunities presented to me? Yes No
6. Am I capable of much more than I currently accomplish? Yes No
7. Am I ready to discover my true calling and to shape a far greater future? Yes No
8. Do I desire to reach my highest potential? Yes No
9. Do I want to turn my natural talents into my profession? Yes No
10. Can I see the advantages of having a coach who will guide and mentor me to achieve my highest and noblest vision? Yes No
11. Am I ready to strengthen my resolve with a personal financial commitment and vow to get my money's worth? Yes No
12. Am I ready to make a commitment to myself and to the greater good of humanity? Yes No

If you answered YES to more than half of the above questions then you are ready for coaching. Please contact Lorraine Sims at 604-874-9169 or by e-mail at trinitycoaching@shaw.ca to arrange for your complimentary first coaching session and to discuss your personally tailored coaching program.



TRINITY COACHING GROUP
GIFT CERTIFICATES
INCLUDE
ONE COMPLIMENTARY
CONSULTATION.



*I believe in your ability to reach your highest and noblest vision.
You are the only one that has the ability to realize your unique vision.
With my coaching, you can do it.*

~ Lorraine Sims

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