

Training and mentoring business people for success through practical intuition and contemporary spirituality

What if Sunday felt like Friday?

How would that feel to you? To be excited about the next day, and the freedom of the weekend – to look forward to what might happen – to experience how great it is to be alive and see the new dawn?

A recent article in the *Wall Street Journal* stated that Americans now begin their Mondays on Sunday – getting ready for work – reading work e-mails, preparing meals, laundry, etc. Our weekends now only last a day and a half. As anxiety builds on Sundays, people begin to experience the “Sunday-night slump.”

What would it take to change your Monday?

Why A DIFFERENT MONDAY™?

Years ago, when I worked for Apple Computer, our department hired Stephen Covey’s organization to deliver a customized, three-day program on the *7 Habits of Highly Effective People*. There were approximately 30 of us in our department, about half from out of state. We stayed at a very nice hotel in downtown San Jose for the three-day workshop.

There were pre-assessments and assignments. We devoted ourselves to learning a different way of being, a different system of

organizing our lives and managing our time. We were jazzed! We were excited! At last someone had shown us the way to change our work habits, get organized, embrace our priorities and let go of the feeling of overwhelm and overwork!

30 people for three days – hotel, food, transportation and the training itself. I’ll bet the company

spent well over \$100,000 for those three days. We received the complete DayPlanner system. We left our hotels Friday evening with our

new plan and our new books, ready for Monday...

And then Monday happened.

Monday, with all of the emails, phone messages, meetings and action items that didn’t get done while we were learning the new system guaranteed to transform our lives. How were we to manage? How were we to integrate? How were we to set priorities? Too many questions and too much to do.

“Willow is a gifted teacher with a unique ability to bridge between worlds -- grounded both in the business world, and in the world of spirit.”

*Sandy Hogan, PCC
 Certified Integral Life Coach*



Willow Sibert
The Intuitive Entrepreneur

So, with great reluctance, most of us put our planning tools in our desk drawers and returned to the way we had been doing things before. Not looking at the best way, not looking to prioritize, not looking to put things in the quadrants that the training had suggested. Back to the old fire drill of prioritizing based on who yelled louder, or which thing was hotter, or who managed to catch you in the halls and remind you of a previous commitment.

Only about 10% of those who went to the training program with me implemented the changes in their lives and their work. Even I put my Planner away and didn’t get it out again until two years later when I was packing up my office to leave. It was only then that I had time to look at it and begin to implement some of the great suggestions I learned in those three days.

Continued...

And this was not the only time something like that happened. Once a year we'd go away to some sort of management retreat to learn new techniques, or how to be better managers, or learn a new system of behavior. These retreats were awesome. The best food, the best accommodations and the best training. And the results were always the same. Monday was Monday, and Monday meant going back to work to stacks of papers, the over-commitments and being pulled in too many directions.

When I worked for Apple, we received sabbaticals every five years. We were rewarded for our hard work and were given six weeks off to "restart." This wasn't in lieu of vacation, it was in addition to our vacation. And many of us, myself included, added vacation to the end of our six weeks. Instead of taking six weeks off, I had nine. Nine weeks of paid time, to do anything I wanted to do, AND my job was secure when I returned. The most interesting thing about returning was that by Monday afternoon, I was so entrenched once again in my work, that it didn't even feel like I'd been gone. It felt like the nine weeks never happened.

Even as a kid, Monday was never a good day. I'd spend the weekend having fun, going out, and enjoying myself, and then it would hit: the dreaded Sunday night blues. Homework was due; reports and papers were due; tests needed to be studied for. I'd begin counting the days, and sometimes even the hours, until Friday.

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GOT 30?

During my "corporate life," I began to find helpful ways to help me get through the long days and sometimes the long nights. I created techniques to change the energy of a meeting, to shift the mood in a room, and to help me relax, calm myself and focus. I noticed that if I could devise effective practices that would take only 30, 60, or 90 seconds, I could always find time to do them, and that they would make a real difference. I also realized that for most of my colleagues the same was true. We didn't have time to "learn" a new system, to organize our work differently or use new tools. But we could always find five minutes or less to do something...if it made a difference to help us succeed.

So I started creating useful exercises and practices that took very little or no time. I relied on my "intuitive knowings" developed through years of training that refined my psychic skills. I applied my knowledge of energy, thought and intention and began sharing what I knew with colleagues.

We'd hold meditation circles in my office after work. I'd give tips on visualizing, and I'd teach anyone who wanted to learn how they could create a more centered and balanced work life.

I've always been a teacher – a trainer – a facilitator of events. From my earliest summer days playing "school" on the porch, to my role as national training manager, I've always wanted to help others learn. To teach in ways that others could easily learn and assimilate the information.

"What I appreciated most about Willow was her vast experience in the corporate, spiritual, and coaching arenas.

*Beth
Missoula, MT*

I've created this simple but powerful system of learning for you – the businessperson of the 21st century. This new system is designed to guide you in ways that you may not have thought about before, and offer real and qualified support as you view your own situation in a new or different perspective.

The products and programs are a result and blend of my rewarding business experience and life as a natural-born psychic and intuitive. Everything that you find here incorporates every part of who I am – walking, talking, and working as a spiritual human being.

