



The RX for Power: Partnership

The phone rings. "Hi, This is Tim. Is Gary home?" Tim Thoma is Gary's triathlon buddy. I talk to Tim about once a week as is he calling and trying to schedule a training session with Gary. Tim has big plans — the Wisconsin Ironman in September. They started working out in January. Every week they do an open water swim with a goal of 2 miles. They also plan a "long" bike ride each weekend with the farthest to date being 101 miles. And, they also swim or run a few more times each week.

Tim says, "everyone has highs and lows of motivation" and Gary helps him have more of the highs. When Tim is training alone and the alarm clock goes off at 5:00 am, he calls it a "workout," but, when the alarm clock goes off to train with Gary at 5:00 am, he calls it "camaraderie." Tim says the best part of their partnership is the friendship that has blossomed. He enjoys hearing about Gary's family and work life and feels it is better than the best sitcom on TV or the 10:00 news. (What does Gary say about me?) Tim agreed maybe we should call his partnership with Gary "healthy entertainment!"

Partnerships can be a powerful addition for many of life's situations. Coaching is all about partnerships that provide accountability and non-judgmental support. Through our coaching partnership, Rita Anderson went back to school, got a new career and, best, is moving to a small MN town and buying a house with the perfect yard. Lisa Clausen and I discovered through her NeedLess Assessment she "needed" to be independent and creative, and her own boss. She quit working at 3M on May 6, 2005 and became the proud owner of a Budget Blinds franchise in Cambridge, MN (763-444-7543). Steve Tonder, Technical Support Specialist at Medtronic, states that "coaching has created a 'sizzlin' Steven," no longer a "tired Tonder." Another coaching client, MeLeah Wicker, a Research Engineer at Medtronic Sofamor Danek says, "Nothing has changed but my beliefs — which have changed EVERYTHING. The real me is good enough!"

This week Tim will train about 14 hours with Gary alongside for many of them. Yes, partnerships create energy from the synergy. Tim and Gary know the secret, "two heads run better than one!"