

Seventeen Gorman

ADVISORS LLC

"Innovation through Collaboration"



Creating Individual and Organizational Excellence via Leadership Development, Management Development, Mentoring, Coaching, Team Building, Skill Building

Achieving Excellence

Issue 16

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Welcome

Welcome to the January issue of "Achieving Excellence" which is inspired by clients and friends of **Seventeen Gorman Advisors**. We enjoy new ways of thinking and new ways of helping you achieve your goals.

Seventeen Gorman Advisors is a consulting practice focused on improving individual and organizational performance through skill building programs and developmental services.

Our approach to problem solving and issue resolution involves client participation at all points in the process. Above all, we listen to our clients to understand their needs and goals so that the solution we develop together - as true partners - provides a sustainable business advantage.

Best Regards,

Jeffrey C. Leventry
Principal

In Your Quest for Excellence

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie

Practicing Gratitude



As the new year begins, it is important to reflect back on last year's accomplishments as we craft a plan for achieving success in 2020.

I believe that part of the reflection process involves being grateful for the opportunities we have been given in life, together with the good fortune we have enjoyed. Many mental health professionals believe that making a list of things we are grateful for provides us with a "lens of gratitude" that allows us to focus more clearly on the things that bring value and meaning to our lives. Author Melody Beattie adds insight to the process by stating that "gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

One of the approaches we can utilize to cultivate the habit of feeling grateful is to practice gratitude as part of our everyday life. There are many things we can do to practice gratitude, and none of them require a major investment of time or effort.

Ways to Practice Gratitude

First, we can offer thanks to those who have been instrumental to our success in life. This can be effectuated via a simple phone call, thank you card or a quick, sincere text or e-mail message.

Another approach is to do something nice for someone in need of assistance. It could be offering a kind word or compliment, helping someone solve a problem or lending a hand with a chore.

Volunteering to help a local charity or service organization is another way to show appreciation and give back to help those who are less fortunate. Volunteering on a regular basis is even better and allows us to use our special talents in a powerful way to help others.

The Benefits of Gratitude

Regardless of how we decide to practice gratitude, the benefits of this routine are many and potentially far-reaching. Studies show that being grateful is good for the

body, mind and spirit, and makes us feel a sense of accomplishment in our lives. It can also help put our life in perspective, and aid us to focus on the things that are truly important to ourselves, our family and our friends. Finally, it can support our effort to make a positive impact or difference in our local community, and in the lives of those who need a helping hand in order to grow and prosper.

In conclusion, the new year offers all of us an opportunity to try new things while we attempt to change the "status quo" in our lives. I suggest that we take the time to practice gratitude this year - to deepen our relationships and bolster our mental, physical and emotional health.

What will you do today to practice gratitude and demonstrate thanks for the good fortune that has enabled you to achieve success?

Everyday Leadership



During each of the college courses that I instruct, I try to find a way to incorporate a TED Talk into my lectures. A TED Talk is a short presentation that discusses constructive ideas that people can use to support a worthy cause or improve a person's situation in life.

For many of my courses that involve leadership principles, I often choose a short TED Talk by Drew Dudley called "Everyday Leadership." In his presentation, Drew calls on all of us to celebrate leadership as an everyday act of improving each other's lives. He also suggests that every person has the potential to be a leader, regardless of our role or position. In fact, many of us serve as leaders without knowing it when we offer someone help or extend a kind gesture to support someone in need.

However, how will we know if something we have done to help someone made a positive difference in their lives? Will they take the time to say thank you or provide us feedback so we realize that our actions actually helped?

During a recent chance meeting, I was given feedback by my former hair stylist about something I did over 20 years ago that made a significant difference in her life during a family tragedy. Over the course of a few months when I visited her for my haircut I would offer her words of encouragement and hope during her time of need. My investment of time and effort was minimal, and I did it simply to try to make a small difference in her life as she struggled with the loss of a child.

Because my gesture was so insignificant to me, I had forgotten that I even did it. However, for her it was something that she never forgot and she wanted me to know how much my efforts meant to her. As you can imagine, I was shocked that my gesture had made such an important impact in her life. Had I not run into her at her new hair salon I would never have known the significance of my words.

In conclusion, "Everyday Leadership" does not typically require great effort, expense or a position of power. However, your gesture of kindness can often make a positive difference and impact on those you help. Unfortunately, many times we never know if

our words or deeds make a difference.

In light of this, what will you do this week to let someone know how much you appreciate what they have done for you?

Our offerings include the following:

Developmental Services

[Coaching](#)
[Management / Leadership Development](#)
[Meeting Facilitation](#)
[Mentoring](#)
[Team Building](#)

Skill Building Programs

[Influencing Skills](#)
[Presentation Skills](#)
[Project Management Skills](#)
[Decision Making](#)

Seventeen Gorman Advisors looks forward to collaborating with you.
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