



The B@llpark

February 2010

Issue Number 2

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Sleeping Rough

Last Saturday night saw me and my family sleeping rough as part of the YMCA Sleep Out challenge. The aim was to raise awareness of homelessness in the UK and raise funds for the YMCA's work with homeless people.

Well, the temperature was -5°, colder with the wind chill. It was cold, noisy and uncomfortable. We were lucky – we were only out for one night – and we had thermals, a thick sleeping bag and a supply of hot drinks. Nevertheless it was grim. And for many people, this is what they face every night.

If you'd like to support the cause you can still donate at www.justgiving.com/kirbys.

Neil

Welcome

Welcome to The B@llpark, our latest E-Newsletter from The Red Rubber Ball Company. For more information about us, our services and how we can make your life better, visit us at www.redrubberball.co.uk. There is bound to be some stuff there that will interest you.

We hope you find The B@llpark interesting, curious, fun and different. If you want to write to us about anything in here or anything you want to see, please email us at info@redrubberball.co.uk.

Neil Kirby Steve Williams

Professional Coaches working with progressive people to do stuff differently

Latest Events

Directors' Forum

"a brilliant platform for brainstorming with experts from different sectors. It has given me invaluable business support and feedback"

That's what Katie Gibbs, Managing Director of MyMindMatters, thought of the session in December.

It provides an opportunity to discuss issues, strategies, plans and leadership styles with other non-competing Directors – go away informed, inspired and ready to take action.

We hold one session each month in central London, available to just four Owners or Directors and places go very quickly.

Our next Director Forums are listed below so check your availability for the next few months and let us know which dates suit you best?

11 March

16 April

6 May

If you want to join a future session, simply contact us and we'll add your name to the waiting list.

Full details can be found at www.redrubberball.co.uk/what.

A Community Interest Company?!

We set up The Red Rubber Ball Company as a CIC because we're proud to commit our time and profits to community projects.

We are a limited company that operates for profit, and commit to use those profits to help others less fortunate than ourselves. How fantastic is that?!

Working with us you develop new skills, build your business and give something back to society.

In 2010 we're committed to the villagers of Mundeku in Kenya - to help them grow crops on five acres of land for the 200 orphan children in the village. We're looking for others to join us in raising funds, buying materials like a pump & irrigation equipment and putting it all in place.

If you have that adventurous spirit, want to learn about yourself and give something back, get in touch with us.

Go on, **JOIN US**.

Check it out at www.redrubberball.co.uk/what.

Contact Us

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You can follow our blog at

www.redrubberballco.wordpress.com

and on Twitter we're

[@redrubberballco](https://twitter.com/redrubberballco)

Are you Accountable?!

As an Owner or Director in any organisation, you're probably largely only accountable to yourself. If you decide not to do something (like following up leads or dealing with a troublesome client or colleague) you can generally find good reasons or excuses for putting it off. You might feel better by justifying your decision to delay or avoid something you're uncomfortable with.

You might even distract yourself by doing something else that's more comfortable; being busy avoiding that other task.

It can be the same with things in your personal life too. Last month you may have set a New Year's Resolution. Have you kept it up? Sometimes when it gets difficult or inconvenient, good intentions are simply not enough. How often have your dreams or aspirations faded away through inaction?

But being held accountable ensures that you do the things you've said you'll do. And if you haven't, then it helps to reflect on what prevented you and how you can overcome that.

So consider having an "accountability buddy". Maybe pair up with a friend or colleague and agree to talk once a week about things each of you commits to doing that week, and whether you completed the previous week's list. This way you can do each other a favour by holding each other to account. As a result you'll both achieve more of the things you'd planned.

Remember, if you haven't done everything on your list, there's no need to justify to your buddy why. Your reasons or excuses are only relevant in helping you identify what you need to do next, so that you achieve your particular goal.

And in a partnership (whether at work or socially) you might talk about holding each other accountable too. We prompt each other, not to pass the buck or apportion blame, but so each of us achieves more of what we want.

It's an angle to our coaching that really suits many clients – the discipline of a regular scheduled meeting or phone call with a coach who'll support them, focus their mind and push them to get on with it.

We have the advantage of being independent – of simply wanting you to succeed. And we're accountable too (to you) – to do everything we can to help you succeed.

Antoine Lever recently posted the following on Linked In:

"I've asked Neil to help me on a range of issues including personal, social and business challenges that I've faced. On each occasion Neil has helped me work through my problem to a great solution and I'm very grateful."

So if you're serious about wanting to change some aspect of your life or the way you work, give us a call. Here's that number again – 01707 395850.

Wise Words

Along with the inspirational stuff that you'll find on our website, we're often inspired by other people's stories and are offering a **FREE** hour of coaching to the first person to correctly identify where this quote comes from:

*"If you think I'm the problem, you have to change me.
If you realise that you're the problem, then you can change yourself, learn something new and grow wiser".*

E-mail your answer to info@redrubberball.co.uk.

We hope that you'll find our monthly newsletter interesting, but if you'd rather not receive it any more, you can unsubscribe here.

[Unsubscribe?](#)

We do not pass on contact details to other organisations.

You're also welcome to include any items in your own newsletter, magazine or website. Please simply acknowledge your source.

The Scarecrow's Song

If you haven't seen it yet, we completed our first book just before Christmas, a short illustrated tale called "The Scarecrow's Song".

We've had a great response – so rather in the style of movie trailers, or theatre billboards

"Really admired your book - I thought it was a lovely idea and beautifully presented."

"It's wonderful, quite thought provoking and beautifully illustrated."

Copies are available on our website at www.redrubberball.co.uk/shop.

Inspirational Stuff

If you click on www.redrubberball.co.uk/inspirations you'll find a whole bunch of stuff that inspires us. There must be stuff that inspires you too. Let us know what it is, and if we like it enough to feature it on our Inspirations page, then we'll offer you a free hour- long coaching session. No strings. Simply email it to us at info@redrubberball.co.uk.

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