



Staying An 'A' Player?

Ann Golden Eglé, MCC

April 2010

An 'A' player is someone who has gained high levels of respect and trust. They are highly successful, creative, proven and their input is valued.

A team composed of 'A' players succeeds no matter what obstacles exist. This is an exciting and prosperous atmosphere in which to work.

Once you've reached the level of an 'A' player in your organization, it's not always easy to maintain that status. It takes awareness, positive focus and initiative.

A mistake I often hear is: "I'm been promoted to the Executive Team. No one can touch me now." Wrong! People are always watching and aware of what's behind your actions even if you are not.

You've heard these observations about a former 'A' player who is now slipping:

- "Sarah used to be so on top of her game but now she's more cautious, less certain of herself. I'm not sure I can trust her direction."
- "What is up with Mathew? He's become more impatient and critical. He used to be a motivating guy. Now I do what I can to avoid him."

These former 'A' players have lost perspective of who they are, what they contribute, and how their behavior affects those around them. This loss seeps into their personal life as well. Their health and relationships may be suffering.

Oftentimes, this loss of perspectives happens so slowly that we don't see the signs, we just know something is different with this person.

Being available 24/7 sounded like a good idea when blackberries were first introduced. Now, this nonstop availability can be a source of anxiety and lost perspective.

It's the space between the notes that makes music beautiful. You need space between your work thoughts to do the same in your life.

'A' players who retain their status through the years have mastered the art of work/life balance.

It's easier than you think.

First, decide what aspects of your life are important to maintain your balance. Then, create a system to evaluate your effectiveness in each area.

For most of us, balance is a combination of some or all of the following: productive work; financial security; quality time with friends, family and spouse; time for fun, recreation and hobbies; exercising

your mind, body and spirit; good health; enjoying a positive home environment; having a creative outlet, and giving back.

Just as businesses are wise to step back to work 'on' their business rather than work 'at' them, you are wise to take time out to evaluate where you are 'on' vital work/life balance rather than working so fast and furiously 'at' your life.

I suggest taking one afternoon quarterly to get away from it all. Assess where you are and what adjustments to make to get your life back to 'A' player status. An overnight 'silent' retreat to do this assessment can provide astonishing results.

To make this evaluation easy I've created a form for my clients that I am happy to share with CBN readers. Just send an e-mail request to me at ann@gvasuccess.com or call the number below.

I salute you 'A' players who have come so far, and all of you who are on your way to becoming or returning to your status as a valued 'A' player. The world and your company need you to be your very best.

Read all of Ann's Writing and Wisdom at: <http://gvasuccess.com/writing-and-wisdom.htm>

*Executive & Leadership Coach Ann Golden Eglé, MCC, has steered highly successful individuals to greater levels of success since 1998. Ann is President of Golden Visions & Associates, LLC, serves on the Board of the City Club of Central Oregon and can be reached at 541-385-8887 or www.GVAsuccess.com. *Subscribe* to Ann's internationally acclaimed 'Success Thoughts' e-zine on her website.*



Coaching for Success

Golden Visions & Associates, LLC
Coaching for Success
PO Box 1696, Bend, Oregon 97709
541.385.8887 1.888.831.8883
info@GVAsuccess.com

GVAsuccess.com