



Yule 2006

What we did this year

Travel & Learning

Mia did a lot of traveling this year, earning “gold” frequent flyer status, and not one trip was paid for by Teradyne.

We started with a late February vacation in beautiful Virgin Gorda at our usual 5 star get-away there, the home of Don & Linda. We were joined by friends Dave & Rusty, making a jolly group of 6, somewhat like our sailing vacations of days past, only without that pesky boat part.

I traveled to Arizona to study with Martha Beck in her style of Life Coaching known as “Follow Your North Star”. By happy circumstance, cousin Mark & Patty were in town at their western getaway in Scottsdale, and we got to visit them there for a few days before my class began. Peter happily jumped aboard for this part of the trip, and we got the chance to do some gentle hiking and touring, including a day-trip to Sedona. I saved a bundle on hotel bills thanks to a generous invitation to stay on at Mark & Patty’s place rather than stay in the pricey hotel where the training was being held!



NLP is Neuro-Linguistic Programming, a technology for working with people, and helping individuals or groups that can be adapted to many different areas—personal achievement, teamwork, sales training, overcoming fears and phobias—there are many applications! Since 2003, I have been studying NLP and getting a number of certifications in using it in various ways.

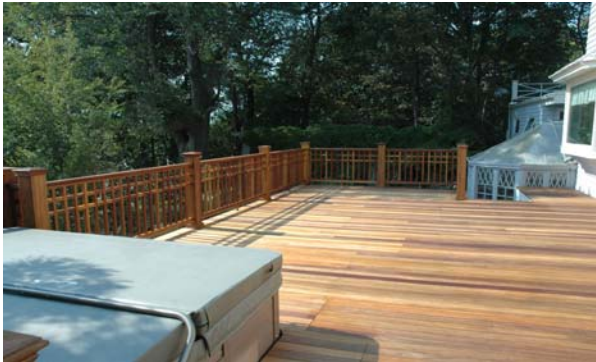
I attended an advanced NLP training given just outside of San Francisco for 3 weeks, given for one week at a time in May, July, and September. This was an opportunity to study advanced NLP with three of the top trainers in the world, not to mention a very advanced group of Master Practitioners in the class, in using NLP for health and wellness. This intense program gave me pretty much NO free time to figure out how to hook up with friends in the area, so that possibility will be explored more in the year or so to come (more on that later). Met some wonderful people from many far-flung places, and had some very memorable breakfasts, complete with laughing until we all had tears streaming down our faces on several occasions—a great way to start the day.



In November, Barb (my partner in our budding training and coaching business) and I went to the San Antonio area to present a 2 hour workshop at the Labyrinth Society’s annual gathering. That’s the San Antonio Riverwalk above.

Improvements

We're working with architects on several house projects, including that seemingly never-ending kitchen planning, and we got our back deck done, in time for this year's family reunion, held here in Nahant.



New deck—August 2006!!

Family Reunion

Had the 2006 reunion in Massachusetts, done as a joint venture with cousin Mark & Patty in Peabody and ourselves in Nahant. It was a lucky coincidence that we got our new back deck completed just in time for the event, but having the reunion here sure helps get projects around the house done!

Check www.fourwinds-nahant.com for house news through the year—I hope to do a major update early in the year.

www.truenorth-alchemy.com for Mia's new business news—consider signing up for the e-newsletter!

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2007 and Beyond

As I reported last year, Teradyne had announced that they were looking to "outsource" ALL of their Information Technology function, and they did that as promised. I was hoping to get a layoff as part of this transition, since it seems my other option would be to be transferred to work for the outsource company, and, really, my interests have been leading me toward that coaching and training stuff. I did not want to have to start with a new company continuing what I'd been doing (which was really getting "old" with increasing corporate bureaucracy to wade through!). So, I reached 30 years at Teradyne on December 1, and my last day as a Teradyne employee will be December 29.

It took a while to get used to this huge change, but thanks to some NLP techniques and taking my own coaching advice (not to mention some help from the good friends and resources I have in the coaching & NLP world, most notably my teacher & mentor Marilou Seavey), I am at this moment looking forward to my freedom and excited to have a chance to do all the things I've always wanted to do without hindrance from a day-job that isn't part of, as Martha Beck would say, "Following My North Star".

I have some time, given the severance package I received from Teradyne, and I'm going to be what I've always wanted to be—a coach, NLP practitioner, trainer, artist, writer, speaker, - no lack of things to be, think, do and try!

I'd like to do some corporate contracting, and at the moment, I'm especially interested, given my experience, in being a 3rd party consultant to companies engaged in outsourcing to help manage and support the HR aspects of the transition stage.

I'm also doing some simple web site creation for small businesses, and for myself. Now that I have some time opening up, I hope to learn some more advanced web tools. Working with people to get their small enterprise "on the grid" is the enjoyable part of IT work that is now lacking due to large enterprises' love of bureaucracy.

Peter is still working at Draper Laboratory, in his 38th year, and he is happy with this job, and it seems all is stable on that front. (Good thing with all the excitement in my career path!)