

## HPCG High-Performance Coaching Newsletter #23, Ralf Wolter



Dear Reader,

how would you rate your patience levels recently? For me and probably most of us the answer is: there have been better times.... The Covid pandemic is tugging at everyone's nerves and it feels like there is nothing we can do about it. I don't like waiting in general and especially not if the situation is forced upon me. I recently read an African proverb that says: "Humor and patience are the camels that get you through any desert".

Let's stay with that analogy for a moment. Most people think that camels store water in their humps. That's actually not true. The water is stored in the stomach. Camels have adapted perfectly to their environment and can cross vast desert areas where they can find neither water nor food. They can survive up to ten months without a single drop of water. Then again, a thirsty camel can drink 200 liters of water in just 15 minutes  
– yes, that's 13 liters or 3.4 gallons or 23 pint per minute ☺

If you think of the current pandemic or any other lengthy season in your life:

- What are the camels that get you through the desert?
- How do you fill up your water tanks afterwards?

With the answers in mind, write down three action steps on how to restore your humor & patience tank:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

My answers:

- 1) Collect facts about the situation, don't get stuck in (angry) emotions
- 2) Brainstorm opportunities: what is still possible during the limitations and waiting time?
- 3) Shift focus to other areas of life or start new hobbies or initiatives. At the end of last year we adopted Capo, our new dog from the local animal shelter.

If you want to use your waiting time for improving your skills, here is a suggestion. Check out PowerSpeaking's blog of their all-time favorite tips when presenting to [Senior Executives](#):  
<https://blog.powerspeaking.com/executive-presentation-tips>

Have a nice weekend! And if you need to work during the weekend, make sure that it is fulfilling.

Best regards,

Ralf Wolter

HPCG® Founder, Coach and Consultant

If you know someone who would benefit from this newsletter, please invite them to [subscribe](#).