

Ready for Change Update - December 2009

The last update of 2009!

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1. Coach's Corner

I'd like to invite you to reflect on a question that has made a big change in my life over the last few months. First, get yourself a blank piece of paper, or open up a text document. Challenge yourself to come up with about 20 answers to this question:

What am I tolerating?

What are you putting up with? What's going on in your life that is taking up your energy because you tolerate it?

When I answered this question, I stared at my blank piece of paper thinking that my answers wouldn't lead anywhere... and was I ever wrong. The first night, I made my list ("stupid cell phone plan" ... "Ontario Today" (a CBC radio show that really grates on me) ... "being on mailing lists" ... "a client who always arrives late"... etc.). I didn't make any plans to deal with the list; I just made the list. And I posted it by my desk. And by the end of the month, I had somehow eliminated at least 50% of the things I had been tolerating.

The act of identifying the things that were sucking away my energy, and realizing which of them I had control over, moved me into action. I've changed cell phone plans, stopped listening to Ontario Today, unsubscribed from numerous mailing lists, spoke with a client about punctuality, etc.

I'd love for you to experience this change. So ask yourself... what are you tolerating?

2. Fill out a short survey for the chance to win a \$50 gift certificate- Dec.8 deadline

What do you really think about coaching? In the interests of becoming a better coach, understanding my clients better, and understanding why people do or don't choose to work with a coach, I'm inviting you to fill out a quick survey.

Complete the survey that best applies to you:

- [Current Ready for Change coaching clients](#)
- [Past Ready for Change coaching clients](#)
- [All the other wonderful people reading](#)

I appreciate and value the time you spend sharing your opinions and helping me improve my coaching and my coaching business. And yes, there's a prize up for grabs - one survey respondent will receive a gift certificate for \$50 - equivalent to either a free half hour

coaching session, or \$50 off registration for the One Change course (see below).

3. One Change Course

It's finally here! In November, I piloted the first version of the One Change course, and now I'm opening the course for its full launch in January. Here's the idea: we all have changes we want to make in our lives. Sometimes we have a list of changes as long as our arm. And change is hard. The first step is hard. Keeping up momentum is hard. Focusing on what's important is hard. Doing it on your own is hard.

But the One Change course changes all that.

In the [One Change course](#), you choose one - just one - change you want to make in your life. Over the course of a month, you commit to making that change, and you do it with the support of a group of three or four other people (all of whom are also making one change), a Co-Active Coach (that's me), structured homework assignments, and weekly classes.

You can read all about the course [here](#), and you can sign up for January's course by sending me a quick email. I'd love it if you would spread the word to anyone who might be interested in joining us.

4. Out and About

The past month has been busy with the thrill of the [One Change](#) pilot. I made some time to drop by [Setting the Agenda 2010](#) to discuss cycling and public space issues for Toronto's mayoral election, and spent the morning today watching City Council debate the proposed billboard tax bylaw (read all about it at [Illegal Signs](#)). I've been burning up the [twitter feed](#) fundraising for a charity close to my heart, [Engineers Without Borders](#) (you can support my fundraising goal by [contributing here](#)). Later this week I'll be dropping by the [MaRS Centre](#) to listen to [Mary Stacey](#), my colleague and the Managing Director of Context Management Consulting, speak about [collaborative leadership](#). And later on this month, I'll be meeting up with the talented [Safina Khimani](#) to learn more about the coaching approach she brings to style and self-expression. Finally, I'll be taking time off at the end of the year - wishing you all a good holiday and Happy New Year.

Thanks for reading! This has been the latest issue of my so-far sort-of-quarterly newsletter. As always, more information is available on my [website](#), and my [blog](#) usually gets weekly updates related to some aspect of coaching and personal growth. Please feel free to forward this newsletter or spread the word to anyone you think may be interested. If you'd prefer not to receive newsletters, just hit reply with "unsubscribe" in the subject line. No worries.

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