

Ready for Change Update - January 2010

January: change is in the air. Resolutions, goals, themes, commitments. Here's a taste of what's going on at [Ready for Change](#), and one change I'd particularly like you to make note of: I have a new phone number. You can now reach me at 647-210-6590.

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1. Coach's Corner

My theme for 2010 is **IRRESISTIBLE**. I'm inviting magnetic, irresistible energy into my life: energy that will attract coaching clients, business, projects, growth, learning, friendships, romance, and lots, lots more.

My key to **irresistible** is **invitation**.

What irresistible invitations am I going to put out into the world?

Earlier this month I decided I'd invite fun and laughter into my life for January. On a day-to-day basis, I've chosen to invite a potential client to work with me and to invite out friends I hadn't seen in a long time. I've made less tangible invitations too: inviting focus and productivity in for a day, inviting creativity to drop by for an evening, inviting health to come with me for a run. I focus on making irresistible invitations, and then trust that the right people and right things will show up.

And now I'm making the invitation for you to explore these questions too:

- ~*What invitation do you want to make?~*
- ~*What invitation would you find irresistible?~*

2. New: The Coaching Kickstart Package

The [coaching kickstart package](#) is a commitment to four rocking coaching sessions.

A coaching kickstart is ideal for:

- people who are curious about coaching, and want to explore it in a short-term way
- people who don't want coaching on an ongoing basis, but do want a few conversations on a particular issue to gain clarity, generate energy, and move into action
- people who have been coaching clients in the past, and who want to come back in the short term for a refresher.

Great times to get a coaching kickstart are:

- during transitions, such as the end of a job, start of a new job, graduation, start of a new project, moving, changes in family situation, developing new habits
- to reflect and choose actions at the end of one year / beginning of another year (e.g. January, September, or around your birthday)
- when starting or ending a project or phase of your life
- when you are asking, "What's next?"

Read more [here](#).

3. One Change Course

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 and sign up [here](#). The next course starts March 18th.

4. Out and About

My training in [therapist skills](#) is intensifying, with two weekend courses this month. The first was on "Opening the Heart", and I left feeling high on love! Next up, I'll be assisting at a coaching course, [Co-Active Coaching Fundamentals](#). At Context Consulting, I'm working on the registration and logistics side of our upcoming event, [The Alchemy of Leadership](#). And in February, I'm taking three weeks of refreshment, stepping back from coaching to do some things to energize myself, put all my various projects in order, and then get back to all of my wonderful clients in March, full of energy and enthusiasm.

What are you inviting? What would you find irresistible?

~Laura

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Thanks for reading! This has been the latest issue of my so-far sort-of-bimonthly 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.

