

Ready for Change Update - April 2010

The green buds are finally popping out on the trees on my street. That's a change I've been ready for!

In this **Ready for Change** update: I talk about examining and exploring habits and patterns, announce my new work as a transpersonal practitioner, mention my weekly coaching tip-of-the-week emails for interested folks, and set the date for my next day of free sample coaching sessions - May 6. Enjoy!

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1. Coach's Corner: Recognizing Patterns

At the beginning of 2010, I decided to [toss SMART goals out the window and live by a set of intentions](#). One of the intentions that keeps teaching me is: "I recognize my habits and patterns and actively experiment with new ways of being."

Here are some habits/patterns I have been noticing in myself, some of which I value and some of which I recognize as unhelpful:

- Being on time.
- Being prepared.
- Being slow to speak.
- Doing one thing and then going home to regroup before doing another thing.

I don't know where all of these habits/patterns originated, but I do know that it has been a long time since I questioned them and evaluated which of them are serving me. So I've been actively experimenting with new ways of being in the last few months: sometimes I show up late. Sometimes I skimp on preparation. Sometimes I blurt something out before I've thought it through. Sometimes I schedule more than I think I can handle.

The point has been to notice what I have been doing in an unconscious, non-deliberate way, and to experiment so that I can make a deliberate choice about how I want to behave. It's been an experience full of learning for me.

~What patterns do you see in your own life?~

~What changes will you experiment with?~

2. New: Transpersonal Coaching and Therapy

As I prepare to enter my third and final year of training at the [Transpersonal Therapy Centre](#), I'm thrilled to announce that I'm beginning to practice what I've learned in two ways: 1) as a transpersonal therapist; 2) as a coach focusing on a transpersonal perspective.

And for those of you saying, "What the heck does transpersonal mean?", rest assured that I spent at least the first year of my training program trying to understand that myself!

According to transpersonal theory, we are all on a path of psychospiritual development. Our society emphasizes the **personal** level - maturing as individuals, working with the objective and quantitative, setting goals and completing tasks. The **transpersonal** level goes beyond the personal - it is not the language of goals and tasks, but the language of transformation and personal discovery. It is the level at which we tap into the "higher self", or what some might call the soul or the spiritual.

My transpersonal work draws on [Gestalt psychology](#), imagery and intuition, metaphor and archetype, [Theory U](#), visualization, and [mindfulness](#).

Transpersonal work might be a good fit for you if:

- you identify as expanding beyond goals and tasks and into "meaning", or "calling"
- you are interested in mindfulness or in spiritual thought
- you want to deepen your compassion and ability to act from your heart
- you want to examine the unconscious beliefs that are guiding your relationships and interactions

If you're interested in working with me in this field, I'll be accepting clients starting in May. I'm charging a nominal I'm-still-a-student rate of \$40 an hour, and will be working with transpersonal clients in person, twice a month (2 x one hour sessions). If you have any questions or would like to learn more, I'd be happy to talk with you further about transpersonal work.

3. Coaching Tip-of-the-Week Email List

Once a week I send out a quick, short email that explores some of the theory and tools behind coaching (e.g. using metaphor in a coaching conversation, or holding your client/coachee accountable). The email consists of a quick intro to the topic and an example of how to use the coaching skill in a coaching conversation. If you're interested in a behind-the-scenes look at coaching, or find that there's an element of coaching in your job or position, then you may be interested in receiving this short weekly email. If you are, please let me know and I'll add you to the distribution list.

4. Free Sample Coaching Days - now monthly

Since beginning my coaching practice, I've regularly offered free sample coaching sessions to anyone interested in seeing what coaching is all about. The majority of my clients first found me through a free sample session. I always love the opportunity and learning of coaching a variety of people on a variety of topics, so I'm now offering a free sample coaching day **every month**. If you've never tried coaching but you're interested in seeing what it's like, contact me to schedule a free sample session on [the next sample coaching day, Thursday May 6](#).

Also, a reminder that if you refer me to someone who subsequently becomes one of my coaching clients, then you get a free coaching session for yourself!

What patterns do you see in your life? Which changes will you experiment with?

~Laura

Laura McGrath | Coach and Facilitator | <http://readyforchange.ca>

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.