

Ready for Change Update - June 2010

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1. Coach's Corner

Last year, when I attended a four-day residential as part of my therapist training program, I noticed one of the members of the graduating class sitting off to the side, watching everyone. I asked her if it was sad to be attending her last residential, knowing she wouldn't be here again. She said that yes, it was, but that "there is something to be said for not mourning something before its time."

Her words have stuck with me for a year. There is something to be said for not mourning something before its time. I have a tendency to start feeling sad about a loss or change long before it has happened. Rather than find what there is to love in the transition, or appreciate what still is for as long as it lasts, my head and heart like to run ahead to the future and start getting nostalgic for something that hasn't even left me yet.

I'm moving to a new apartment in a month or so (which I am excited about), and I've already noticed myself wanting to mourn the loss of my current apartment before I leave it. I've reminded myself not to mourn it before its time, and I have chosen to enjoy and appreciate every last moment here. The quality of the experience is different as a result: the difference between, "After I move I won't be able to sit on this porch in the morning again, and I'm sad about that" to "This is my last month of sitting on this porch, and I am going to fiercely love every moment of it."

~When do you notice yourself mourning something before it has gone?~

~What is there to appreciate in what is here for you right now?~

2. Two Hours of Perspective - June 26, 2pm-4pm - you are invited

On December 30, 2009, I gathered together people from all areas of my life for the first [Two Hours of Perspective](#), looking back on the year and decade that was, and dreaming ahead to the 2010 we wanted to see for ourselves. It was cold and wintry. We gathered around banana bread, cookies, rum and eggnog and shortbread, and candles, and good conversation. Lots and lots of good conversation.

Coming out of that evening, one person set out on a healthy living goal that has just gathered more and more speed ever since, like a snowball of healthy goodness. Another person took the vision of his Future Self and turned it into a tattoo to remind himself of the force he wanted to be. I wrote down the words I wanted to guide me for 2010, and regularly revisit them and tune back into my intentions for the year.

As I look out my window now, at an explosion of greenery, at flowers running rampant, at 30+ degrees of Toronto summer, the time is ripe for **Two Hours of Perspective, Redux**.

Mid-year, let's gather together to reconnect with our goals and dreams for 2010, share where we've been, and dream about what we want as we move to summer and then to fall. Whether or not you were at the December Two Hours of Perspective, you are invited to **Two Hours of Perspective, Redux**, on Saturday, June 26 from 2pm-4pm (probable location: Bloor-Bathurst area).

Email me to RSVP and for more details. Hope to see you there.

3. Everything Else at Ready for Change

-The next **free sample day** - a chance to sample a 30 minute coaching session - is June 17th. You can find out more [here](#).

-A reminder that if you are an existing client, and you refer someone to me who subsequently becomes one of my coaching clients, then you get a **referral bonus**: a free coaching session!

-I've boosted my coaching quotient on **twitter** by starting a daily "**complete this sentence**" thought - you can follow along (and participate!) on twitter - <http://twitter.com/laurajomcgrath>.

-If you're interested in some of the behind-the-scenes theory and skills for coaching, you might want to join my **Coaching Tip of the Week** email list. It started as an email to four friends interested in coaching, and now it's a weekly coaching tip sent to a 20+ person list. Send me an email to join in.

4. Out and About

Things get busy every May at [Engineers Without Borders](#), and I got to join in on the fun, running workshops on learning, facilitating, and self-awareness with the Junior Fellows headed off for overseas placements and the incoming EWB chapter presidents. I had another chance to see some of the magic behind the curtain for U of T's [Leaders of Tomorrow](#) program, running a team development session with the amazing staff who make the program happen. I've just completed the second year of my [therapist training program](#) - it's been a long haul, and now there is just one more year to go! I'm starting to practice what I've learned, taking on therapy clients at a discounted rate, and working with some transpersonal principles in my coaching. Finally, I'll be taking my coaching skills up another notch by taking another [coach training seminar](#) in June - this course is focused on coaching skills to invite clients to be and experience what is happening for them, rather than just talking about it, and on coaching with emotionally-charged issues, or when things get a little chaotic and unpredictable. Add in a few commitments out of town and moving to a new neighbourhood, and once again it's shaping up to be a busy summer, and a joyful one.

What is there to appreciate in what is here for you right now?

~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.