

Ready for Change Update - October 2010

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1. Coach's Corner

I got married a few weeks ago, and it would be disingenuous to pretend that marriage isn't the biggest thing on my mind right now. My coach background came up in a few ways as we made wedding decisions - I'll describe one of the ways.

Once a few friends and family members found out we were planning to get married, we were treated to a plethora of requests and opinions about how we should go about it, and when, and where, and what we should do to celebrate. Amidst the blizzard of input, I started feeling confused about something that had seemed simple and straightforward.

Thinking of what coaching had taught me, I suggested to my fiancé that we talk about **what values we wanted our wedding day to embody**. Together, we chose simplicity, family, commitment, and joy. Once our values were clear, the decision on where, when, how, and with whom was simple. We married at City Hall, wearing clothes we already owned, with a family heirloom as a ring, with five family members with us to witness and share our joy, and without a rehearsal dinner, invitations, a gift registry, a honeymoon, bridesmaids or groomsmen, or a colour scheme.

It worked for us, because it was in line with our values. It wouldn't work for everyone, because everyone's values are different.

Where are you struggling to come clear on a decision? In what situation is a cacophony of advice keeping you from hearing your own voice? I invite you to ask yourself what values you are yearning to honour in this decision or situation, and to enjoy the clarity your values can offer.

~What values are you yearning to honour?~

~What values are crying out for your attention?~

2. A Coaching Invitation

Have you been sitting on the fence about this whole coaching business? Do you find yourself interested, but haven't yet decided to commit? Do you read these newsletters and notice something spark and respond in you, but as of yet the time hasn't been right?

If any of these are true for you, I invite you to make October the month that you take the plunge and find out how coaching can be exactly the right thing for you.

I work with clients all over the world, thanks to phone, Skype, and the internet. No matter where you are, we can find a way to fit 30-minute weekly coaching calls into your schedule, and for those calls to be the playground where you can discover your own growth and your

own horizons. It can be one of the easiest things to integrate into your life, and one of the most challenging - because coaching will call on you to step up and into your true self, and to rock it like you've never rocked it before. It can be exhilarating, and stunning... it can be quiet, and subtle... and it can take you places you had not thought you would go.

I truly believe that everyone should have the experience of working with a coach. And I would love to work with you. If you're hearing this invitation - really *hearing* it, like it echoes somewhere deep inside you - then please get in touch so that we can talk more. I'll be waiting for your call.

3. Everything Else at Ready for Change

*The next **free sample day** - a chance to sample a 30 minute coaching session - is October 15th. You can find out more [here](#).

*If you're interested in some behind-the-scenes coaching theory, drop me a line to join my **Coaching Tip of the Week** email list.

*I'm training to deliver the fantastic, eye-opening [Board of Your Life](#) program. Let me know if you're interested in experiencing it.

4. Out and About

I've been less out and about these past few months, and more planning and scheming and integrating. A bunch of ideas and projects are gestating at Ready for Change, including group and peer coaching, facilitation training, a website overhaul, and a new online client booking system. I'm honouring my value of community and civic engagement as a volunteer for [Jonah Schein's campaign](#) for city councillor in Ward 17 in Toronto, gearing up to return for my final year of therapist training, and, of course, learning and adapting to this whole marriage thing. I'm marvelling at how every change, every growth, every transition, and every piece of stability and sameness has its own gift to offer in my life.

What values are you yearning to honour?

~Laura

Laura McGrath

Ready for Change <http://readyforchange.ca>

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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.