

Ready for Change Update - December 2010

The last update of 2010!

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1. Coach's Corner: A December Invitation for You

I'm floating towards the end of 2010 with a lot of joy. As I start to look back on the year behind me, I'm reflecting on the realizations, learning, and decisions that have shaped my year.

I Invite You to Be Grateful, Proud, and Celebratory

As you embark on the December whirlwind, I invite you to start looking back on your last year in a thoughtful, appreciative way. Institute a daily practice for December. Start each and every day by reflecting on one thing from your 2010 that you are grateful for, proud of, or celebrating.

Everyday, choose one question to answer:

- What's one thing from my past year that I'm grateful for today?
- What's one thing from my past year that I'm proud of as I look back today?
- What's one thing from my past year that I wish to celebrate today?

I'm even going to up the ante... I dare you to SHARE these things.

Here's how:

-post it on your blog (and link back [here](#), if you wish)
-rock it out on your facebook status or your twitter updates
-send me an email (readyforchangecoaching /at/ gmail /dot. com) everyday. I would love to receive hundreds of emails about the grateful goodness that has been in your life!

I look forward to posting some of the beautiful entries (anonymously or with links back to you) on this site. And maybe even putting some entries into a draw for prizes.

Will you join me?

What are you grateful for?
What are you proud of?
What do you wish to celebrate?

I wish you gratitude, pride, and celebration all December long, whether you share your answers publicly, or keep the warm loving joyful secrets in your journal or your heart.

2. Spectacular Clients Featured at the New ReadyForChange.ca

Under the category of things I am grateful for, proud of, and celebrating - my amazing clients. I overhauled the Ready for Change website last month, and you can now read about [three featured clients](#) (with more to come!), and get a taste of my work with more clients in the [short notes of goodness](#) section.

3. Two Hours of Reflection, 2010-2011 Edition

And if the December challenge above has whetted your appetite for reflection, **I invite you to Two Hours of Reflection**, the 2010-2011 edition.

When: 3pm-5pm, Saturday, January 22, 2010
Where: St Clair and Dufferin (RSVP for details)

Details: Between holiday parties, friends and families, and the onslaught of year-in-review lists, where's the time for us to think about what our last year meant to us and where we are in the bigger story of our lives? It's here, at Two Hours of Reflection.

In a two-hour, intimate group gathering, I promise to provide thought-provoking questions, good conversation, and quiet time for contemplation and journalling. I'll arrange the questions and conversation-starters, chart out the flow of the two hours so that you get personal and private reflection, and the chance to reflect with others, and I'll have some art supplies and wine/eggnog/something on hand. You bring a journal or notebook, or anything else that will help you look back on the year past and look forward to the year to come.

Please RSVP for event details. I look forward to welcoming you to reflect!

New this year: *I'm planning on a spin-off group from Two Hours of Reflection, inviting people who are interested to commit to meeting monthly (virtually or in person) for all of 2011, building off the reflection and intentions you set during the January 22 event. Imagine a community coming together to support each other in our 2011 endeavours, and to hold that community all year long. Join us!*

4. Schedule Now for 2011 Appointments

I'm already booking coaching appointments into 2011, so plan ahead. Start 2011 with a commitment to yourself and your growth. If you're already a client, you can book now for your 2011 appointments by logging into the online client system. If you're a new or interested client, please contact me to arrange a free initial consultation, and we can jointly plan to work together in the new year.

5. Last Free Sample Day of 2010 - December 7

2010's last **free sample day** - a chance to sample a 30 minute coaching session - is December 7th. Drop me a line if you'd like to schedule 30 minutes of free coaching with me.

6. Wrapping Up

The year in quick review:

First, I decided **To Hell With Smart Goals**, and instead [set my intentions](#) for the year. I instituted **Two Days That Have Made All the Difference** - a [weekly internet-free day](#) (which took a big hit as my volunteer gig got busy, but which is now making a comeback) and a [monthly reflection day](#). I hosted two **Two Hours of Reflection** events, one at the [end of 2009](#) and one [halfway through 2010](#), at which I said that I wanted more romance in my life (three months later, I was married). Toward the end of the summer, I designed my **Self-Made Vacation** and did what I needed to do to [get my energy back](#). Finally, the year started feeling like it was winding to a close when, in the fall, I returned for my final year of training at the **Transpersonal Therapy Centre**, and realized [what a transformative program it has been](#) for me.

And now I close the year by returning to my invitation for you to institute a daily December ritual:

What are you grateful for?
What are you proud of?
What are you celebrating?

~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, you can unsubscribe [here](#). If you're interested in some behind-the-scenes coaching theory, you can head [here](#) to join my **Coaching Tip of the Week** email list.*