

Ready for Change Update - January 2011

Happy New Year!

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1. Coach's Corner: Just Like Me

I've been reading about [contemplative psychotherapy practice](#), and one of the exercises that caught my attention is the practice of observing, "Just like me."

Imagine this: I'm in the lineup at the grocery store, and the couple in front of me is bickering. "Why are they fighting about such a small, stupid thing?" I think to myself. "Why can't they keep perspective on what's important?"

And then I think, "Just like me."

They get worked up about trivial details... just like me. They lose perspective... just like me. They forget what's important... just like me.

The "Just Like Me" practice is sending me into deep waters of finding my connections to the people around me, noticing how my judgments often illuminate my own weaknesses, and expanding my ability to be compassionate.

Next time you notice yourself mentally criticizing someone, I invite you to ask, "How is this person being just like me?"

2. One Good Reason to Sign Up Now

Ready for Change coaching rates have increased, but from now until February 15th, you have a special chance to sign up and lock in your coaching at the reduced rate of \$200 for each package of 4 coaching sessions. Head [here](#) to get signed up!

3. New Ways to Work with Me

I'm thrilled to be rolling out three new offerings for 2011, and to announce that I'm taking on new clients. Read on for descriptions of the **Productivity Push**, the **Structure Lovers** program, and an opportunity to **Go Deep**.

--3a. Productivity Push

While working with all sorts of clients on all sorts of topics, I've realized that some people come to coaching not because they want to have deep insights, but because they want to get their asses kicked. And that is cool too! With these productive, get-things-done folks in mind, I've designed the Productivity Push, a daily program (you sign up for one week at a

time) to propel you into action and keep you on track with your goals. You can read all about it [here](#).

--3b. Structure Lovers

As a recovering structure addict, I realize how enticing it can be to sign up for a coaching program that has the steps laid out for you. If you're a structure lover too, you'll be interested in the six week Structure Lovers coaching package, and you can find all the details [here](#).

--3c. Depth Sessions

I'm in the last few months of my three year training at the Transpersonal Therapy Centre, and am spreading my wings by offering **Depth Sessions** to people who want to explore a particular issue deeply and are open to trying therapy practices. You can sign up for just one of these sessions, or up to four sessions in a row. To experience a Depth Session, you don't need to feel like you "need therapy" - you just need to have a particular topic, struggle, or block that you haven't been able to get around, and be willing to experiment with new ways to get through it. Depth Sessions are offered in person (Toronto area) and are 60 minutes in length. For February only, Depth Sessions are available for just \$50 (plus HST) per session, and you can read more [here](#).

4. Out and About

After taking a good long break over the holidays, I'm feeling a real shift in my coaching -- I'm bringing more energy, more perspective, and more awareness to each session. During my break, I went silent for three days, and spent the time in sitting meditation, without any talking, reading, writing, or other obvious external stimuli. I came out of silence with a lot of [clarity](#), and increased connection to my inner wisdom. In early January, I had the privilege of running a group dynamics workshop during Leadership Day at [Engineers Without Borders'](#) (EWB) 10th anniversary conference, and was thrilled that the book I've worked on for a few years, in collaboration with other EWB members, was released at the same conference. To put 2010 to rest and welcome 2011, I hosted [Two Hours of Perspective](#). And as February looms, I look forward to doing more whole-souled, transformative work.

Warmly,
Laura

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Personal and Professional Coaching | One-on-One Therapy | Group Facilitation

*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.*

