

Ready for Change Update - March 2011

Update Contents:

1. *Coach's Corner: What's the Story You Want to Share?*
2. *What's Bubbling at Ready for Change*
3. *Depth Sessions*
4. *Out and About*

1. Coach's Corner: What's the Story You Want to Share?

In my coaching and therapy work, I'm often encouraging people to move away from the stories they have habitually told about themselves (e.g. "I'm not good at [x]", "I'll never be [y]", "I will always be like this because..."), and to recreate their story from another perspective. What would it be to create a new narrative?

I got this reminder for myself this month when I won a conversation with [Yvonne Bynoe](#), who advises women entrepreneurs. She encouraged me to revamp my website so that I was telling my narrative in a way that would make my clients think, "Hey, she's faced similar challenges to mine, she's walked in my shoes, we're on parallel paths."

Since then, I've been exploring what pieces of my narrative I want to let you--and all potential clients--know about.

What pieces are most useful for you to know?

Is it that I trail-blazed my way as a female non-engineer in a masculine organization of engineers?

Is it that I'm a survivor of clinical depression and know what it's like to struggle with mental illness?

Is it that I bicycled alone across Canada?

Is it that I've worked in the environmental and international development sectors?

Is it that I dropped out of graduate school?

Is it that I choose not to follow my parents' religion?

Is it that I was an overachiever who has learned about balance?

Is it that I can rock out working with the [Enneagram](#)?

I invite you to ask yourself:

What's the story you've been telling about yourself?

What are the parts of your story you've been leaving out?

What story do you want to share?

2. What's Bubbling at Ready for Change

I've started a new weekly blog column, [Ask Laura](#). Anyone can submit questions to get some coaching goodness delivered! You can read the first two installments [Dreamier Jobs are Out There](#) and [Should I Stay or Should I Go?](#), and you can submit questions [here](#).

This month, I reflected on the goodness that is my [lowered tolerance for emotional pain](#), invited others to think about how they [honour their values](#), and got curious about how [pushing away experience can be a form of self-aggression](#).

3. Depth Sessions

I announced three new programs for 2011, the [Productivity Push](#), the [Structure Lovers](#) program, and [Depth Sessions](#).

Of the three, Depth Sessions has been the most popular, and if the opportunity to **go deep** appeals to you, I'd love to connect.

Depth Sessions are for people who want to explore a particular issue deeply and are open to trying both coaching and 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. You can read more [here](#).

4. Out and About

February has been full to the point of overflowing for me!

I attended a two day workshop on **Spiritual Resourcing in the Therapeutic Setting**, where we examined how individuals with different spiritual beliefs access their spiritual resources, and what that might mean for therapists working with different clients.

I spent three days as an assistant to the leaders of **The Coaches Training Institute's Fulfillment course**, and I had a chance to review and practice coaching using the concepts of Future Self, values, the saboteur, resonance, and dissonance. I also picked up two coupons for \$200 off The Coaches Training Institute's [Fundamentals](#) course--if you are interested, please let me know.

Finally, I assisted a **Gestalt psychotherapist** as he ran a two day workshop with the first year students in the three year [Transpersonal Therapy](#) program that I'll finish in June. We led a number of exercises to illuminate the patterns each of us bring to **group dynamics** and how we and others perceive how we show up in groups.

I'm delighted to be heading off for ten days of vacation in March, returning to my coaching practice on March 15th.

What's the story you want to share?

Warmly,
Laura

Laura McGrath
Ready for Change <http://readyforchange.ca>
Personal and Professional Coaching | One-on-One Therapy | Group Facilitation

*Thanks for reading the Ready for Change 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. 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. If you'd prefer not to receive newsletters, you can unsubscribe [here](#).*