

Invest in your happiness...

In 2005, the New York Times reported that Americans spend more on entertainment and communications than on groceries, gasoline, and clothing – and Canadians aren't far behind. With the focus of our expendable income aimed at creating more enjoyment and better communication we must ask ourselves, is it working? Are you spending your money on things that raise the quality of your life?

Growth is supposed to feel uncomfortable...

It is a fact that the process of learning is experienced with a certain degree of discomfort. This is because old patterns of thought and notions of reality are being challenged in order to assimilate new paradigms and realities. This process is generally met with resistance and uneasiness, but may also result in anger and fear. All good signs, these are the hallmarks of real learning, and real change.

You drive the car...

Coaching is not designed to last forever. If you become dependent on your coach or feel as if you are unable to experience progress or success without continuous coaching support, the process – and your coach – has failed you. While it is not uncommon for coaching to extend to a period of a couple of years, it is ultimately a coach's goal to leave you strong, self-sufficient and capable of generating and accomplishing new and evermore challenging goals on your own. After the formal coaching period is over, maintenance sessions can be scheduled from time to time; but the net result is that you are able to excel without intensive coaching assistance. Your coach will commonly assist you through the following three stages:

1. Identifying or uncovering goals, dreams, and ambitions that you deem important, exciting, and integral to your ideal life.
2. Developing a strategic plan or blueprint that will direct all actions and energies toward the achievement of your expressed goals.
3. Facilitating the development of necessary attitudes, behaviours, and skills that will ensure goal attainment, but also produce self-sufficiency upon conclusion of your coaching experience.

More than a cheerleader...

While you will receive objective, unwavering support from your coach – making it one of the most unique relationships you will ever cultivate – you will be routinely challenged and expected to engage in homework between sessions. You will ultimately dictate your goals and the direction that your coaching experience will take; however your coach will often ask you to overcome challenges by taking necessary, and sometimes intimidating, steps. This is never prescribed haphazardly, but rather through close attention to your readiness, ability, and strength. Your coach's job is to know when this occurs, and push you when you're ready for the push.

“Come to the edge, he said. They said: We are afraid. Come to the edge, he said. They came. He pushed them and they flew.” Guillaume Apollinaire