



Change with the season

Change.....

The word can inspire so much hope, opportunity, fear and dismay! Many of us have faced imposed change, often it has been badly planned, or not planned at all! Or, it's over-planned when we are thinking a more evolutionary approach would be better! Sometimes it doesn't make sense, or we have no stake in it, or it's downright tragic. Other times, it can be motivational, exciting, obviously required and a joy to bring about. Often the basics of change is about how we position it for ourselves and our perspective. Change is the one thing we can rely on. So, if we think about change as altering, modifying, improving or replacing something with a better alternative, and it is within our control or influence, then why wouldn't we want to change?

I was reading an article last week, about how the September Equinox is often associated with change. The taking 'stock' of what has been achieved over the summer months, what has come to fruition, what hasn't! Establishing where we are and what we have, using the longer nights for learning, reflection and planning, finishing projects, clearing the decks and planting the seeds of new strategies ideas. All of it made total sense to me as a coach, and all of these activities are key actions in positive change.

What is the opportunity?

Some key features of positive changes are that:

- You've identified it and know some sort of change is required – you've reflected (or are ready to reflect) on your experience, lessons learnt and challenges and that only change can achieve what you need. You may need help just identifying what specifics are or you may know exactly what's required.
- You want the change even if you don't know how to get there, as it helps you on your journey - the fact that you aren't sure doesn't stop you and you will use your resources, connections and brain to find out!
- You can see and can focus on the benefits of change - you can vision what the differences will be if you make changes and you are committed to testing this and adjusting any pre-conceptions or judgements.
- You have control or influence of the change - you are able to identify what you can do or what you may need to do, to make and take the opportunities you have.
- You are committed to moving on and/or growing through change – you know things will be different and you may be different and you value the experiences constructively, to act on the change, learn and grow.

What difference does it make?

Harnessing change for yourself (whether in autumn or any other season!), can help move forward in a way that respects and takes account of the past as well as bringing something new, such as:

- Making life changes
- Changes in your performance
- Changes in how you live
- Changes in relationships.
- Moving employment
- Taking on new challenges
- Stopping or reducing any activities that aren't of benefit
- Inspiring others and leading others
- Really knowing and being your true self

Giving your self permission to move forward constructively is incredibly constructive and assists in you being who you truly are, every day.

In facing the future of the volatile, uncertain, complex and ambiguous world, the benefits of using change as an opportunity can transform your own experience and help you help others do the same.

So, what's your choice? Are you going to dive into change, plan for it, reflect on it or all of those mentioned? What steps can you take to approach change in a positive way that benefits you and others?

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