

Life Transition Coaching – Change through a Coaching lens

Do you know about change? “Yes, it is all around us” your reply might be with a wince. What would happen if you connected with change with a whole different mindset? And what if you found out this new mindset is a more natural place to be with yourself than you have ever felt?

That is where Life Transition Coaching will meet you. Bringing to awareness parts of yourself you had forgotten. Insights and breakthroughs can be a lot of work and can also come quite painlessly if you raise your awareness around your beliefs. Actually the whole process can become like a dance with yourself as you try out new steps. The Power of Intention can lead you to many new horizons when well integrated into your life. The other side of this is the Power of Attraction...not the one you may be thinking about with a funny smile on your face.

Embracing uncertainty can be quite difficult for someone in need of control and it can be liberating once your awareness has risen about what exactly you want to control. These very words: Let Go, let it Flow ...can be scary for many, a sign of weakness for some, and yet for others it is the base of the ultimate empowerment. Coaching allows for a territory to explore all these dimensions with a partner, so that your path to yourself gets cleared up....Why am I here anyways? I invite you to dig deeper into your inner self, your true self. What is your true self? For how long have you traveled away from your True Self varies. It finds its source often in our education, life experiences, specially our youth, as well documented by Psychologists and Therapists. These experiences can be a wonderful builder of your strengths providing you opportunities to show up in ways you, yourself can manifest with zest. Coaching is not interested in the “**Why?**” Yet we are so used to the “Why’s” in our lives....Coaching is interested in “**What**” am I here for? It may sound the same. It is not.

The “**What**” is between Manifestation and Intention. The “What” is “Attention”. What are you setting your attention on? In every moment? Every day? You can determine a lot more of your future than you think by just allowing it to happen. This is no gimmick, this requires integrity, and feeling.

So there is Intention, then we have “belief and value” based check, then Attention, and thenwatch for synchronicities and the manifestation may surprise you in the way it comes, so keep an open mind..The important thing is: does it match your intention?

As you read these words, you probably are thinking, “I know all this” , or “I know all this and it is nice to hear it again” or “ yes, it all sounds nice but it is a lot of nonsense”. Well if you have tried everything else...and you still feel that ache to connect more with

yourself, consider this: Coaching is strength based, and it holds the client whole, capable and resourceful....that is why it moves people forward while deepening their awareness of themselves. With or without Coaching I intend for each and every one of you a Life of manifested conscious intentions. Happy New Year.

Sample of coaching thinking.....yours sincerely,

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