

Amaze Yourself Career Notes
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Information and inspiration to support you in finding and following your Passion!

In this Issue:

- **Theme & Quote for the Month: Setbacks – Moving through Resistance to Grace to Growth**
 - **Workshops in Madison, WI with Tama Kieves: Sept 23-24**
 - **Recommended Book: The Pathfinder by Nicholas Lore**
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Theme and Quote for the Month:

Life is a series of experiences, each one of which makes us bigger, even though it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and griefs which we endure help us in our marching onward.

Henry Ford (1863 - 1947)

As some of you know, I'm pregnant...33 weeks and counting! My otherwise very healthy, normal pregnancy was interrupted on Labor Day Weekend when I ended up having to have my appendix removed. Baby is doing great. Thank goodness!

So, I'm writing this from my bed. It's been a longer recovery process than I expected and it has taken me down a road I never would have chosen for myself. I have found myself wrestling with the incongruence of who I see myself as - strong, healthy, vivacious – and what my current circumstances have rendered me to be - very weak, pain ridden, and less spirited. I sense the innate drive within me to close this gap and rush the process of healing and get back to my TO DO list (which as you can imagine is pages long as I prepare myself and my family for this major transition!) Yet, the reality I'm experiencing is that healing is coming in its own time. I've realized I can either resist this... meaning force, push and try to make things happen or I can stay present, tune into and respond to what the healing process is asking of me each step of the way. The first way takes more energy and drive than I actually have so I've been blessed (ironically) to explore what it's like to live in the latter perspective.

The following insights are shared to help you bridge the gaps in your life with less stress and resistance and more empowerment and grace. What I've learned so far, I realize can be applicable to all of us who find ourselves in career challenges we don't like and want to change as quickly as possible...those of you out of a job, unexpectedly laid off, those of you not liking the job you're in or not being as successful as you want as quickly as you had hoped, those of you who've recently started a new job and it's not at all what you expected.

The phrase "Be patient and trust" kept going through my head as I lay in the hospital. I soon realized I couldn't allow myself to be patient with and accept the current circumstances unless I trusted that there was something perfect about all this, that there was something that was here to serve my growth and happiness. Patience and trust were a package deal essential for me to heal.

Now, I don't buy into, "Look at the bright side of things." Recovering from this surgery while having my growing baby kick and Braxton-Hicks contractions stretch my incision has been no picnic and I'm not going to pretend otherwise! I am however, talking about being curious and open to what your challenging circumstance is showing you about yourself and your life. As I became patient and trusted, I was able to quit resisting and questioning, "How could this happen to me when I've been taking such good care of myself?" and replace it with a more helpful question of, "What does this unexpected situation have to show me about myself and my life?" Patience and trust allowed me to relax into the experience and find it.

I was able to connect with and hear again the part of me that has gotten drowned out lately by my strong, healthy and vivacious self who's been gung whoa working through her to do list in preparation for the baby. Having this appendicitis provided me with circumstances that created my need to operate from a softer, slower, and quieter pace. This pace allows my intuition to thrive, my relationships to flourish and my own peace of mind to become priority over what I get done. None of these things, by the way, were on my "to do" list and yet they are more essential than washing and sorting baby clothes and setting up the crib. This softer, slower, quieter self knows how to prepare my heart to give and receive the love my new baby and growing family will need.

So in the end, the odd timing of this appendicitis was really perfect timing. I am thankful that this experience has brought me to a deeper appreciation for the benefits of slowing down to a softer mode of living. As I heal and move beyond this, I am committed to adding greater balance to my days- time for both action and reflection, doing and being, yin and yang. I look forward to further receiving the benefits of a lifestyle that weaves together each way of being.

If you are finding yourself living with a set of circumstances you find hard to accept, here's a recap of what may help you move from resistance to empowered grace.

- 1) Be patient and trust that there is something here that serves your highest good...something here that you want and don't even realize it.
- 2) Instead of asking, "Why me?" from a "poor me" perspective, ask "Why me?" from an openly curious place.
- 3) Relax. (Take a deep breath.) Make it your quest to find out, "What does this situation have to show me about myself and my life."
- 4) Be grateful. Whatever awareness your challenge brings you, know your life is richer for it! With your new awareness, you can make new choices that will bring your daily living into further alignment with what makes you truly happy.
- 5) If you are finding yourself staying stuck in resistance, get coaching. Coaching is a powerful vehicle to move you from resistance to grace to growth!

Workshop with Tama Keives!

Bestselling author and former Harvard lawyer, Tama Kieves, will be in Madison this month to share how she left it all to find real success and fulfillment. Kieves, who is on a national tour teaching breakthrough techniques on creating the work you love, will share her story and her advice later this month in Madison.

It starts with her retreat entitled "**Wisdom of the Heart: A Women's Transformational Retreat**" **Sunday, Sept. 23**, sponsored by Mirabeau Events, Invest in Yourself books and Tami Gulland Consulting. The retreat, which will be held at Blue Lotus Flotation Center of Waunakee from 10 a.m. to 4 p.m., will feature techniques that help women uncover their limiting beliefs and discover their dream life. Blue Lotus is at 5105 Caton Lane in Waunakee. **The cost of the retreat is \$125.**

Kieves will also be the featured speaker at a businesswomen's luncheon at the Madison Club, **Monday, Sept. 24, at 11:30 a.m.** Her talk, "**Working Softer Not Harder: The Savvy Business Women's Guide to Grace**" will help women find meaning in their careers, tap inspiration and intuition to work more effectively and overcome struggles and fluctuations with their business. **The cost of the luncheon is \$40.**

To register for either event, contact Lisa Schuetz at 608.556.3461 or via email at lisa@mirabeauevents.com. Space is limited. For more information on Tama Kieves and to register online, visit: www.awakeningartistry.com.

Recommended Book:

The Pathfinder, How to choose or Change your Career for a Lifetime of Satisfaction and Success, by Nicholas Lore.

The author, Nicholas Lore, is the creator of the Rockport Institute and the Rockport Career Test (which I can administer to clients). In his book the Pathfinder, he provides solid advice and several self-tests and diagnostic tools to help you either find a new career or view your current job from a more positive perspective.

Part 1: "Living a Life you Love" has you answer the big questions of what you really want in life and the role you want you work life to play in your life, Part 2: "How to Get There from Here" addresses setting goals and facing self imposed limitations, outside obstacles, and "yeah buts". Part 3: "Designing your Future Career" guides you through the essential elements of making career choices that match you perfectly. **This is a must have resource guide for anyone in career transition!**

Have an Amazing month!

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