



Coach Jane

The Secret to Great Relationships!

Life is all about relationships! Look around you, we have relationships everywhere. We have relationships with our spouse, children, extended family and friends but we also have relationships with co-workers, neighbours, doctors, people at the gym, the coffee shop, drycleaner, the grocery store, customers, suppliers and on and on. We have relationships with food, our pets, some of us struggle with our relationships with alcohol, TV, computers and money.

Great relationships are not taken for granted. They are nurtured and honoured. How are things showing up in your life? Many of these connections with others we do take in stride until there is a problem. Are you aware of the choices you are making or are you on automatic pilot just going through the motions?

Many times we get so stuck in the rut of our routines we just go along much the same every day not noticing the small changes on our pathway. We have all heard the expression "wake up and smell the roses". What are you growing in your garden?

Relationships deserve kindness and understanding to endure. To improve and strengthen relationships it takes time and a dedication of communication. No one likes to be taken for granted, we all long for more recognition and respect in all areas of our life.

Everything is not always as it seems! Have you ever had a co-worker or boss that drives you crazy? Maybe they say one thing and do another, never follow through or say no before you even ask. Do you think what they hear and what you say are completely different?

As a coach, I find getting clients facing a relationship challenge to view the relationship from different perspectives most helpful. We so want to be right and usually we are and many times all sides of the challenge are right. The real question to ask is what is good for the relationship? Start seeing things from the perspective of the other side. You can choose to be right or you can choose to be happy. None of us are perfect all we can do is our best.

What makes a great relationship? If you have a relationship you would like to improve, start by identifying what it is you would like to change? Many times the challenges we face hold up a mirror to a truth about ourselves and yes it does take courage to see the truth. Challenges are nothing but another opportunity to grow and learn. We cannot change anyone else but we can work on us. Mahatma Gandhi said "be the change you want to see".

Work on you and you will see change in many areas of your life. I have seen this work with spouses but just effectively in team building, growing businesses, parenting teens and adult children, getting healthy, etc.

The most important relationship we have is with ourselves. If there is a huge secret to having great relationships it is to know and love yourself. When you show up in life feeling peaceful and complete many things that may have bothered you in the past will cease to be that important. Things will begin to flow with ease in all areas of your life.

Love your life and it will love you back!

To learn more about coaching and how **Coach Jane** can help you grow your business to the next level and live an awesome life, visit www.awesomecoaching.com. To have **Coach Jane** speak to your group or organization you can contact her at **705.444.5448/1-877-944-5338** or info@awesomecoaching.com.