



Coach Jane

## The River of Change

When the river of change flows into your life it can be very frightening, it can bring up all our resistance and fear of the unknown. What will I do? How will I get through this? Why is this happening to me?

**Change is one of those things we can count on in life.** It is right up there with death and taxes. There are many types of change that we may face in our lifetime:

- Loss of a spouse through death or divorce
- Your job comes to an end through downsizing
- You have a health crisis and are forced to make dramatic changes such as giving up smoking or eating the foods you like.
- You are promoted to a new job and feel overwhelmed
- The kids leave home and you feel lost
- You face one of those big birthdays and find the time slipping past

**How do you deal with change in your life?** Do you embrace it or resist it as steadfastly as possible. I believe the true heroes in this world are those who faced huge change and challenges and rose to the occasion. Terry Fox and Christopher Reeve come to mind. They did not sit back and say poor me, they became inspiring examples for all of us.

The river of change invites you to jump in and go with the flow and see where the current takes you. How many of us hold tightly to the river bank, not wanting to let go. It can be very scary to be swept away, leaving behind all that was familiar and comfortable.

What few of us consider is that change can be good for us, in fact you may end up in an entirely new set of circumstances and life may be better than you ever thought possible. We have all heard stories about:

- The employee who was left jobless, through no fault of their own and went on to create their own successful business
- The divorcee who finds their life partner and true bliss
- The individual, who after experiencing a heart attack or other health set back goes on to take time to appreciate and enjoy life.

It is up to you to make the choice of seeing change as the worst thing that ever happened to you or as an opportunity to be one of the best. Either way you will be right.

### **Tips to manage change:**

- Grieve the loss – allow yourself to feel the feelings
- Give yourself time to adjust
- Take inventory of where you are at now
- Accept the things you cannot change
- Jump in the river – whatever you resist will persist
- Start looking at the possibilities – when one door closes another opens
- Get into action – put one foot in front of the other

Change can leave us feeling powerless and lost but only if we let it. See yourself in the river of change, understand it is a process and know that change never lasts forever. The faster you get into

the river and go for it the sooner you will arrive at your new destination.

We may not have choice about the changes life has dealt us but we do have choice about how we react to it. ***Big changes are never easy, but things that are worth doing rarely are.***

If change is keeping you stuck, work with a coach and get things flowing again!

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](http://www.awesomecoaching.com). To have *Coach Jane* speak to your group or organization you can contact her at **705.444.5448** or [info@awesomecoaching.com](mailto:info@awesomecoaching.com).

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