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Leadership & Coaching

Helping people Change

> No person is a finished thing. Each one of us is in a state of perennial formation. You develop and change constantly; each new experience adds to you and alters your shape and image.
>
> John O'Donohue

1. Draw a timeline of your life or career:

You may want to draw your timeline on a blank piece of paper to represent the non-linear life.

Ups

Downs

As you reflect on your life, the ups and downs, the turning points, what do you notice about how you have responded to change and challenge?

2. Take one example of a change or transition that is particularly memorable, it could be positive or unpleasant.

a. What were you thinking and feeling at the time?

b. How did you get through it?

c. Who or what resources helped you?

d. What learning or gift can you take from this experience?

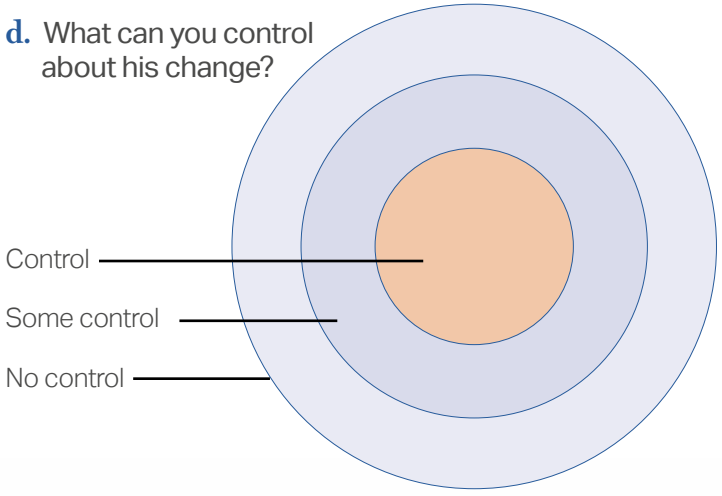
3. Think of an imminent change or transition facing you

a. Describe it

b. What is your default response to it?

c. List the possibilities it may bring:

d. What can you control about his change?



4. Look back at your timeline:

a. When have you succeeded before?

b. What strengths helped you?

c. Who else helped you (friend, mentor, family, coach, wise outsider)?

5. Imagine it is 2038 and Netflix has been filming a documentary about you between 2023-2038,

a. What importance does the imminent change have in this next chapter of your life/career?

b. What are you celebrating?

c. What are you most proud of?

d. What contribution have you been making to your family, your community, your workplace?

e. What brings you joy?

f. What have you let go of or given up?

g. What new habits have you started?

h. What name would you give the documentary telling the story of this chapter of your life?

Are you evolving or revolving?

6. What does looking to the future reveal to you about what matters now?

7. What is one thing I will do to use this time of change to become better?

8. Who will I share it with and when will we meet to hold each other accountable?

> **Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.**
>
> Viktor Frankl, Psychologist