

Transitions & Transformations: A Career Coach E-Newsletter
Issue 4 – September/October 2013
Your Destination is a State of Mind

Congratulations to all of you who completed the *Creating and Sustaining Positive Energy* exercise from the Summer issue. I appreciated the opportunity to connect with those who contacted me and I hope you found value in our exchange. The exercise was about reflecting on future directions. Now, as we begin the colorful Fall season which some may think of as the last few months of the year. In reality, Fall brings the promise of new beginnings for most students as they return to school, right! What are students thinking about? New teachers, new classes, making new friends, a transition from grade school to middle school, to high school and to college. Fall offers excitement and opportunity! So, get ready to position yourself for new beginnings and for change whether in continuing educational pursuits, career transitions, or in fast tracking toward a leadership position within your organization.

One of my favorite quotes is by Saleeby (1992), he said “[E]ach person carries the seeds for his or her own transformation” (p. 25). We all have the seed of transformation within us. But, throughout life that seed must be watered, fertilized, tended to with care, and supported by significant people in our lives.

In my life, it was older and wiser extended family members who nurtured my seed by their examples of struggle, perseverance and success. In my journey throughout adulthood I had many role models and mentors that fertilized the seed with guidance and support. Likewise, positive experiences gave me the solid roots of strength needed to move through the difficult challenges faced. I learned many lessons and I was never alone.

“You know where you want to end up, but unless you have a map, it’s unlikely to happen. Your destination isn’t a location – you’ll be exactly where you are now, only you’ll be a different person. Your destination is a state of mind”. Author Unknown

Suggestions for developing your state of mind include:

- ❖ Find someone who has achieved their goal, and ask for specific directions. There are many people in our lives...professors, advisors, mentors, trusted colleagues and close friends who have met their goals and can offer tips for success. Have them share their experiences with you, tell them what your thinking about (your goal), and ask for specific guidance, suggestions or advice. Listen carefully. Can you capture the emotions expressed as they tell their story. Harness some of their energy. Gather the most meaningful tips for success and apply them to your desired goal.

- ❖ At the end of each day identify three things that went well for you. Then, describe in a few sentences describe why each item on your list was a positive outcome for you. The idea is to capture and relive the associated positive experience and emotions and feedforward them into planning for the change you would like to create.
- ❖ Mind Mapping is a tool to help you access your creativity. This process helps to develop new ideas and build connections thereby expanding your thinking. You can include images, use colors or words. It is a way to get a lot of ideas on paper in a relatively short period of time and is a type of “brainstorming” very useful in exploring life or career transition options. Mind Mapping will help you to think *out side of the box* and move into a creative mode. When we have a sense of where we are going we can usually get to where we are going....your map will show you the way.

A certified coach engages clients in a provocative partnership, helps increase self awareness, helps clients face challenges and gain perspective and strategize options for success in getting to their destination.

Reference: Saleeby, D. (Ed.). (1992). The strengths perspective in social work practice. New York: Longman.

Career Coach Last Note: “Growth demands a temporary surrender of security”. Gail Sheehy

Contact Dr. Candales at bbtransformed@aol.com if you would like a *mind mapping template*, to have complimentary coaching consultation or to ask a question.

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Transitions and Transformations, Inc.

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Contact Dr. Candales at bbtransformed@aol.com to ask questions, to share how you used this **Best Experience Exercise**, or to have complimentary coaching session. I look forward to hearing from you!

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Transitions and Transformations: The Journey is Yours!