

We are pleased to introduce the tenth issue of intoaction's *Exploring New Pathways*. The concept behind this newsletter is an invitation for you to explore new ways of thinking, new perspectives, and new behaviors, so as to increase your personal effectiveness. The themes we have selected are commonly addressed topics in coaching. We have chosen them carefully and are eager to share them with you, in the hopes you will find them both thought-provoking and valuable.

Warmly,

Céline Brillet

into  action

Exploring New Pathways

issue 10

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intoaction is celebrating the 10th issue of *Exploring New Pathways*! Announcing the launch of a Q&A section: Submit any challenges you might be facing to info@intoaction.eu, and we will offer you a new perspective! The best challenges will be posted on our blog: [HTTP://INTOACTION-COACHING.BLOGSPOT.COM...](http://INTOACTION-COACHING.BLOGSPOT.COM...) (Questions can be submitted in English, French, or Spanish, and feel free to use nicknames!)

"Celebrate what you want to see more of." - *Thomas J. Peters* **What have you celebrated lately?**

Celebrate

It is time to celebrate. It may not have felt that way recently, but there is always something to celebrate. All you have to do is take a step back, and look around you.

We do not usually take the time to celebrate. We have a natural tendency to focus on what there is left to achieve, rather than on what has been achieved. We are eager to move on to the next challenge, without necessarily taking notice of what we have already accomplished. Equally, we are very good at focusing on what is not working instead of what is working well.

When do you celebrate? What do you celebrate? Who do you celebrate with? When was the last time you celebrated somebody else's success? Now more than ever, we should take the time to celebrate. Let us not forget that part of the reason why we work so hard personally and professionally, is to have the possibility to celebrate! Celebrating achievements and reminding ourselves, and each other, of what is working well can serve as a springboard, a confidence builder, a way to identify our strengths, and a source of energy and ideas to address what might still need to be resolved or fixed.

So, what is there to celebrate? For starters, we can look back at the last six months and take stock of our accomplishments - big or small. We can also lift our heads from our daily

routines and look at the big picture. We can even help others recognize their own successes. Additionally, we can look all around us, and remind ourselves of everything that is working well. There are plenty of reasons to celebrate!

My invitation is to:

- Look around you and start considering all there is to celebrate.
- Vow to regularly celebrate.
- Create a ritual around how you will celebrate going forward.
- Start celebrating!

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Top 8 reasons to partner up with a coach

1. You want to make yourself a priority.
2. You feel stuck.
3. You want to build on your strengths.
4. You want to reach your goals more effortlessly.
5. You need a neutral sounding board to bounce ideas off.
6. You are facing a stretch challenge.
7. You have an important decision to make.
8. You are ready to move to the next level.

intoaction helps Executives and Entrepreneurs achieve their desired results through individual and team coaching, as well as through workshops devoted to developing leadership skills, managing change successfully, and enhancing team effectiveness.
<http://www.intoaction.eu/>



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