

Exploring new pathways

If you catch a falling leaf on the first day of autumn you will not catch a cold all winter. *Are all of our assumptions serving us?*



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Notice your assumptions

Our assumptions manifest themselves by way of preconceptions, expectations and judgments. They have come to exist through our life experiences. The assumptions we make stem from our burning desire to know, to recognize, to categorize, to understand...

When we step into a situation with a pre-formed belief, this impacts how we are going to behave, what we will think, and how we will feel. We may even have such strong expectations about the outcome that we could generate a self-fulfilling prophecy. By embracing and acting upon our assumptions, we may be shutting ourselves off from a world of possibilities.

How might our assumptions be holding us back? What might we be missing out on? What if we approached life with fewer of these assumptions? Would this be a big stretch or a small stretch for us? What would change in our lives?

Imagine if you had a strong belief about a particular individual ie. every time you engage in a negotiation with her, there is always a "winner" and a "loser". How does this affect your negotiations? How does this impact your long-term relationship? How well do you listen to her? How do you behave? What happens to your energy level? What if you were missing out on a great win-win result? What would change if, instead of expecting a particular outcome, you were more open-minded, perhaps more curious?

My invitation is:

1. Notice your assumptions. Notice your assumptions. Notice your assumptions.
2. Act as if you did not have those assumptions ie. Be more curious.
3. Little by little, let go of your assumptions.
4. Be completely open to whatever may occur in the moment. You never know...

Top 7 reasons to partner up with a coach

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

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intoAction helps Executives, 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.