

## What Does Thanksgiving Have to Do with Change Coaching?



I read an intriguing article today...did you know that by practicing gratitude, we get better at dealing with change?

The Thanksgiving season is a good opportunity to step back and think about the things you can be grateful for - even in the midst of the chaotic changes you might be experiencing at work or in your life.

For the co-worker that gave you feedback that didn't feel so good - be grateful that someone cared enough to challenge you forward to personal growth.

For the lack of clear direction you may be needing -be grateful that this may be the opportunity for you to help shape the solution.

For that department that is a bit slow in getting you the information you need - be grateful for the chance to find a collaborative way to work together to help each other out.

Focus on being grateful to help keep you centered. You may even find yourself getting excited about the change you are in the midst of.

Though we are moving forward into the season of other celebrations,, keep your gratefulness fruitful throughout that time.

And in the **spirit of gratefulness and giving back**.... if you could use some expert help with a change issue you are currently dealing with, take advantage of a **FREE 60 MINUTE CHANGE COACHING SESSION (\$250 value!)** that we are offering through the Thanksgiving season.

You can use the session anytime over the next two months though you must sign up now.

Happy "Change-giving"!

**Are You Ready to Create  
Your Wonderful Legacy?**

Whether you are looking to successfully move through a significant transition, implement a large scale change, build your leadership skills, strengthen team relationships or become a great change leader, our coaching and consulting services can help!



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