



Coaching

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Send your questions for future coaching columns to joanking@beyond-success.com or call 970-226-5626.

As you become successful in one phase of your life, or complete a life phase or project, you may feel suspended in psychological space. The ambiguity of not quite knowing what new trajectory to create might stop you from seeking to work with a coach. Yet, this time is ripe for unfolding a new direction. You may feel disoriented; nonetheless, you have many resources you can access to help enlighten the way to craft the new trajectory. You may want to reflect upon:

- What interests have you *sustained*, personally and professionally, at various times in your life?
- When was your *last vacation*?
- How *long have you been engaged* in the trajectory or project that you have just completed or is coming to completion?
- What's your *assessment* of these activities?
- What was the *value* of them to you?
- What was your *role* in them?
- What brought you *deep satisfaction* or *joy*?

When engaged in advancing along a well-defined path, such as working toward a degree or beginning a business, our awareness is necessarily and appropriately focused. Our perspective is limited. Then the project or path ends and the new one is not obvious. This is the time “between” — a unique opportunity to

expand perspective. In this “between” time, you may feel lost. The familiar has disappeared and the new has yet to emerge. Time seems suspended. It is no surprise that discomfort characterizes this shift in perspective. This is an important time to:

- be patient and kind to yourself
- take long walks
- read books that attract you
- journal about your hopes and dreams, your disappointments and regrets
- reassure yourself, the “in between” time is temporary

This time is most valuable. It may last days, weeks or months, yet it is a time of “birthing” something new. Allow the time psychologically, if not physically. Allow the ambiguity to remain, don't push through it. A rose opens in its own time, so will your new initiative. I am not suggesting that you do nothing. I am suggesting that you pay attention to your environment. A trigger elucidating your next step that

Trouble Deciphering a New Direction?



ultimately leads to a new trajectory may arise from unexpected sources, such as what someone says, a line or word you see or read. This is a time of attentiveness and reflection. Pay attention to your internal and external environment — and then **TAKE SOME ACTION**. If you fail to take some action, the energy becomes dormant and you become stuck! Use the time to simply decipher one step and then take that step. The journey begins with a single step.

Your future awaits you and is calling to you! Listen and then take the action indicated.



Joan C King, PhD is a professional and personal coach, consultant and workshop leader with twenty five years as an educator, scientist and administrator in universities and academic-based organizations. She is a certified Success Unlimited Network Coach and the founder and principal of Beyond Success, www.beyond-success.com. Her book *Cellular Wisdom* is now in bookstores!