

What Weight are you Carrying?

What weight are you carrying? We all have responsibilities including the endless tasks we cross off our to-do lists as we move through our overbooked lives. They demand our attention waiting there, in plain sight, like the portion of an iceberg that floats above the waterline. What sits below the waterline, in our subconscious, is often where the real issues hide. Most of us sense they are there, weighing us down as we go through our lives. Often, we are unable to put our finger on what is sapping our energy or weighing us down. We feel it but cannot name it. Other times, we accept this weight because carrying it seems easier than trying to “fix” it. Diving below the waterline takes courage. A coach can help.

The International Coaching Federation defines coaching as a thought-provoking and creative partnership between coach and client that inspires individuals to maximize their personal and professional potential. Coaching focuses on the whole individual and the many roles and contexts within which we exist. As a result, benefits from coaching affect multiple facets of an individual's life such as:

- Increased job and life satisfaction
- Increased engagement at work
- Improved leadership abilities
- Improved confidence, self-awareness and empathy
- Improved communication
- Increased clarity and direction
- Increased motivation and accountability

We lead complicated lives where the different roles we play (doctor, executive, wife/husband, mother/father, mentor, friend, tri-athlete/competitor etc.) are intimately connected. Our ability to be a loving and responsive parent is affected by what is happening at the office. Our self-care and resilience practices impact our ability to be a dynamic and inspiring leader. Coaching is a holistic practice that builds the capacity to integrate all these interconnected facets of one's self and live in a more fulfilling and meaningful way.

Often fear is what holds us back from achieving our deepest desires. Coaching can help you explore what underlies your fear. What fear is holding you back from living the life you truly desire? What shift is needed to see the opportunities available? What might you gain if you lean into your fear and move past it?

- Fear of failure
- Fear of judgement
- Fear of change
- Fear of losing control or losing freedom
- Fear of inadequacy
- Fear of loneliness or rejection

Diving below the surface to explore the underwater portion of your iceberg takes courage. It can be painful and sometimes downright scary. With the support of a coach, it won't always be comfortable but it will be safe. Coaching can open the door to a more meaningful, connected and joyful life. What are you waiting for?