

## COACHING TOWARDS WINNING FOR YOU

### *What is the Meaning of Winning in your life?*

I came across this phrase during a strategic planning session held recently. We had to identify the measures that quantified winning for this organisation. But the same could be said for people in their individual capacity. *Winning* means different things to different people. What does *winning* mean for you?

Winning may mean earning lots of money and being well known or recognised or acknowledged in your sector or community. Or getting the coveted promotion at work or the beautiful matric dress! Winning may mean having a beautiful home and beautiful, healthy children.

Winning may mean having a loyal partner or being in a happy relationship or marriage. Or winning may mean finding the courage to leave your spouse or tell your family that you are gay.

The meaning could change as you evolve as a person during your life's journey and as you experience your life in the myriad of ways that we all do. Your life takes on a different or new meaning as life impacts on you and your environment.

And this brings me to *coaching towards winning for you*.

More and more, I come across people who want something more or something else in their lives. What was important a few years ago is no longer important or irrelevant now. Life as it happens or changes in whatever guise, whether it is death, birth, illness, falling in love and even accidents may bring about this change. It could happen gradually or overnight. Values have changed. The key thing is that it happens and we wake up one day and want no more of what we currently have, who we are and what we aspire to.

Increasingly, during the coaching process, people realise that they have choices in how they live their lives. They realise that they have the power to successfully make significant changes to their lives.. They can live a life that is fulfilling and productive *and* be true to themselves now. It is never too late. And it is not about judging ourselves for what was.

People no longer want the Ferrari or the bling that represents that 'I have made it!' They want solid and meaningful connections with people.

Meaningful relationships with family and friends become important as it adds more value to life and to the meaning of living well. Abundance takes on a new meaning. Having a good relationship with a parent or with your son or father has greater relevance in your life. People are not giving up their wealth but placing less importance on wealth as a contributor to happiness.

Often in order to attain this, people want to transition out of the corporate world and start their own business, work in a sector that epitomises their passion or simply scale down and work differently. To use a catch phrase, people want to smell the roses but often do not know how.

And as the coaching proceeds, so the light bulbs go on and steps are put in place to ensure that transition takes place successfully. Confidence in yourself and a great faith in your own abilities is a necessary ingredient to make this work. Often months of planning and setting up the infrastructure, is necessary to ease the transition.

Coaching provides the ideal support for this type of transition in one's life. The coach will not have the answers but can provide a safe space to test ideas and strategies in a non-judgemental and nurturing manner; can identify role models of people who have done so; and be that sounding board when the world feels alien.

Coaching can indeed provide the necessary support that you may need to realise your goals and give content to your winning.