



Creating a pathway to change

Icatalyst, LLC

E-Mail Newsletter

Gisele M. Michel

President

JANUARY 3, 2008

VOLUME 2, NUMBER 2

"Any change, even a change for the better, is always accompanied by drawbacks and discomforts."

-Arnold Bennett, "The Arnold Bennett Calendar"(Quoteland.com)

Dreams Are Your Wings to Success

The approach of the Holiday Season is always a good time to re-enter into contemplation about our mission and our goals, and to begin putting together corrective action for moving forward. I consider it the last hurrah before we do that final tally and plan for the year to come.

In the last newsletter I guided you through a Dream Scan exercise where you were encouraged to take the position of a dream fulfilled. The reason I picked that exercise is that often, if you can see something in your mind's eye, it's easier to back into the specific steps you need to take in order to realize your vision.

This time of year is a good time to add on to that experience. Take a few minutes to check-in with yourself and see where you are against the plans you made and the vision you hold for yourself. As you now look at your life, ask yourself whether your dream is still important to you. Would you like to add to your vision and make it even grander? Would you scale it down? Or, would you dismiss it altogether? Has your vision changed because you have really shifted your priorities, or do you find yourself suddenly facing new responsibilities that make it impossible to pursue what is really important to you? If the change results from a natural shift in your course, then so much the better. New ambitions will appear. If, however, you have backed away from your dreams out of a sense of obligation that causes you to stifle your desires so that someone else's life will be made better, I ask you to reconsider your choice.

It may not always be possible to pursue a dream at a particular time. This doesn't mean that you won't be able to follow that dream at some other point in the future. Sometimes, life just gets in the way of our plans. For example, you, a parent, spouse, or even a child could fall ill. You could lose a job. Any number of seemingly uncontrollable and unexpected circumstances can overwhelm and change the trajectory of your everyday life. In those moments it's all you can do to hang on. Hanging on, though, is what you are being called to do. Those moments often implore you to fulfill your greatest promise. Those moments in time can shackle you and at the same time, give you wings.

Your dreams give you wings. Changing your mind about what you want is natural. Just be sure that when you let go of a dream, it's for the right reasons and, not because it's too difficult to stay the course, or because you are discouraged or fearful. So, as you enter the closing months of 2007, make time to ask yourself, what have you done in the past year that has put you on an inevitable path toward accomplishing your dreams?

Contact us with your comments at:

gisele@i-catalyst.us

www.i-catalyst.us

Contents

Dreams are Your Wings to success.....1

Coachable Moment Corner.....2

Background.....4

If you find that you can't come up with an answer to that question, or that you are more confused now than before, drop an e-mail to gisele@i-catalyst.us and let us help you to get back on track.

Gisele M. Michel

President
Icatalyst, LLC
gisele@i-catalyst.us

Coachable Moment Corner...

In the last newsletter I encouraged you to e-mail me questions or situations you would like discussed in this section. Thanks to those of you who have done so. I look forward to hearing more about your progress.

Almost any situation can serve as an example for the *Coachable Moment Corner*. Whenever you find yourself facing conflicting emotions, outcomes, goals, or opportunities you can use this section as a guide. You can also take the lead as a teacher or mentor to other readers by sharing your concerns and asking for direction.

Just know that my responses to your queries will be published in the newsletter. Names will be changed to protect the innocent! This section is by no means a substitute for time spent with a coach. I will, however, offer some direction for you to consider.

Finally, you may also consider sharing a story you think might be of use to others regarding a time in your life when you moved forward through change and triumphed. It doesn't matter whether you were "forced" to change or you "volunteered" for that change. The important things are the lessons you gleaned from the experience and how they helped you to move to a different place.

Many of you found the Dream Scan exercise very useful, and developed your queries around what it conjured up for you. So, I am choosing to address a general theme that came through many of your responses -- **How do you keep a dream afloat when you have lost sight of the goal?**

Sometimes no matter how much focus, dedication, tenacity, or conviction we have that we are on the right path, it just takes a while to get to where we want to go. In those moments we get caught up with life's little distractions. As a coping mechanism, we begin to focus more on the path than on the destination, and on the process rather than on the goal. The gap between us and the dream widens. Avoiding that tendency will require more strategies than we can cover in these pages. Instead, what I will offer is that we reconnect to the original vision. A strategy you can use to bring yourself back to that state of being in the vision is to ask yourself some powerful questions. Take a look at what follows.

Exercise: Achieve Your Goals with Three Powerful Questions!

"The beginning is more than half the whole."
--Aristotle

1. When pursuing your goals, what are some clear indicators that you are well on your way? What are some next steps for staying on course?
2. What is the half way marker? What will begin to happen in your life based on where you are in your goals?
3. What actions are you currently undertaking that support the attainment of your goals?

E-mail your stories or coachable moment situations to gisele@i-catalyst.us.

I will do my best to address as many of them as possible in the next newsletter.

To unsubscribe to these e-mails please send a notice to gisele@i-catalyst.us with unsubscribe in the subject box.

If you are not able to answer the questions in the exercise above, what is holding you back from achieving your goals?

Whether you are currently occupying your dream place in life and want to operate at peak potential or you have veered from your course and want to get back on track, **e-mail Icatalyst and let's move forward together:** gisele@i-catalyst.us



Background

Gisele M. Michel

Gisele M. Michel is the founder and President of Icatalyst, LLC, a coaching and consulting firm that specializes in helping individuals and businesses to optimize performance. Icatalyst helps organizations to translate big ideas into concrete steps for action, by identifying shortcomings, and designing implementation strategies that improve leadership and organizational performance.

Icatalyst, LLC specializes in helping leaders to create a framework for managing the people side of change. We offer leadership development through coaching and training, conflict resolution and organizational improvement strategies. Icatalyst, LLC offers cost-effective and user-friendly solutions to enhance individual and organizational performance. We work with our clients to troubleshoot complex problems and develop visionary plans for their success.

Gisele has an undergraduate degree in International Relations from George Washington University and a master's degree with a concentration on East European Studies and Political Economy from the University of Pittsburgh. She is a multilingual, multicultural professional with over 18 years of management experience and training in organizational development, executive coaching, external relations, policy development and analysis, capacity building, business development, mediation and conflict resolution.

Contact:
Icatalyst, LLC

www.i-catalyst.us

gisele@i-catalyst.us