



**Creating a pathway to change**

# ***Icatalyst, LLC*** **E-Mail Newsletter**

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**"I cannot say whether things will get better if we change; what I can say is they must change if they are to get better."**

*-G. C. (Georg Christoph) Lichtenberg (Quoteland.com)*

Dear Friends:

The fall always reminds me of new beginnings, new opportunities, and new horizons. Perhaps it's because I've never quite gotten out of the habit of being a learner. I'm sure it's like that for many of you.

It strikes me, too, that the fall is a time to reconnect with old and new friends, and to look forward to friendships yet to come. So, by way of a salutation let me say that I have embarked on a new life and professional venture. I founded **Icatalyst, LLC** earlier this year as a vehicle to allow me to work with innovative men and women who want to advance the world with their vision, creativity, leadership and passion.

**Icatalyst, LLC is a full-service consulting firm that draws heavily from the coaching tradition of uncovering people's strengths, helping them to breakthrough barriers and limits in order to achieve their personal best.**

As the founder of **Icatalyst, LLC** I am focusing this next part of my life on work that empowers and builds the capacity of people to move forward their dreams; whether those dreams are to start businesses, grow corporations, take new directions in life and work, address societal needs or create new pieces of art for the world. Wherever you are in your life, business or organization, I will be there to help champion your success!

Through **Icatalyst, LLC** I will help you to identify and prioritize concerns in order to translate them into individually tailored strategies and guidelines. My role will be to guide you to break down your limits; help you create new behaviors that support the achievement of your goals; and awaken you to grow at the level of your vision, mission and aspiration.

The common denominator in all **Icatalyst** clients is that they are visionaries, innovators and



leaders who function well, but still recognize that they can be better. They are people who want to become peak performers at work and in life.

*Gisele M. Michel*

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## Quick Dream Scan

“Assume the position of the wish fulfilled.”



**Take 3 to 5 minutes for this exercise. Sit quietly for a moment in a place where you won't be disturbed. Take a deep breath. Now ask yourself:**

What is your biggest life or professional dream? Don't hold yourself back. Go for what is in your deepest heart. Just let yourself go there in your imagination. Stay with that thought for one full minute.

When you are ready, really begin to see yourself enmeshed in what it is you want to do.

What is happening around you in this dream? Who is with you and around you? What do you look like? How do you feel? What colors do you see? What sensations, smells, yes, even tastes are around you? What do you hear?

After you've experienced yourself in the world of your dream, ask yourself where you now in your life. How far away are you from that dream? How are you going to get there?



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. **Email me at Icatalyst and let's move forward together:**  
[gisele@i-catalyst.us](mailto:gisele@i-catalyst.us)

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customizes***

***Coaching and  
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Coaching***

***Whole life  
Coaching***

***Change  
Management***

***Leadership  
Coaching and  
Consulting***

***Improving  
organizational  
and leadership  
culture***

***Leadership  
Transition  
Management***

***Effective Cross-  
Cultural  
Communication***

***Public  
Facilitation***

## Useful Steps for Managing Change

Change is an inevitable part of life. It is a necessary ingredient for creating a successful life. However, simply because change is sometimes necessary and, at times, even welcomed it's not always easy. A big part of what makes change undesirable is that we don't know what's coming next.

So, here are some quick tips to help you navigate better. When embarking on a transition decide on a vision, create a support system, plan out a process, then engage in action that will make your vision a reality.

### Step 1. Create a New Vision

Change is a process. You initiate change first by realizing that you need to change. Since



transformation is also about behavior, one of the ways to propel yourself to move forward is by mentally creating a new paradigm for your life; envision a new possibility. If you can't see things change in your minds' eye, then it is going to be difficult to move in any direction. If you don't have a vision for where you want things to be, it will be more difficult to identify what resources you'll need along the way to ensure your success. It will also be challenging to recognize when you need to adjust your course. Even more simply, a vision lets you discern when you've reached

your goal.

### Step 2. Develop a Support System

As a general rule of thumb a support system is always a good resource to have. Surround yourself with people who believe in you and your dreams. Often it is they who will rally around you when things become difficult, as they inevitably will when you embark on changing your reality. Sometimes, when you're weary, those who support you can even help you "carry" your dreams until you are able to pick them up again. Your support system should include people who can inspire you with your own vision. They are the witnesses to your life and sometimes your conscience.

### Step 3. Think and Then Plan!

Planning will allow you to map out strategies, and test different scenarios before you actually get the transformation process under way. Planning will let you to identify the resources you will need along the way. It will also give you a sense of how much time you have to let your different strategies play out. Ultimately, the benefit of planning is so that you can assess where the pitfalls may lie in order to devise the most effective approaches to circumvent them. Planning is also a good tool for managing fear, which can lead to inaction.

### Step 4. Take Action!

Taking action can be scary for most people. It's where most of us get stuck. Action is also where success or failure are determined; the use of those adjectives are relative. What is important to consider is that those ideas provide a measure for whether or not you have reached your stated objectives. Did you move forward or are you still in the same place? Any movement forward should be a calculation toward your success. Likewise, if you

honestly seem to be going backwards or are stuck in one place for an inordinate period of time, you might need to reassess what you're doing. If that is the case, don't be afraid to take a new course. Reassess the plan. You have all the resources you need!

So, where are you in your life now? Where are you in your business? Where do you want to be? How do you want to get there?

Email me at [gisele@i-catalyst.us](mailto:gisele@i-catalyst.us) and let's talk about it!

## Coachable Moment Corner...

Almost any situation can serve as an example for the ***Coachable Moment Corner***. As long as you are finding yourself in a circumstance where there are 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.

Feeling stuck? Email me with a situation around which you would like to receive some coaching direction. While this won't be a full coaching session, I will be able to offer some initial direction about your situation. My responses will be published in our next newsletter. Names will be changed to protect the innocent!

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". The important things are the lessons you were able to glean from the experience and how they helped you move to a different place.

Email your stories or coachable moment situation to me at [gisele@i-catalyst.us](mailto:gisele@i-catalyst.us). I will do my best to address as many of them as possible in the next newsletter.

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