



Breakthrough Coaching Newsletter

Open to Opportunities?
October 2005

Subscriber

Welcome to October's issue of the Breakthrough Newsletter. How are you?

In previous issues we've talked a lot about knowing what you want and the exercises I've suggested have been all about exploring and understanding better what you want in your life and career. So how does knowing what you want help you? Well, if you don't know what you're looking for, how will you know when you find it? More interestingly, how will opportunities find you when they don't know you're looking for them?

This month's theme is being open to opportunities. We're going to look at how you can set yourself up to see more opportunities and to get you started there is a great opportunity for you to the right of this column! Are you open to it?

Thanks to all of you who have emailed me with feedback on previous issues. I always love to hear what you think so keep them coming. And don't forget, this is your newsletter so if there is something you'd like me to cover, take the opportunity to tell me what it is!

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

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- Wise Words

Are you Open to Opportunities?



Many of us think we know what we want. We'll say "I want to change x" or "I want a new job", but we're often a little vague and unspecific about it. How much more success could we have and how much quicker would we achieve what we wanted if we had clear, measurable and time-bound goals? So that we knew what we were working towards and we knew what needed to happen in order to achieve these goals. What would the difference be? My guess is Focus, Motivation and an Openness to Opportunities.

Think about it.... If I have a goal to change my career and have a new job as a Fitness Professional by the end of May 2006 (I don't, but humour me!), then I know that by, say, February that I need to have completed certain courses and qualifications that I am working on currently and by March I need to have applied for X number of jobs to allow for the recruitment process and my months notice so I can be in post by the end of May. So far so simple.

What if I didn't know what I wanted and by when, I just had a vague notion that I wanted a new job and I wanted to do something different. I certainly wouldn't be focused. I'd be vaguely looking around for something to grab me, I wouldn't be preparing for the move by doing the right courses and my radar wouldn't be focused on finding opportunities that fit the bill.

It may sound obvious, but this is how knowing exactly what we want enables us to see opportunities. It's the same principal as when we're buying a new car. We decide we want an Audi A3 - what do we see everywhere? Audi A3s! By knowing what we want, we know what we need to help us along, we're open to opportunities and, because we also know what we don't want, we don't waste time doing things that won't help us.

In fact, by being focused and motivated we're more than open to opportunities. We often find that we create them. How's that for being in the driving seat?

Try this.... Grab Opportunities!

Being open to opportunities is one thing, but taking them is another. You know how it is when an opportunity comes up but you'd planned a quiet evening in. How easy it is to turn it down. Or perhaps the idea of whatever it is makes you slightly nervous because it stretches your comfort zone. Do you ever wonder afterwards if you missed out?

We rarely regret what we have done, it's what we haven't done that we feel bad about. So, my challenge to you this month is to take up any good opportunities that present themselves.

How do you know which ones are good? Only you will know, but the key is in checking whether it fits with what you've decided you want.

If the opportunity will give you a leg up, take it. If it will allow you to network with the right kind

A Great Opportunity for You!



Are you open to the opportunity of a FREE coaching session?

This month I'm offering 8 lucky newsletter readers a 45 minute power coaching session to find out what it is that you want in your life and career and to plan how you are going to go about having that!

Using the free How's Life? download from my website, we'll look at what you love about your life, what you don't love and what you want to achieve next. We'll understand what would need to be in your life for you to give it a 10 out of 10 and you'll leave the session motivated, inspired and raring to go!

If you're open to this fantastic opportunity, click reply and tell me how this will be a great opportunity for you. Free power sessions will be booked at a mutually convenient time and there is no obligation to continue having coaching afterwards.

(If you haven't had my free How's Life? download - drop me a line and I'll email it back to you)

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of people, take it. If it interests you, take it. If it will put a smile on your face, take it. If you could learn from it, definitely take it. Even if it stretches your comfort zone (and you know that needs to happen), take it.

You can ask yourself "What have I got to lose?". And even better, what could you gain?!

Do let me know how you get on and consider the opportunity you have available to you now. Do you want a free 45 minute power coaching session to get you focused, motivated and open to even more opportunities? Drop me an email saying "yes please!" now!

Wise Words

"A wise man makes more opportunities than he finds." Francis Bacon, English Philosopher

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