

## Podcast Episode #037 Update from Coach Pamela

[See the podcast episode online](#)

t

**Pamela:** Hi guys, Coach Pamela here. It has been some kind of week. I had a whole episode planned for you called A Reliable Method for Knowing What You Want. It's a really great topic drawn from "law two" in my book, *The Ten of Laws of Career Reinvention*, about tuning into your body, and how your intellect needs to come in. It was all great and good. Then life threw me a really big curve ball. Actually it's a curve ball that's been going on for a few weeks, but some things really started heating up with an ill family member, and I needed to switch gears. I'm here with you today, unfiltered, talking to you about the lessons that I've learned in this type of moment that we often face in our lives, where things just get thrown at us, and we're like, "Oh my God, how do I deal?"

One of the little secrets of coaching is that often times, whatever clients are bringing to the sessions, we, the coaches, are also going through and having to learn in our own lives. I recently had a client say to me, "Oh, you know, I'm working on all my stuff for my reinvention, and then all this stuff happened life. You know, my dad, and, you know, some things started happening with my kids and things like that, and I had all the best laid plans and somehow, some way, they just didn't happen, and I didn't make any progress on my reinvention."

And what I said to him is, "Yeah, actually, you did make progress on your reinvention because you hung on to a couple of core tasks in the mist of what life threw you, and that is making progress." It is a myth that we will always have the same amount of energy to devote to our goals. Sometimes life throws us a bunch of things on our plate, and the real challenge is how we stay connected to what it is that we want to accomplish and move forward, even in the midst of a bunch of challenges. Whether it be personal, from a family perspective, work, all of those things. How do we stay connected?



That's what I'm talking to you about today. Again, unfiltered, unedited, all that other stuff. You're going to hear all my swallows, all my good stuff. That's what we're talking about. I'm sharing with you my experiences. The very first one is this: don't be afraid to switch gears. This is why you're hearing this episode today, instead of the one I had planned. I was just on a call with my online business manager, and we were saying, "How are we going to get this done? This episode has to go live tomorrow. What is the best way to get this accomplished?"

And I said, "Well, you know, we got the graphics blah, blah, blah, blah, blah, blah." Excuse me. But I said, "You know, it would be a lot simpler if I could just get on and talk to them and let them know what's going on, and why we are going to be switching gears a little bit over the next couple of weeks." That's what we decided, to just come and have me talk to you, and tell you what was going on, and also explain to you what's going to be happening over the next couple of weeks in the podcast. That's it, that's what you got.

Don't be afraid to switch gears, because it's important to respond to what's in front of you. You have to surrender to the moment, so don't try to force yourself to continue the way that your mind thinks you should. Don't try to, as they say, force the river upstream. Sometimes the momentum of what's happening in life is just demanding time and attention, so you need to be able to switch gears just like I did yesterday when I got the call from the family member, saying, "Can you help me?" I was like, "Yeah, I can help you because my day is open." It was open for other work, but it got switched to what they needed me to do.

The second thing, the second big lesson that I have learned with all of this, is to take things off your plate. That's what I'm having to do, take things off my plate. What am I not going to do? I had some things planned, including launching Club Lift Off, which I am still, in my heart, like, "Oh my God, I want to do this for you guys. This is gonna be the coolest thing." However, it's not going to happen in October like I thought it would, because of what's going on on the family side.

Take things off your plate. Say, "What can I not do?" Because it just needs to be simple right now. Look at your things when you have this demanding time in your life, and say, "What can come off? Where do I need to just skinny back?" My friends, I've had a couple of conversations with some great friends, but I haven't had a lot of conversations. I've said to people, "You know, right now, I just need to spend my time talking to my family members, helping with all of that that's going on, and what's going on in my business." That is where it is for the moment, not forever, but it is for the moment. So take things off your plate, make things simple, give yourself some space.



Here's the third lesson now, and this is a really, really critical one. Do not take self-care off your plate. In fact, add more of that on. When things are really demanding, it is so critical to continue to somehow nurture yourself. Here's the thing: we have a store house of energy that we bring to our lives, and if we are giving, giving, giving, whether it be to the work projects, whether it be to other things that are going on personally, how are we doing to replenish those stores? You can't just continue to give and not receive, not rebuild. In these times where there's a lot of output of energy, it's really important to put in energy and to be really conscious about that.

That's one of the tactics that you want to look at and say, "What am I doing to do to keep up my self-care? Am I taking walks?" Back to the last point of keeping it simple, it can be really simple. Sometimes, for me, it's just reading a book that's not related somehow to work, or just taking bath, even if it's late when I'm done with a reinvention team action group call. I might just say, "Okay, I'm gonna take 30 minutes and take a bath." Or just go out for a walk, just get some nature. I have started coloring. What's great about coloring is you can really sit and just do it for a few minutes, and it's just nice.

Keep up the self-care, keep up all of those things that somehow replenish your energy as opposed to deplete your energy. Now, I said that I was going to let you know what's going on for the next two weeks. If you remember in my last update coming back after my holiday break, I mentioned to you that we are going to start doing video podcasts, and I am so excited about that. Given everything that's being going on with my family member, that timeline has been shifting a little bit. What we're going to do for the next two weeks with this podcast, is we're going to run a couple of encore episodes. I'm calling it the moneyweeks, because we're going to re-run an encore episode of our interview with Jean Chatzky as well as with America's wealth advisor, Linda P. Jones.

These are the episodes that are going to be coming up for the next two weeks. If you have not tuned into those already, you definitely want to listen in. Lots of really great advice from both women. If you have already listened to it, I encourage you to re-listen to them. Oftentimes when we hear something, we hear it, it lands one way. But then when we go back and we listen, we get new insights, new information. There's always something good to tune in to. That's what we're going to be doing for the next two weeks on the podcast, and then I will be back to you with some video and some other cool stuff that we'll be doing.

All right guys. Sending you lots of amazing energy as always. Have an awesome couple of weeks, and I will see you very soon on video and in audio, on the podcast. Bye for now.



THE **LiftOff** project *with Coach Pamela*

©2016 THE REINVENTION INSTITUTE; ALL RIGHTS RESERVED  
*Reproduction of this content, in whole or in part, without written permission is prohibited.*

