



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Life Coach Vol.3, Issue 4 April, 2006
Strengthening Roots

Spring is here once again and flowers are in bloom everywhere! Outlooks are changing in front of our eyes. No longer are we hibernating from cold and cloudy weather; rather more of us are venturing out into the increasing sunlight and warm air. There's a buzz of excitement and anticipation escaping the halls of local High Schools and college campuses like air being let out of a balloon.

Many young adults are creating plans for the next stage of their lives. Whether they are bound for college, training programs, traveling the world or entering the workforce, these students are ready to move on! But are they prepared?

According to the 2005 State of Our Nations Youth report from the Horatio Alger Association (www.horatioalger.com/pdfs/state05.pdf), as seniors look back on their High School careers, several areas they would improve are:

- ❖ developing work/study habits
- ❖ public speaking
- ❖ the ability to apply what they learn to real life experiences.

Feedback that I have received from college graduates indicates that transitioning from “being a big fish in a small pond” to being a “small fish in a big pond” was the most difficult. The ability to understand the “real world” and operate easily in that world is most critical. Many High School students, graduates or not, are seeking opportunities to prepare themselves to take on the world.

Does your teen or young adult:

- Have great potential and not realize how much potential you see in them?
- Experience the world differently than “the mainstream”?
- Have the desire to “prove” themselves?
- Feel they have an important message that no one can hear?
- Work to improve with smaller success than they desire?

Your son or daughter can learn to leverage change, shift perspectives and face the world from an empowered position.

© 2005,2006 Cultivating Change, LLC & Renée Canali, Personal Life Coach. Visit www.landofpossibility.com to subscribe to this complimentary monthly newsletter. All rights reserved. This newsletter may only be reproduced with copyright statement and credits in tact.



GARDENER'S ACTION PLAN FOR APRIL 2006 ©

Renée Canali, Life Coach (301) 279-2363

The best we can do for our children is the best we can do. We realize that we can tap into outside resources to assist and support us in a multitude of ways. At Cultivating Change, my firm belief is that it is possible to identify opportunities within an inevitable change (moving into adulthood), to learn how to enrich the experience (increase awareness, respond rather than react) and create a life that is more balanced (have what you want and know why you want it) and empowering (setting standards and living with integrity).

This spring I am offering several programs for students between 15-22 years old. These programs include group coaching, telephone classes, seminars and individual coaching. Topics include, but are not limited to:

- ✓ Learning how what you think and what you say result in what you get *or* less resistance equals greater efficiency.
- ✓ Making solid decisions by learning how to identify costly assumptions
- ✓ Values, skills and talents as they relate to career choice and job satisfaction
- ✓ Enhancing job experiences through skill building
- ✓ Leveraging current contacts and how to forge strong, beneficial new ones.

Group coaching opportunities are limited to 10 people. Teleclasses and seminars can accommodate up to 15.

Always demanding the best of oneself, living with honor, devoting one's talents and gifts to the benefits of others - these are the measures of success that endure when material things have passed away. Henry Ford

Many of us can look back on forgotten dreams, lost opportunities and jobs that were below our abilities. We realize that with a little of our own effort and additional support or mentoring, we may have made better choices and taken a few more beneficial actions sooner in life. Instead, there are many that start over again at 40 wondering what we could do now that we've grown up. Is this the legacy we will pass on to the youth of today?

Call or email today to reserve a place for a deserving student today. It's a graduation gift that can last a lifetime.

For things to be different you have to cultivate change. If you are ready to change your habits and become more productive and satisfied take action and send an email to Renee@landofpossibility.com or call (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.

