



CULTIVATING THE SEEDS OF CHANGE ©

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Looking Backwards and Forwards

I have been thinking a lot lately about my experiences as a high school graduate and college student. As my friends and colleagues reminisce about their late teens and early twenties, they lament over lost feelings of freedom and trouble free days. They remember the late night parties and summers working at the beach or traveling throughout the U. S. Although I had some of the same experiences, it is not a time I relish repeating. Let me tell you why.

Between high school and college I had a lot of fun doing things with friends. But I also had a full time job that sometimes prevented me in taking off whenever I wanted. Getting a job without any experience was one big hurdle. How do you get a job that requires experience without any experience? I also had more to learn about money; how to budget, how to ask for a raise, what investing was and much more.

When I was out on my own, I rented an apartment close to campus. I was working full time and attending school full time, but had to take buses everywhere. I didn't get my driver's license until I was 20, mainly because I had no car to drive. Then, there's car insurance and health insurance. I really didn't see this as a struggle; I figured it was what everyone did when they were "set free". Sure, many friends had cars and others still lived at home. But most of us were balancing work and school and trying to fit in a social life.

Watching my own two young adults learn about the world and listening to other parents, it seems not much has changed. Except that today's young adults don't have use of many of the tools I needed at their age. Communication with others usually takes place electronically. Many do not understand that you promote yourself, in one way or another, everywhere you go. These young adults have the highest debt for their age group in history; much of which is not school related (unless beer and pizza parties for the entire dorm are included). Choices are based more often on general consensus than on fact.

Secretly, you confide that you have more to learn and want to learn more. You you're your parents to have confidence that you can handle it all. Check out the Gardener's Action Plan below to discover several ways to become successful at using the tools and creating a life truly worth living.

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GARDENER'S ACTION PLAN FOR JUNE 2006 ©

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My experience has taught me that it is far easier to leverage changes that I will inevitably face than it is to hold fast to the way things were and hope that no one will notice. Hearing from students and parents alike that the transition from late teens into early 20's can still be a bit daunting to today's group of young adults (and of course, their parents), I have developed several programs to explore ways to make the transition easier and more rewarding.

One of the programs I offer is *How to Get Your Networking*. This seminar explores the many ways that we network every day. We also talk about successful networking elements and develop strategies for leveraging networking in the search for a job, college admissions, increasing your knowledge base wisely and more.

A second seminar I offer is *What You Believe You Achieve*. This one is a real eye opener to some young adults! It is interesting to listen to the discussion about why someone cannot achieve what they really want in life. Money constraints, skill level, experience and lack of knowledge are all offered as reasons written in stone for why they cannot have what they truly desire. This is where assumptions are challenged and limiting beliefs are set free.

For those that want just a taste of reality, there are 3 teleclasses (conference calls) being offered this summer. *Networking Basics*-an overview of what networking is and how it works. Next is *Choosing a Career*- How to choose a direction by using talents, skills and values. Lastly, is *Cultivating Change*- how to leverage change instead of resisting it.

There is always a group of young adults that embrace the adventure of adulthood. For these individuals, I offer group coaching sessions. This season is focusing on changes that young adults are facing or expect to face and how to prepare for and handle it in a positive and enriching way. Learn how to hear fear in advice that is received, how to identify limiting beliefs and how to develop strategies for information validation and decision making. Group coaching is a bi-weekly commitment of 3 months.

Now, here is where change comes in! As you read and identify with some of the inevitable struggles, you find yourself either explaining why you can't sign up or you are convincing yourself that you can do it all on your own. To those of you that take this route, I say Bravo! I wish you well. But for those that believe life's lessons are learned easiest by taking guidance from those that have been there and know how to shorten the learning curve to success, contact me at 301-279-2363 or Renee @landofpossibility.com.

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.



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