

Positive Lives

Positive Lives is a professional coaching practice that offers career coaching, personal development and leadership coaching.

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[A Reunion, A Procession & A Letter](#)

I've been profoundly moved and thoughtful over the last few weeks, and here's three reasons why:

A Reunion
A Procession
A Letter

Let me explain. The Reunion was of many friends gathering at a funeral. All of us were joined in celebrating an amazing life of a dear mutual friend. Some of us have not met for over 20 years. Some of us didn't recognise each other, as nearly quarter of a century has reshaped us, changed our hair colour, given us interesting lived-in faces. It was, in fact, a deeply respectful and in many ways joyous occasion. A life fulfilled - what more can I say? Afterwards, many of us expressed how powerfully we had recognised the bond between friends, the importance of connections, family, friendship.

The Procession I saw from my car on my way to a meeting out of town. I could see the queues of cars (thankfully on the other side of the road). Usually that's due to a tractor being obstinate. On this occasion, it was a hearse on its way to the Crematorium. A couple of cars behind the procession were clearly family. But what about at the back of the queue of cars? Did the drivers and passengers know that a life had passed, touching other lives? Probably they felt impatient, wondered what was holding up the traffic. When things don't go our way, we complain, that it has rained, that the bus is late, that fish is expensive, that our flight is cancelled, that there's a lot of traffic on the road today. We don't always see the big picture, don't know about the impact of events on others' lives, or all the threads that connect us, the things we hold in common as human beings.

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April 16, 2010

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[International Women's Day](#)

International Women's Day at the Monastery in Gorton.

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March 13, 2010

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[Falling Awake](#)

Googling about recently, I've noticed a growth in interest in Mindfulness recently. Bangor University is running several courses, and coaches Michael Chaskalson and Emma Donaldson-Feilder are starting courses next month at the British Psychological Society. Mindfulness attention is a highly commendable state for coaches, characterised by presence, curiosity, openness, compassion and acceptance.

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March 7, 2010

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[World-Wide Celebration of Women on March 8th](#)

I am thrilled to be invited to take part in International Women's Day celebration at [The Monastery, Gorton](#)

. I love conversations and connections that occur in very special environments.

The Monastery was designed by Pugin and built in 1863. It follows the principles of sacred geometry. Sacred geometry is an ancient mathematical system of proportions that uses basic geometry to create complex and beautiful architectural solutions. It has been used by different cultures around the world for thousands of years from the pyramids in Egypt to the Gothic cathedrals of Europe. It is a very powerful space.

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January 27, 2010

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[Customer 166 Wins a Prize!](#)

Another Everyday Tale from your Roving Coach

(Leadership Coaching Principles: Use what's offered; Create from anything)

Made the effort on a very cold afternoon to walk into town, over the Dee Bridge and up to our nearest Post Office in Chester. There could be much to complain about from the outset, as we used to have a really handy local PO just five minutes walk away. However, I have been practising Gratitude all this week, so wasn't going to become a Moaning Minnie.

Our city post office has introduced a new computerised ticket system, somewhat along the lines of a supermarket deli counter. You wait until your number is called; then you stroll towards your LED designated counter and are served. OK, it was a bit confusing to start with, but there's

always somebody to help you work it out. And it is a lot more restful on the feet. You can sit on a nice scarlet sofa and read a book if you want. Possibly the wait times have not changed, but the experience is generally more comfortable. It's been really quite a long time since the War, so perhaps we could move on now from the "Queuing Mindset"? (I've noticed that nobody, but nobody, queues abroad, especially in Italy and Spain!)

But old traditions die hard; queuing being entrenched as a british way of life. I've observed that the counter staff get a lot of earache about the New Fangled System. So each time I visit the post office, I tell them that I, for one, find the new system quite acceptable.

Modelling Positivity once more, I duly told the lady who served me with my book of First Class stamps *"I like your new system"*. Whereupon she said *"Well, you win a mug!"* At first, I wasn't sure if she had actually said *"Well, you are a mug!"* but no. She went off into a Sanctum Sanctorum somewhere behind the bulging mailbags and came back smiling bearing my prize. I am now a proud owner of a "I (heart) my local post office" china mug.

Apart from be lucky (which I am), what did I learn? Well, firstly I was in a positive state of mind from my Gratitude exercises. Secondly, I am always prepared and open to embrace change. Thirdly, I attempt to appreciate the situation of those who have to manage change (not always easy). Fourthly, I like to encourage people on the front-line of change. What might happen for you and others if you practised some of the above?

And now, I am going to put the kettle on for a cup of tea in my new mug... !

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January 26, 2010

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[Relaxed Conversation is Good for Business](#)

January can feel like a bit of a let down, nothing more to celebrate, back to work, those credit card bills coming in from the Christmas shopping spree. The pretty lights and decos are packed away. No more parties. It can easily feel like a return to drudgery.

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January 18, 2010

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