

# A new season has arrived and new opportunities along with it!

When I finished my training as a Hudson Master Coach last summer, I was determined to incorporate more art, yoga and mindfulness in my life. A year later, I've found **the opposite has transpired!** What happened?

**My key learning:** If I want to bring new elements into my life, it is essential to shed others.

If you have experienced a similar situation: "determined to do something and suddenly realizing that you are headed in the opposite direction"; I invite you to first, take a deep breath; and second, engage in small tests to help you incrementally change towards the goals you seek.

Here are some questions to reflect on:

- ✓ Am I clear on the benefits of the new habits I wish to adopt? Is that clarity in my heart as well as my mind?
- ✓ What beliefs concerning my desired goal am I having trouble relinquishing or leaving behind?
- ✓ Which small tests could I perform to detect progress toward my new goal or habit?

So, as part of setting intentions for this new season, **if you would like practicing defining SMART testing;** keep in mind:

- ✓ *Secure* → taking steps that you feel comfortable with
- ✓ *Modest* → small steps
- ✓ *Actionable* → steps that require taking action
- ✓ *Research* → steps which allows you to take note of the existing conditions when you choose to perform the actions or when you choose not to perform them
- ✓ *Test* → steps that allow you instead of me to simply experience what happens

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Additionally, below are 3 McKinsey articles that I loved this last quarter! Perhaps you will also find them interesting, particularly as they address growing organizational perspectives.

- *The journey to an agile organization*
- *Getting Small (My Favorite Five Fifty)*
- *True Gen: Generation Z and its implications for companies*

**Interested in any of them?** Reach out to me and I will gladly share them.

Are you looking for valuable information about Strategy, Facilitation of Change and / or Executive #Koaching? Check out the **Kamaleo Blog.**

**Enjoy summer / winter (depending on the latitude you are in)!**



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