

## TLP Five-Minute Read Over Coffee – The light of learning



My dad made an awesome speech at my wedding party earlier this year. It was typical of him - short and to the point, but really powerful at the same time.

➡ He used some words that have really stayed with me - saying our story was a source of light for him in darkening times.

One of my Dad's greatest strengths is he does not indulge in Blah Blah! 'He says it as he sees it'.

➡ I have thought a lot about his words since then and how I can apply this to myself and my work. The last three years have contained shocking experiences and events. The question I ask myself, and the challenge I ask of my clients - is how to find that energy (that light if you like) to continue to develop and improve. It sounds very easy in writing - but I think this type of energy is in fact very fragile.

➡ All around me I have seen people who are a little 'greyed-out', who have lost that spark (feeling) of optimism or motivation you need to develop new skills. People are bruised by the shock of Covid-19, and war returning to Europe, and the sense of old-certainties forever undermined. In times of uncertainty it can be human nature to keep things simple and just focus on getting through the day, just coping, putting ideas for self-improvement on hold.

## 💡 THE POWER OF DESPITE:

I go back to my Dad's analogy for inspiration. There is something very powerful in taking positive steps forward, despite of the uncertainty around us. The word despite can be very freeing in this way.

💡 Accepting and knowing that the world is a fluid, uncertain and risky place, you still try and nurture that energy and light that makes you want to learn new skills and develop. The key reflection I take from my own coaching work in 2022 is in the 'how'. How do you nurture this energy to develop and learn new skills in fluid and uncertain times?

➡ What has felt important is in stepping lightly, keeping creative and having a sense of fun. Encouraging my clients to take steps forward, big or small, in a way that is compassionate to themselves and realistic to the energy they have available.

➡ I guess it is this that informs my wish for my clients (and everyone I know) as the year draws to a close. It is that despite the skies which might be dark and stormy, we all find ways to keep that forward looking and optimistic light burning in ourselves.

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