



This epistle wishes the friends, colleagues and clients of **Kathy Hart and ClearVision Consulting, Inc.** a glorious New Year and 2017. As shared last month, I am in the process of reshaping the company's focus, along with the corresponding newsletter. The new design and format will be released February. This transition issue shares my reflections from 2016 and provides a special offer for future coaching services. Hurry to take advantage of this opportunity before the end of January.

Expect the Unexpected

I asked my husband Paul how he characterized 2016, and he summed it up saying, "Expect the unexpected." We didn't know at the beginning of the year that my mom would pass, Paul would lose his job, or that Trump would be elected. The unexpected always happens, so just expect it. When it does occur, apply my Step Back philosophy to cultivate the advantages offered and minimize the fallout.

Cultivate Healthy Relationships

Friendships take time to cultivate, both from a giving and receiving perspective. Those who you call friends and are in relationship with should be able to celebrate your successes, empathize with you and, most importantly, give you a boot in your backside when appropriate. If they can't do all three, then re-allocate your time to others who offer a more balanced approach.

Be Grateful for Family

Regardless of how your family functions, dysfunctional or not, be grateful for them and what they offer. Keep in mind though, that gratitude can be provided from a distance. There are those you may choose to be close to and around more often, while others are best experienced from a safe geographical zone and less frequently.

Experience Other Cultures

I know of no better way to truly understand myself than by being around others different from myself. Interacting with other cultures affords the opportunity to reflect on your personal beliefs, determine what's important, and to realize there are more commonalities among us as humans than there are differences.

Be Amazed

On Christmas Day my husband, niece and myself were seated in London's St Paul's Cathedral, participating in an Evensong service, listening to the choir sing from Handel's *Messiah*, and gazing up at ancient frescoes on the ceiling. Whether it's the glories of nature or human majesty, experience all that life offers and be amazed!

Outreach to Others

You really aren't expected to go it alone. It was John Donne who shared, "No man is an island, entire of itself; every man is a piece of the continent, a part of the main." Humans are meant to be in contact with others. Whether it is to mentors, accountability partners, colleagues or friends, reach out to others to learn, grow and develop yourself.

Express Your Emotions

This was a year where I realized that expressing your emotions, even when they surface unexpectedly, is necessary and healthy. Instead of being in control (truly an illusion), learning how to acknowledge what you are feeling and sharing with others is a blessing. This doesn't mean you need to cry at the drop of a hat, but being able to express the range of human pathos with another is cathartic and healing.

Listen to Your Body

Long acknowledged as a Type A personality, always on the go and ready to tackle the next project, this was a year when I had to learn how to listen to my body and allow myself to be vulnerable to its needs. There were times when emotional exhaustion surfaced and all I could do was to succumb to its manifestations. Learning the art of pacing yourself is a skill to be mastered.

Stay Engaged

During grief or other significant life emotional states there is the tendency to disengage and retreat. Treat these times like a fine liqueur; a little bit goes a long way. While difficult, re-engage as often as you can to maintain forward progress. The activities you pursue may be different from the normal, but keep at it to see results, which will spur you on to do even more.

Embrace Change

Heraclitus, a Greek philosopher, is said to have written, "Change is the only constant in life." I would add that you always have the choice to embrace or reject that change. The change, whatever it may be, will happen either way. The sooner you embrace it, regardless of how challenging, you lessen the devastating effects, are able to take action, and absorb the new behaviors.

Special ClearVision Consulting Offer - MUST be booked before the end of January 2017

Starting mid-January 2017 I will be rolling out a series of coaching packages, varying in services provided and commensurate pricing, for those experiencing significant professional or personal transitions. If this is of interest to you I am offering a 50% price reduction for those who book before the end of January. This offer is only available to previous newsletter subscribers. If you would like an early release of the coaching packages offered contact me at kathy@clearvisionconsult.com