

From: Lauren Still <lauren@buoyantlife.com>
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To:
Reply-To:



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News from Buoyant Life

I hope you are staying cool in the midst of summer temperatures!

I am very excited about my latest workshop - Parenting with Intention. It will help parents reconnect with the values they wish to model in their parenting, and focus on positive, proactive everyday actions to support those values. See details in the *Events* section below, or by visiting my website.

I'd also like to direct your attention to a few sections of this newsletter in the righthand column to which I hope you will direct your attention each month: the *Blog Log* shows you recent topics that have been discussed on my website blog; the *Karma Corner* allows me to highlight companies, people or services that I think you (and others!) should know about; and the *Coaching Question* provides you with something to think about as you go about your day.

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. At the bottom of this page is a convenient [Forward Email](#) link.

Wishing you success, balance and freedom every day!

Sincerely,
Lauren

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Blog Log



Recent topics on my blog include:

- Celebrating Independence
- How Do You Define Success?

[Read on here...](#)

Getting Unstuck

Ahh, one of my favorite subjects! Who hasn't felt "stuck" or stalled out in life at one point or another? It might manifest as a career impasse, a quest for meaning, a stagnant relationship, a yearning for change, a simple nagging feeling that there should be more to life. No matter how it shows up in your life, the good news is that "stuckness" is a wonderful catalyst for positive change. It is your life's way of telling you to look around -- look at what is holding you back, look at where you're going, look at where you want to be, look at who you want to be. Once you embrace your lack of movement for what it is, you're ready to do what you need to get into purposeful action again.

Recently and thanks to a tip from a client, I've been reading a book on the subject of getting unstuck. In fact that is the title of the book by Timothy Butler: [Getting Unstuck - How Dead Ends Become New Paths](#).

Many of the questions he poses are the same or similar to the ones I frequently ask my clients who are at a crossroads in their careers and trying to decide what direction to take next. But he does have an interesting exercise and framework for those questions. His process is to start with a list of 100 jobs and see which ones excite his clients most. Then he investigates with them what underlying themes, images, tensions and interests come up. Finally he addresses how to move into action based on the information from the exercises.

Whether or not this approach is right for an individual is up to them, but I believe it can be a helpful tool in the coaching process for people who like a structured, linear approach to solving their problems and who are adept at seeing common threads and themes in information.

And I wholeheartedly agree with Butler's basic premise, which is that points of being "stuck" or in impasse are actually positive and sometimes necessary opportunities to reconnect with your vision, passion, and meaning in life. In fact, such moments in our lives are necessary and natural -- they come about when you've learned what you needed to from the last challenge or phase of your life and you're ready to grow.

See the Coaching Question to the right to further explore these ideas for yourself.

I'm always interested in hearing your thoughts. Please [email me](#) your comments, views and ideas.

Karma Corner

Monthly featured business

Looking for professional, beautiful, natural photographs of your child(ren)?

Check out [Laurie Wood](#) - the photographer who specializes in small children in natural environments!

Quick Links

[Free Sample Session](#)

[Upcoming Events](#)

[Buoyant Life Homepage](#)

Coaching Question(s)

When have you felt "stuck" in your life? What were the circumstances or changes brought you to that place?

What did you do to become unstuck? What support would have helped you move beyond impasse into action faster or better?

Events

Parenting with Intention Workshop - August 18

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals. [Find out more...](#)

Remodeling Mom Workshop - next offered September 2007

Moms, let the "real you" shine by exploring your life as a remodeling project: do you need to restore, refresh, demolish or add on? Join other motivated and interesting women in this fun 5-step workshop.

Special Offer: [Bring a Friend](#) to an event and save! [Find out more...](#)

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