



About the Author

During the past 30 years I have amassed a variety of international life experiences both in my career and personal life with the UN and other international organizations. I have lived and worked in London, Geneva, Paris, Nairobi and New York, so I have 'hands on' experience of transition and big life changes. Having reinvented myself, I am now a developer of my life coaching business.

I am a young grandmother of 4 beautiful children and me and my husband love travelling to far off places like Australia and NZ where we've spent 2 ½ months in the last 5 years. My parents live at Corfe Castle in Dorset which is a 12th century thatched village and the countryside is beautiful. Almost as it was all those centuries ago as the National Trust own most of the land in that area. Its Thomas Hardy country and many other writers have lived in that area. Lawrence of Arabia lived just down the road on the Dorchester road and has a tomb in his remembrance at Wareham Anglican Church. Lawrence of Arabia died in a car accident of course many years ago.

I walk my talk and my life experiences during 30 years have been unique and enriched as a result of working with different international organizations. I have developed great relationships with people of different nationalities and cultures.

Before I 'settled down' so to speak, I had wonderful experiences of a colourful life through the lives of all those that passed my way in 3 continents (Europe, Africa and America) and 9 countries (Algeria, Argentina, Finland, Geneva, London, Nairobi, Manhattan (New York), Paris, and Yugoslavia). The contrasts have been vast and I remember I had wonderful though often very foggy experiences with my mother in London shopping and visiting the Ideal Homes Exhibition, plus a theatre afterwards. With my parents and brother, I also remember kicking leaves in the beautiful sunny autumn days as we were walking down the Mall towards Buckingham Palace. Those experiences with my parents led me to leave home at the age of 19 to live in London, thinking the streets there were paved with gold! At the age of 35 in Nairobi thinking that for my spiritual life I need trees, flowers and colour to feel at one with myself. For that reason I returned to Geneva rather than New York after Nairobi.

I can help you get the life you want because I have 'been there' and in fact I'm on a fabulous journey enjoying getting my business on the road. On moving from country to country, apartment to apartment and job to job, I wonder how I had the energy to do it all. Along the way I have enjoyed and continue to develop great relationships some of which are still strong after 35 years.

I have diplomas in counselling with the Association of Christian counsellors; Dale Carnegie course in personal and business communication and public speaking (in Paris); listening and boundaries courses through my Church and Retirement, Stress Resiliency, and personal assessment courses I have completed for my coaching. These are all the strong skills I use in my coaching practice. I received an Advanced coaching diploma from the UK Coaching Academy with merit and I am very passionate about helping you achieve the life you want – **I care about you!**

Carole

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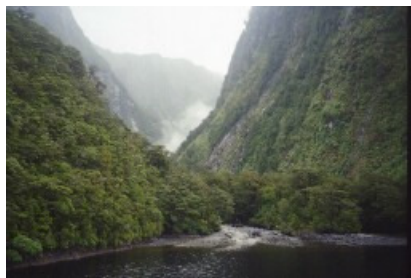
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Introduction

I am very proud to offer you my first Ebook being a compilation of some my writings over the last 18 months. What you will learn from this book are pearls of wisdom that you will hopefully be able to put to good use in your own lives. There will be parts of it that ring a bell with you and other parts that you feel do not apply to you. However, I invite you to reflect on these passages to see what you can learn from them.

I hope that you enjoy some of the wisdom in this book. I understand that some of the passages will speak to you louder than others. Listen to what is going on when you read some of these chapters. If you are moved emotionally then take a look at how to turn that emotion into something good and powerful for the good of yourself and others.

This is a book to ponder over and to ask yourself: Am I leading the life that gives me passion, meaning and purpose? This might be rather daunting for you, and if you just put one small step into action for just one hour each day, you will see remarkable results in no time. Its important to get your focus on your goal and it's often the small regular actions that turn your goals into what you want. Concentrate on what you want and your life will flourish and take on more purpose and meaning.

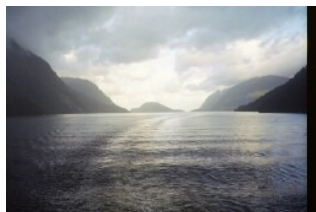
I hope you find pearls of wisdom just for you in this book and I would love to hear your comments. If you have any questions just email me on carole@life-in-transition.com.

Enjoy each day and make the most of what life has to offer – time is of the essence, so just do it and go for it – you'll never regret taking that first step in the right direction. Wishing you all a joyful, meaningful and resourceful life.

With love,

Carole

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Life in Transition

Many of us come to transition at some time in our lives and certain transitions are more complicated than others.

As I am happily living my 'new life', I want to help you to feel happy, active, resourceful and fulfilled in your meaningful 'new life', whether you have just retired or are planning on retirement. The mission of most people of the 'old school' of retirement were relieved once they retired but did not have a specific plan to help them organise their time to be resourceful; to feel fulfilled and connected as well as travelling and enjoying life. Relaxing and doing nothing was for the most part how the 'old model' related to most retirees. However, now with the 'new life' people are living longer and therefore have more to offer after retirement than ever before.

Its interesting to note that because we were in paid employment we had the feeling that we used our time resourcefully. Have you ever thought about how you would really like to spend your time? Every minute of the day is to be savoured because you cannot buy time, and it is not for sale. You are the proud owner of your time and how you use it is entirely in your power. This is why it is important to have a personal retirement plan to also alleviate the fears and anxious feelings around retirement and to be able to use your time to the best of your ability, while also enjoying leisure, travel and having love and joy in your life.

There are many people who retire and think well, that's it, I've done my bit, I'm now going to just relax and do nothing for a while and then that 'for a while' goes into months and sometimes years, when they feel lost with a life without meaning or direction. Your new life in retirement guides you to great opportunities to try that new project, organise your time and finances and unearth those special gifts you have deep inside of you.

Little by little you will become motivated and more peaceful about retirement once you find the right balance between doing nothing and bringing more meaning to life by, for example, supporting your community, and generally having a sense of purpose in your life.

Authenticity

According to the Longman Concise English Dictionary 'authentic' means "worth of belief as conforming to fact or reality, trustworthy, not imaginary, false or imitation ... genuine". Its also about being natural and yourself.

Authenticity has cropped up quite a bit recently in the newsletters I read and the teleclasses I attend. What does it mean to be authentic? For me, I walk my talk, which means whatever I say is what I do and feel. This is not easy as quite often we find ourselves making promises to people either without checking our agendas first or throwing out a vague invitation for the future that never arrives. This happens regularly from people of different cultures.

I have lived in France quite a number of years and when we bought our apartment in Paris, near Versailles, I invited a couple of neighbours in for a drink as us Brits often do. One of the couples accepted the drink because the wife was eager to see our new kitchen and we never saw them socially after that! She just about said 'bon jour' when she saw me. The other couple, whenever they saw us, which was often as they were on the same floor, would say 'oh! we must get ourselves organised and invite you for a drink soon', giving all sorts of excuses along the way as to why they hadn't been able to before. It took them 18 months to return the invitation! Better late than never! I realised some time afterwards in talking to other expatriates that this is normal behaviour in the Paris area! I vowed from that day on that I would check what I said to people before making false promises. However, I know I have slipped up from time to time. We all want to feel valued and unfortunately this type of behaviour devalues not only yourself but others around you.

So, my challenge to you is to clear this type of clutter from your life and be genuine and trustworthy when you are dealing with others around you, whoever they may be.

Perception and Deception

We are all perceiving something almost everyday that will give us a good or bad message. Do some of these messages make sense to you:

- ✚ During an interview one can easily be put off by a certain look from the person interviewing which could spark off a negative message.
- ✚ I must have looked stupid when I did that.
- ✚ There is something about that person I cannot understand.

One could go on for ever thinking of things that we have all perceived to be good or bad. I was with a client here in Melbourne who dresses down rather than up. We were an odd couple to begin with as I am more his mother's age, although he wasn't referring to me as he would his mother – you can imagine the scene. He appreciates certain luxuries like Hermes aftershave. We walked into the Hermes shop and the look on the faces of these shocked ladies as we walked in. I was looking reasonably well dressed so we were certainly perceived as an odd couple! I soon knew what it meant re looks to kill.

He began to ask for something they did not have in that particular shop and luckily the young lady that came over to us knew what he was talking about as the aftershave he needed was one of a special line which needed a special cabinet to put it in!

When one walks into these types of shops its as if the assistants have already made up their minds that we are not the sort of customers they enjoy serving (I don't blame them for that assumption as they did look worried to say the least). At this point they don't know what our spending power is. All they can think of is what we look like and what they perceive us to be as people. How deceived are we when we think this way. Before checking something out, you can miss out on interesting encounters and experiences.

Regarding my list above, stay focused and positively confront the person with a qualifying question like: 'I think there is

a misunderstanding, is there something I've said you don't agree with?' Its always preferable to put a situation straight immediately rather than stewing over it afterwards.

Before you deceive yourself, look again at your perception and check it out to see if its really true what you think about something or someone. Ask yourself the question, is this something I'm perceiving or is it for real. Have fun in playing with this and just check yourself each time you are perceiving something good or bad.