



August 2011 – Any Excuse For A Party

I had a business trip to Switzerland this month that, while accomplishing my business objectives, turned into a trip of parties. These parties were predominately celebrations of milestones in peoples' lives.

There were many birthday parties, making me wonder what it was about October that led to so many births nine months later in July. The answer was 2 honeymoon babies, and someone else suggested cold Canadian and British nights.

The first party was The Montreux Jazz Festival (2nd largest annual music festival in the world after Montreal, Canada's International Jazz Festival). I met old and new friends that night in celebration of a friend's birthday – and the atmosphere could not have been better, with an amazing seven-piece jazz band playing and the sun glistening off the waters of Lake Geneva (Lac Lemman) as the backdrop. It was a chance to reconnect with old friends, make new ones, have deep discussions, laugh, and dance, eat and drink.

Then there were going away parties – that's one of the downsides of expat life, people move out of your life continuously. Luckily that also means new people come into your life. My theory is that at least when you say goodbye and it is sad it means you were fortunate enough that the earlier hello led to something special between you.

There was a baby shower and a new house warming – celebrations to mark new beginnings. Another was a pot luck/Canadian buffet to mark my visit (thank you ladies!).

As I was reflecting one night, looking out across the lake at the lights dotted on the French Alps, I realized that these celebrations had a dual purpose. They allowed the recipient to mark the occasion, whether it was another year of experience in life (statistics show that people who have the most birthdays live the longest), a new life coming into the world, a new home or leaving an old one. The parties also allowed friends to celebrate their connection with the recipient. My Uncle hates celebrating his birthday and I tell him it's not about him, it's a chance for me to show my gratitude and happiness that he's in my life with the excuse of cake, card and gift.

Now I know we shouldn't need an excuse to tell our friends and family that they are special, that's best said and shown daily. And, sometimes it's nice to just have a party.

So what's the occasion, large or small, that you could mark to create a party to celebrate your connection with someone in your life?

Live your potential

Anne Taylor

Certified Professional Co-Active Coach

DIRECTIONS – Coaching for Results

www.taynac.com/directions

coachanne@taynac.com

© 2011 Anne Taylor