



October 2010 – Can't See The Forest For The Trees

Seven weeks ago I moved to London, England (from Switzerland via Canada). I have been knee-deep in settling in ever since. Sorting out bank accounts, credit cards, debit cards, cheques, mobile phone, health insurance, contents insurance, accommodations, internet, and on and on. Then there's the whole idea of finding friends, or at least acquaintances to socialize with – contacting old friends, finding friends of friends, joining a yoga studio, meeting friends visiting London, joining social networking groups and talking to almost anyone I meet. Then there's the necessity of finding work – contacting previous clients and coaching colleagues, joining business networking groups, identifying potential businesses, the list goes on and on.

The settling-in process is similar to Canada and Switzerland and very different at the same time. I was getting bogged down in the details, feeling unproductive, feeling frustrated and lonely at times. And then I had a couple of reminders about seeing the forest (the big picture, the goal, the vision) for the trees (the details, the distraction, the chaos).

Lunch with a good friend at a Mediterranean restaurant was the first sign. There were hundreds of ornamental lamps hanging from the ceiling, different sizes and different shapes and different colours. And when I stepped back and looked at the ceiling there were two views – seeing the turmoil of all the individual lamps and seeing the main pathway from the front of the restaurant to the back.

The second sign was during my walk along the river Thames near Tower Bridge (that's the historic, ornamental bridge that some people mistakenly call London Bridge). I walked through Hay's Galleria. Again, there were two views. One was all the retail shops to the left and right, the small huts of merchants, the various sculptures. The second view was the main walkway through the Galleria from the Thames to the High Street, actually quite a direct route if you aren't distracted by the noise, colour and movement around you.

Those signs lead me back to the forest – the exciting adventure of living in London, the passion of helping people lead fulfilling lives, and the joy of creating a home and business that enriches me and others.

What forest do you want to see? What trees are distracting you from being the best that you can be and leading a fulfilling life?

Live your potential!

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