



Hello and a warm welcome to you!

I am absolutely thrilled to share this first newsletter with you!!! This will be a fantastic platform for us to get to know each other better, as I invite you to share any ideas, suggestions or comments you might have about any of the themes that are explored. So please read on... and then let me or any of the other participant coaches know what your thoughts are at [newsletters@essencialcoaching.com](mailto:newsletters@essencialcoaching.com).

So what is the theme of this first newsletter? Well, surprise, surprise... What about "coaching"? Yes, what if I took this opportunity to give you *my* definition of what coaching is?

Coaching to me is first and foremost about waking up to our dreams. Dreams are the rawest expression of our deepest desires. Most of us have often been taught to discard them as being "unrealistic", "childish", etc. As a result, we tend to shut most of them down during our busy responsibility-driven days, when our conscious rule-bound reality-stuck logical mind takes the lead. And if we are good enough at it, then we might forget all about those dreams.

Until one day... Until the day we wake up to what might be a bad dream (in the worst case, a nightmare): lack of motivation; feeling of failure; feeling of loneliness and void; feeling of waste; even illness or depression. In those moments, we might have no desire to get out of bed, as there is little for us to look forward to in the day to come. Depending on our pain threshold and on how much we have been living in dream-denial mode, it could take months, years or even decades of serious dream neglect before we get to that point. But the good news is that however long it takes, whenever it comes, it is a gift – it is a call to action that draws our attention to what we have not fully honored in our life, all that is really important to us and we have overlooked.

So to me a good coach welcomes that moment in our lives. A good coach helps us listen to what that moment has to tell us about what we are longing for at a core level. Of course, once we become aware that bad dreams are just the flip side of the deepest aspirations we have been denying room to, a good coach also supports us in coming up with a plan that will allow us to fulfill our true intentions. Not only that, but a good coach helps us keep our momentum and remain inspired as we go through those periods when we might lose sight of our dreams and lose our breath as a result. More than anything, a good coach makes sure that as we go to bed at night and look back at our day, we feel a deep sense of accomplishment and satisfaction, knowing that we have been the best version of ourselves and lived the best life we could throughout. And who knows, maybe along the way we might have inspired other people to do the same...

*So my question to you is "Why wait"? Why not start to "dream your life and live your dreams" NOW?*