

Richard Gee

From: Jasbindar Singh [jasbindar@sqconsulting.co.nz]
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To: Jas Singh
Subject: Get Your Groove Back shortlisted for book award and endings

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1. Ashton Wylie Charitable Trust Book Award

My book *Get your groove back* has been short listed for the 2007 Ashton Wylie Charitable Trust Book Award.

If you would like to order a copy, just click here:

http://www.sqconsulting.co.nz/sq_bookshop.php

If it is a gift for a colleague, friend or family member, just drop us a note with their name and we will send out a personalized copy for them.

2. Dealing with endings

Endings are a natural, inevitable part of life. Whether in the areas of our jobs and careers, love and family life or other aspects of our social, recreational and community life, one cannot escape their aftermath.

It's often something we are encouraged *not* to talk about. On the contrary, the message from well-meaning friends and colleagues can be to "get over it." And indeed "get over it" is something we do need to arrive at but in our own time. In the meantime, one may well be enduring the silent grief of acute, unexpected or even an expected loss. Endings can be tricky. We are creatures of habit and we like our comfort zone. And when faced with endings, the way ahead is not always clear, nor does it emerge overnight. We become a shuttle between the known past, an anxious present and unknown future.

A colleague put it rather well when he shared that he felt like he was “going through the winter of his life.”

So what do we do? How do we navigate this?

Well the good news to remember is that 'there are no endings in life without new beginnings.' Time and experience, the wisdom of life has proven time and time again that there are no endings without new beginnings! As the old adage goes, when one door shuts, another opens.

Endings, especially on the job front, can be an excellent time to take stock in life and review your goals and aspirations. You *can* have a say in the matter. What is future you want to create?

Project ahead to a desired scenario and see what comes up in answering these questions?

How might you want it to look, feel and sound?

What specifically are you doing? How have you structured your time and day?

What value base are you living from?

Who and what are you surrounded by?

Which of your skills and competencies are you enjoying using?

What is giving you joy and fulfillment?

And most importantly, who are you being?

Endings force us to identify that which truly matters. Endings lead us back into life’s journey of growth, change and acceptance. Rather than fight or take flight, we need to embrace and learn from it. However hard a lesson it might be. In the words of Carl Jung, we cannot change anything unless we accept it. Besides, the future invariably holds many more options and possibilities than the pain of endings present.

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3. After the wedding

My favourite Auckland festival movie had to be the Danish/ Swedish production “After the Wedding.” Beautifully acted and executed - definitely worth seeing especially if you enjoy emotional, psychological dramas!

Warmly, Jasbindar

Please feel free to send this SQ-zine to colleagues or friends without any changes. As always, your feedback and comments are most welcome. If you would like your own copy, just drop me an email: jasbindar@sqconsulting.co.nz and if you wish to get yourself removed from this six-weekly e-zine, send an email with unsubscribe. Take care for now.
