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The big personal news for this newsletter is that John and Grace got married on 16 July 2009! It was a wonderful and successful day, with the wedding held in the High Street Methodist Church Maidenhead and then off to The Old Mill in Aldermaston for a delightful afternoon and evening reception. A big thank you to everyone that attended, supported, or offered congratulations.

**Spring Courses:** Looking ahead to 2010, we have two main courses on offer.

An opportunity has arisen to hold one of the More to Life core courses; The Practice of Processing, which we are organising for the new year. This is a course that supports and deepens the material presented in the main More to Life Weekend course and we are holding the follow-up course to allow people in the Thames Valley area to be able to benefit from this important course.

## Events and Dates

### Spring Courses

- **The Power of Self Esteem**  
Small-group course exploring what we do to undermine ourselves and how to reverse it.  
**Starting Tues. 26<sup>th</sup> January**
- **Practice of Processing**  
Open to students of the More to Life Weekend (see [www.moretolife.org](http://www.moretolife.org)) only.  
**Starting Thur. 4<sup>th</sup> February**

To book or find out more, contact us as below

We are also planning The Power of Self Esteem to be held over 5 sessions on Tuesday evenings from 7pm to 10pm

**Personal Coaching:** Coaching by John Cochrane is available at times to suit you. Coaching can be arranged in Lower Earley, Reading, at the Bliss Therapy Centre in Wokingham, or by phone. 4 to 6 sessions at £50 per session will be arranged to achieve a particular objective; perhaps if you are going for a specific goal or to kick-start your next phase of personal growth.

Business coaching or home-visit coaching can also be negotiated.

**Micro-Coaching:** We are currently offering regular dates for micro-coaching, but if you get together with a few of your friends this can be a very cost-effective way of learning and also getting some mentoring from an experienced coach. At £15 per person it is very difficult to get better value for money!

## Leading to...

“The way we motivate ourselves critically impacts how we feel”



I was working with someone recently and we kept running up against a kind of hidden wall. He was planning to take on a major new role that he was excited about but also fearful. As we talked I could sense his excitement and his intentionality. I've worked with him several times over the past few years and have enormous respect for his vision and focus.

But at some point as we talked through his plans his excitement just seemed to drain away and he started to voice doubts rather than ambition. This was a sure sign that there was something out with his motivation and I asked him directly “Where is your motivation coming from, are you running-from or leading-to?”. He is an intelligent and sensitive man and he knows how to work with his feelings, and my question stopped him in his tracks.

After a moment or two he said “I’m running from.” That allowed us to explore what was motivating him in a way that reduced his enthusiasm and energy; what was the uncomfortable ‘thing’ that he was trying to avoid by throwing himself into the new project.

In ‘running-from’ he was engaging his fear to drive himself to action. We all do that from time to time, we force ourselves to act and do what ‘must’ be done. The problem is that this particular form of motivation, quite apart from being un-enjoyable, offers very little hope and without hope we don’t get

the surge in energy that comes with it. Running-from is about escaping discomfort or danger, not about aspiring towards a brighter future.

‘Leading-to’ on the other hand is firmly focused on the benefits and enjoyment of achievement. What we hope to experience, what we hope to feel, what we hope to achieve. When we are leading-to something and we are clear about our objective then we start to feel the benefits even before we start, but this is much more difficult if we have not dropped the tendency to be running-from. The trick is to be clear about both motivations (because they are both likely to be there) and choose which we are going to go with.

### Something to practise

If your energy is low and you are driving yourself hard, try asking yourself what you are heading towards. What is your objective and why do you want it? Wherever you are and whatever you are doing, are you stepping toward something or are you trying to run away?

Just asking these questions can bring about a change in your energy, and may show you how often you habitually unconsciously reduce your own enjoyment and your levels of energy and enthusiasm.

### To contact us:

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