

## A year of letting go, discovery and new growth

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### Letting go – 10 things

I started a talk to a large corporate audience recently saying: 2021 is the year I had to let go my house, my hair, and my husband. It was a risk to share so personally and authentically but something in me is calling louder and louder to STOP with the carefully constructed personas and the filtered communication in order to “fit into” the model of the world that we assume our audiences subscribe to. It is time to share our ideas, experiences, and dreams in a way that we can all connect and learn and grow. I received mixed reviews – some finding it powerful and impactful, others finding it uncomfortable in its honesty hitting some unexpected nerves. And that’s ok.

And yes ... I did let go a whole lot. I let go ...

1. my home of 11 years
2. my husband of 15 years
3. half my hair – symptom of extended stress and conflict between what made sense in my head and what I was feeling in my heart
4. my adult kids moving out – and moving in with their partners (10 years on)
5. my guardian kids finally owning their late mom’s home (10 years later) and ready to create a life of their own
6. expectations of how things should be – in life, relationships, and business
7. control and surrendered to what is
8. of the guilt of losing my cat, Tiger 5 days when I moved – and thankfully finding him through social media and kind community members
9. my sense of humour - more than once - apologies to all those impacted!
10. My need to be tough and in charge and have it all together

There are many layers and phases and feelings in letting go. As a wise friend said to me over coffee one day – don’t try to over-achieve your grief. Give it the time and space it needs. On the flip side - There are also so many discoveries and gifts in letting go that we don’t see while we are holding on.

## Discovery – 10 x 10 things

With great change, comes great discovery. In my life, I've discovered ...

1. That for every fear of the unknown is enormous courage to step into the new
2. That for every let go, there is an inflow of insight and space for growth
3. That when you listen to your heart, it will always take you where you need to go
4. That when you surrender control, you gain the magic of grace and flow
5. That resilience is not only about bouncing back, but taking time to rest and recover every day
6. That we are who we choose to be in any moment and can redefine ourselves every day
7. That there is so much love in the world when we open our hearts and share our truths
8. That there are many ways of relating, loving, and caring when we let go preconceived ideas of what it should look like
9. The power of daily intentional meditation and reflection and the magic of community in keeping this alive as a daily practice
10. How it feels to be part of a number of global communities – sharing, learning, and collaborating together

In my business, I've discovered ...

1. What it takes to digitise and shift most of what we do on-line – and the effort it takes to create and sustain new habits and ways of work
2. The challenges of sustaining change and momentum in the second year of global HR transformation project in the midst of restructuring, retrenchments, exits, and Covid impact ... and how to navigate cultural differences between SA and the Middle East.
3. How PowerUp8 capabilities can change lives and generate possibilities in the most unexpected ways – such astounding stories of people stepping into their courage, curiosity, collaboration, and contribution.
4. What it takes to build a global distribution network and translate PowerUp8, and I am Talent learning programs, materials, and surveys into Spanish in a collaborative way
5. How knowledge of the neuroscience of change and stress can fundamentally shift our ability to build creative resilience and stay centred in the eye of the storm
6. How to experiment with creating high engagement sessions on-line, face-to-face, asynchronistically and in blended ways – for teams to connect, create and align on strategies, plans and ways of work in this ever-evolving world
7. How Covid has impacted industries, companies, and lives in many sectors such as mining, transportation, energy, banking, chemical, printing, FMCG distribution, alcohol, and tobacco
8. A little more about the lives of teachers in under-privileged schools in the Western Cape and what a few tools, a little inspiration and a lot of hope can make a big difference
9. What driving into a Cape Town or rural township school at 7am in the dark winter rain feels like – and the anxiety, humility, and compassion it evokes
10. How to watch for signs of “barely coping” and creating space for self-care and recovery – for me and my team – and how seldom we (and so many other achiever types) can see it ourselves

## New Growth – 10 things

The wonderful thing about discovery is that when you stay open to new experiences and learning, you can't help but grow. Sometimes painfully, sometimes gracefully.

I've experience growth in ...

1. My perceived capacity to deal with and navigate massive personal and business change
2. My understanding and practice of neuroscience and biochemistry of stress and change – and how our intentions, thinking, energy, emotions, and frequency affects most of what we experience and create
3. My skills and tools to work with people across multiple platforms and places and that we learn so much through collaborative experimentation and failing forward – and laughing at ourselves - a lot
4. A vision for global opportunities and impact – and that we have so much to offer the world – one individual or one team at a time – and how the virtual world connects us so easily
5. Expanding the breadth and depth of relating and finding authentic and creative ways to navigate change in ourselves and each other – without throwing it all away
6. My ability to take on a renovation project, a house fix and sell project and general maintenance (and who I need to call)
7. My local and international networks and relationships and marvelling in the power of heart-centred collaboration and service
8. My ability to be a digital nomad and facilitate sessions and work in Airbnb's, Karoo towns, game reserves and wine farms 😊
9. My ability to really feel ALL the feelings that this time has brought on– from the massive loss and the fear of the unknown ... to the joy, excitement and inspiration of connection and experiencing the power of love to heal, shift and create a purposeful vision together across the world.
10. Of my hair (little baby hairs showing new growth) ... and my waistline – one too many wine tastings, gourmet dinners and road-trips across the Karoo, Eastern and Western Cape in my attempts to

When I look toward 2022, I'm cautiously optimistic. 2021 kicked my butt but also made me (and our nation) stronger, wiser, and more adaptable. We've seen people stand and pull together in ways we could never have imagined. We've stood witness to "end of times" events and scenarios, and yet, here we are – ready to show the stuff we are made of – and choose every day – love over fear, truth over lies, authenticity over what we think people want to hear, trust over doubt and connecting and collaborating for the whole over self-interest and profit only agendas.

We look forward to engaging, experimenting, learning, and creating with you in 2022.

Have a restful and rejuvenating festive season. May we all pay attention to what we have rather than what we don't, what we can create rather than what we can't and be grateful for this life – exactly as it is!