

# Transitions and New Beginnings

By Dan Tisch, M.S., CPCC, ACC

## **How are you dealing with the transitions in your life?**

The definition of transition is the act of passing from one state or place to the next. [A synonym is passage.]

We often view transitions as changes and we all know how much we avoid change!

Beginnings on the other hand suggest a wide open future full of possibility. The definition of beginning is the act of doing that which begins anything; commencement of an action, state, or space of time; entrance into being or upon a course; the first act, effort, or state of the secession of acts or states.

Beginnings seem to be less hampered by change and the human mind's avoidance of change.

## **What makes change so troublesome?**

One reason is that we make a faulty assumption that we know the future and that change creates an unknown future. Now we all know that we really cannot predict the future but that is an assumption that is operating here.

## **What makes transitions hard for many people?**

The transition is not treated as a new beginning. It is not viewed as a wide open future full of possibility. Because of the link to change, transitions are often forced upon us. These are the crises that arise when major circumstances in our life disrupt our balance.

## **What if instead of avoiding transitions we created them by going after a life we want now?**

New Year's resolutions are an attempt to do just that, to reach a goal that you want in your life as a new beginning. But as we all know most New Year's resolutions fail. This is in part due to creating a goal on top of and within the same mindset or perspective. Another reason for failure is having an insufficient structure for success.

**How do we disrupt the faulty assumption that we know the future? How can you create a beginning from the middle?**

Creating a successful transition

1. Start with a new beginning. Create a new perspective in which to view the issues at hand.
2. Within the new perspective, create a structure for success. This structure for success includes a clear picture of the goal fulfilled, a clear action plan, and an accountability structure.

Most transitions (and other changes for that matter) are best done with the support of others. Coaching is a powerful method to accomplish desired changes and successful transitions. Coaches are trained to work with people to explore and choose new perspectives and assist their clients to create a structure for success.

**Inquiries** (A coaching process to gain insights about your self and situation and deepen your learning)

What are some of the transitions you are currently undergoing?

Are you dealing with them as change or new beginnings?

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