

Standing On My Own Two Feet

By MICHELLE THOMAS

She stood at the window, tears streaming down her cheeks, barely able to see the life unfolding before her that bright sky day. Let me tell you a story about Tatiana, a fortysomething woman, in what normally should have been the prime of her life.

Tatiana was a delightful woman, smart, caring and generous, who grew up in a nuclear family with great role models. She loved getting together with them, as well as with her devoted circle of friends. A talented singer, she was not only engaging and creative, but Tatiana was also deeply spiritual and loved the outdoors.

She met her former husband in a fairy tale like way. He was an up and coming lawyer, which yielded him perks in his firm such as access to private clubs, lodges, boxes at sporting events, trips, and so on. It was not uncommon while Tatiana and Marco were courting for him to whisk her away to New York for dinner and then to see a play on Broadway or to a chalet at Whistler for a weekend of skiing and cozy hot tubbing. Marco seemed generous, fun loving, intelligent, and successful.

One starry night while dining alfresco, Marco proposed to Tatiana and she excitedly accepted. The two were married and celebrated in grand style. It was a magical start to their lives together. Before long, their first child was on its way. Marco insisted on Tatiana giving up her career to stay home with their baby and focus on child rearing. Tatiana happily complied. Then came child number two.

Marco was involved with the children at first, but after a time, his interest in his family waned. Time spent at work increased

exponentially as he was being groomed to become a partner in the firm. This imbalance created friction and a disconnection between himself and Tatiana. Marco grew distant and Tatiana felt unloved. The kids were relatively okay, but wondered why daddy was not home much.

Marco started sleeping away from home and this served to widen the divide in the couple. Tatiana suspected Marco was having an affair, which proved to be true. Heartbroken, she initially blamed herself, thinking if only she had been more supportive, lost those extra pounds after childbirth, and better masked her discontentment, their marriage would have been fine. The couple separated and eventually divorced.

While Tatiana returned to the workforce and was surviving with the kids, she started to mistrust her judgment about people and in some cases, her abilities. Marco's visits with the kids were infrequent and this led to some heated arguments. Tatiana was lost and angry. She felt like a failure, unloved, and taken for granted. She grew somewhat reclusive, afraid of anyone seeing her vulnerability, and she felt ashamed of her failed marriage. So much emotional turbulence left Tatiana feeling exhausted.

Fortunately, a good friend recognized the pain Tatiana was suffering and shared how coaching helped her through her own difficult personal and relationship challenges. The friend explained how she was able to not only heal, but to build resilience, and positively shift her emotional state. With her coach's personalized assistance, she regained lost energy and increased her confidence, and was ready and able to set healthy boundaries, as well as connect with her more empowered self. Her improved abilities enabled her to focus more intentionally and dynamically energize her chi flow. She learned about bringing in creativity to change perspective and strategies to boost intuition.

Tatiana mulled over what her friend had recommended. She felt an inner calling to usher in something new, not only for herself, but also for her kids. It was a time to put the past behind her and to activate her power! She decided nothing in her life would change unless she took some initiative, even a small step. She dared greatly and signed up for a coaching package that taught her to bring back a positive sense of self worth, strength, an ability to set boundaries and manage emotions in a healthy manner. It also served to restore her trust in herself, find joy, and inspire a drive to successfully follow her dreams.

If any of this resonates with you, contact Life Strategies Coaching to continue or get started on your best life!

