

## Change

Written by Gayle Nobel

Tuesday, 29 October 2013 14:37 - Last Updated Tuesday, 29 October 2013 15:10

---

Thank you all for your acknowledgement and encouragement to keep posting.

Kyle is back at his program. I am back to some sort of routine, although there isn't really one. And there's still a lot of laundry.

In my life coach training, we are first required to be a client to a peer coach. I had a fantastic experience, full of tremendous insights about myself and the way I show up in my life. These insights led to several powerful shifts. Moving forward helps create momentum and I am still riding the wave I created this past summer.

My first coach was Heidi Gottlieb. We had such a strong connection beginning with the introductory phone call and throughout the twelve coaching sessions, that we have stayed connected as friends. She is an amazing lady and I have decided it was no accident that I ended up with her as my first coach. As a brain cancer survivor, she is a great example of the healing power of attitude and perseverance. She is now a transformational life coach and has just launched her business.

I am working on some major shifts in my attitude at this point in time and her blog post [Change: It's All About How You Look At Things](#), really hit home for me. I invite you to take a look. Sometimes all it takes is a little inspiration in the form of a message which speak to you, to send you off in a slightly new, perhaps more empowered, direction.

*"Above all, be the champion of your life, not the victim."*

~~ [Life Coaching Matters.com](#)

## Change

Written by Gayle Nobel

Tuesday, 29 October 2013 14:37 - Last Updated Tuesday, 29 October 2013 15:10

---