

YOUR DREAM JOB

Welcome to sky is the limit your inspiration station with coaches Wendy Christa and Jermaine, our goal is to search out and share with you the latest news about how to become and stay empowered to make the most transformative lifestyle choices,

For 30 minutes each Monday at 12 noon Eastern time you will have the opportunity to hear inspiring interviews with coaches specializing in a variety of life transforming areas. It is our intent to provide you once a week wealth of information to carry you throughout the week.

Your co-host are Wendy who is our body beautiful coach, Christa who is our health lifestyle transformation coach and Sermin who is vanity coach. It is important to know that all of the concept and information presented during any of our shows are for educational purposes only.

They are not intended to use for the purpose of substitute or any diagnoses treatment prevention for curing of any disease and conditions without the care and advice of a qualified medical professional.

We highly recommend a visit with your doctor prior to attempting any new behaviour that may affect your health, again welcome to Sky is the limit your inspiration station we hope you enjoy the show.

Hello everyone and welcome to another week's episode of Sky is The Limit radio, this is Shermine one of your co-host and I am here today with our other co-host Christa, hello Christa, hello Shermine and a warm welcome to all of our listeners out there this is Christa.

SHERMINE: Yes welcome everybody and we have a great show for you here today and let me tell you if you are dissatisfied with the corporate status quo or you are exhausted at the end of every work day, or you are sick and tired of being sick and tired are you scared to take risk feeling that you have to sat at your good enough quote and quote job.

If you can identify with any others types of questions then the she show today is really specially for you listen up and you may find out what may be slowing you down what is the thing that is in your way getting in your way or stopping you from obtaining your dream job.

Our guess today is certified master coach practitioner Christopher Lawrence. Christopher has spent more over 10 years working in the corporate world with a fluffier of industries and companies and his focus has been primarily been in planning and strategy and leadership of change management and communication where he worked with the 5 generations that are now in the work force.

CHRISTA: In addition to being a certified master coach practitioner Christopher is also a trainer and a facilitator and a passionate public speaker who truly cares about the success of each and every single person who he comes in contact with.

After spending 10 years as a active (inaudible) and more than 5 years as chairperson of an academic advisor and chair committee of a local college and 5 more years as president of a condominium corporation Christopher developed a huge passion for not only for education but also experiential learning, education comes from living life through this experience Christopher is able to identify and leverage personal experiences into something solid tangible and spiritual. Today Christopher is going to give us some helpful tips on how we can find our dream job by listening to the voice we have been ignoring our whole life.

Welcome to Sky's the Limit Christopher we are so glad to have you on our show today.

CHRISTOPHER: Thank you so much I am so glad to be here.

CHRISTA: Okay Christopher so let's jump right into this exciting topic, can you tell us what kind of result the clients have worked with you have received.

CHRISTOPHER: Sure absolutely I have got a couple of really fascinating example one of them in particular strikes me at this moment, I had a client who she was in her mid thirties she had been trained as a n educator so as an educator she was kind of out there in the world doing her teaching thing and she really wanted to move into industry she started teaching at high school and then she moved into college and after a few sessions with me she was able to take a huge risk.

She quit her college teaching job and decided to start her own business and she is flourishing now like I just love so that's one example, you know you have pretty good change of not bring in your job if you coach with me on the alternative I have another client who we take, sometimes people need to stay where they are and so they were ready to leave their job and after coaching with me for a few sessions they found their passion again about why they do what they do and we were able to help them shift their perception to stay where they are.

CHRISTA: That's very interesting so you help them in a way to clarify what they really want what their passions are what their goals are.

CHRISTOPHER: Absolutely it is interesting you use that word passion to I think it goes beyond passion you know it is something that makes you feel strong and you know I am really passionate about politics but it doesn't often to make me feel strong, so this is something where yes passion that's great too what if it is something that is to make you feel strong everyday knowing that you do this for 8 hours a day, day in and day out. What is going to make you feel strong so that you need to wake up every day.

CHRISTA: That's interesting so you draw big distinction between passion and feeling, by feeling strong you mean feeling accomplished or feeling that you are in the right place or how do you define feeling strong.

CHRISTOPHER: Yeah I think for me the way that I define that things that gives you strength so it has this is a not of a formal definition but more of an experience, so it is kind of like if you worked all day in 8 hours a day and maybe a Thursday and you worked Monday to Friday at the end of the week you would most certainly get a little bit tired.

If you are not feeling tired if you feeling like you know at the end of my day I got time left for my family I got time left to go to the gym I got time left for my hobbies things that I really love and enjoy I got time left to go visit friends and I don't feel drained.

CHRISTA: Okay so that it doesn't drain you if you are on the right job it is almost feel energize when you are doing it.

CHRISTOPHER: Absolutely.

CHRISTA: Very interesting concept I have never heard it quite, anybody made that distinction quite like you have. Shermaine.

SHERMINE: Yes I really what i like about what you just said that kind of touch me was about shifting your perspective so that you know you help people to find their passion, find what makes them feel strong find what makes them feel so that they are not drained at the end of the day that actually energize and that doesn't necessarily mean that you have to quit everything that you are doing right now.

Change your whole life around but there may be ways to define that in your current situation by shifting your perspective, I like that idea.

CHRISTOPHER: Absolutely it is very fascinating actually when you look at you know what happens in the US in 2008 and maybe at the east coast of Canada where sometimes jobs are a little more scarce to come by, and sometimes leaving is not an option you stay at the job that is in front of you whether you are flipping burgers or you are the CEO of a company.

You might not enjoy either of those but either way that's the job so how do we make that, shift the perception and I got some really fun ways that we can do that.

SERMAINE: That's is very good to hear because I think that's scary a lot because when I think about well I am not happy with this you know to make it better I am going to have to throw my life into chaos and get down and all that, but that's not necessarily what needs to happen and also can go step by step you don't have to do it all at once and that's what I (inaudible) so that's really good to hear.

Now you also say that and I think this is probably a big part of what comes into play with this that is listening to your true voice is what is going to lead you to the answer to finding your dream job finding where your passion or your strength lie, how could you talk a little bit more about that.

CHRISTOPHER: Yes I think this is so important especially now I think we kind of move into this society where we don't hear our selves anymore because so much information so we feel like before we make a decision we need somebody else to tell us and then we get more information which we get more information, which we get more information so we kind of get lost in the noise.

And so one of the things that I had to do with myself and something that I do with my clients is we really teach people about the three stages to honouring your voice and so the first stage is really that you hear your voice you know it is kind of like if we were to look at it metaphorically, there is a knock at the door and you hear the knock and maybe you are not answering it, right or maybe the pillow or you know maybe you get close to the door and you are like you know you are trying to look through the peep hole but you really have a different way of approaching it.

Kind of like the know is there you know that something is not right and we know the know is there when we start to feel like we are not in line with when things start to get really hard when it is hard to get up in the morning and when it is hard to go to work when you look at the work in front of you and go why, why am I doing this, that's a knock at the door.

The next piece is listening to your voice so this is kind of like when you are like okay the knock is getting louder right and this is what happens we don't listen to the voice, we don't hear the knock it just getting louder it's like I am going to let you know that I am here, right and so this is kind of like you walk up you look through the peep hole maybe you yell through the peep hole who is there.

You know and you know that you are doing that when you kind of exploring right, and I know this is where people kind of get into that stage of life gathering information and sometimes they gather and gather and gather and there is no action that happens and at that point we have to go into honouring your voice which is whatever is on the other side of that door good bad ugly amazing scary.

You just kind of maybe open the door a little bit, sometimes we open it all the way and we see people do that too, right so maybe start by going here we go you know when you open it whatever is there I have to invite in and with career coaching usually what's there is a whole lot of belief system about what work should look like and how that probably doesn't serve us anymore, not always but sometimes.

SHARMIN: It is really it's that know at the door I like the metaphor that you are using by the way it just brings it home, so the knock at the door is not really answering the knock getting louder being the second part where you kind of listen and you start to gather some information and but you still kind of stuck and then the third part being honouring your voice and opening that door however little but starting to open and see what is in the other side and how you can engage with that the best way possible. Is that right?

CHRISTOPHER: Absolutely and sometimes it is terrifying sometimes it terrifies other people.

SHARMIN: I was going to ask that you know especially what I am thinking about is the steps between you know 2 and 3, the steps 2 and 3 that you know we often get so stuck like you know like gathering information we just keep gathering and we want it to be perfect before we open that door and we gather all the stuff and we are not sure what is one the other side and we may be completely wasting time, but that's so hard I think that's the hard part you know getting stuck between 2 and 3.

Do you have things I am sure that you are working that you do exercise that you help people through that particular stage.

CHRISTOPHER: Yes absolutely at that point, usually when people come to me there are already in step 2 by the time they come to me because that's (inaudible) not always but usually. To get through step 2 to step 3 for some people that happens really quickly, for some people it can be a longer journey.

So what we do I mean there is lots of really specific things that I can give some of it you know can involve journaling and exploration and that kind of thing, sometimes it is about taking action though. Sometimes I have people that come to me and they have stacks of information and personality test and this and that and you know and this one said this and I was this and this one said that, why don't you just go try something.

You know go out and try something let's not think about it anymore and if you need to think throw it in your journal and get it out of your head and then take action and we will talk about what action step that might be and for some people it is a really small minute thing just to get them to do something a little bit different and the what it feels like.

SHARMAINE: Yeah different for different people definitely and I think Christa you had a question about that as well.

CHRISTA: I just want to make a comment about something that sort of rang a bell with me when you said that a lot of times when people start opening when they get into stage 3 a lot of they discover a lot of what's holding them back it's the belief system. What is should like and a lot of times it comes from what we inherit from our parents.

Many people I mean how many times have we heard that people ended up in professions that they really don't like but they are fulfilling their parents dream or their parents though it is a good idea for them to become this and that and they end up not being happy so it is a weird choice so.

CHRISTOPHER: Or they get stuck by the high salary.

CHRISTA: The high salary definitely tempting very tempting and they may not be happy on the job that they chose so the knocking has to get really, really loud sometimes to go over the salary and the parents and their belief and all that other stuff that creates a lot of noise.

CHRISTOPER: Yes absolutely.

CHRISTA: So Christopher when people work with you can you give an example what people can experience, what they can expect when they work with you.

CHRISTOPHER: Yes absolutely, I usually work with my clients in person or over the phone depends on where they are located and when they work with me initially in the beginning there is a lot of exploration and my job is to start where the client is you know I love to having done this myself rip the door open and say here you go.

But also know when we do that sometime the door they slam the door real fast and maybe they don't ever go back so I need to start where the client is and I think the really great part about the experience with me is that I take a gentle approach for those that need and when you come we are going to start by just having a conversations we are going to do some explorations, we are going to try some really fun tools just to see what works instead because some will work and some wont.

For those who are part of the creativity and how they are coached this is a great place to come and because I have all sorts of tools and fun things that we try and my goal is just to try and prepare people in the beginning with the tools, so let's try this let's do that for couple weeks and see how that goes and maybe we will turn up the volume a little bit and then we will turn up the volume a little bit more and so when we are turning up the volume sometimes it is very client directed and sometimes it is directed by me because I think there may be some approach avoidance there.

So we need to get that fire, we need to light a fire for you so you can start running you know so.

CHRISTA: So you talk about customer findings meaning and direction in your work more so over finding a job that you are passionate about, can you explain that a little bit further.

CHRISTOPHER: Absolutely you know here is the thing about passion I love passion you know most people after they talk to me for a few minute know that I am a pretty passionate guy but I can get passionate about lots of thing you know if I have the right teacher I can get passionate about car mechanics skiing or whatever it is.

You know and I give you the example about being passionate about politics and that kind of thing and religion too like I like studying religion but passion can be deceiving and passion doesn't always gives us strength and this is that piece around if you find meaning in what you do and you have direction I think that creates sustainability peace that maybe you don't get.

SHERMAIN: That's makes a lot of sense that's a good explanation Christopher make a lot of sense Christa you have another question.

CHRISTA: Yes Christopher can you give us like one piece of advice for our listeners to help them get started on their journey.

CHRISTOPHER: I think if there was one piece of advice that I now I have to pick one I am really passionate about this thou.

CHRISTA: Now I am holding your feet to the fire.

CHRISTOPHER: Here is the deal, what I would say is just look for the sign if you look at what you do on a daily basis and at least 80% of the time which I think is low 80% of the time if you don't feel energize at the end of your day because of the task that you have on your plate it is time to start exploring.

Start exploring just start listening to the know and start opening the door just a little bit just a little bit I am exploring this but maybe you need to try something and trying something can be really be simplest you know what I think I might be interested in this.

SHERMAIN: Start being open to the idea that I might be interested.

CHRISTOPHER: Absolutely and then talk to somebody that has been that way and that's opening the door piece taking action piece, there are people out there who if you take them for coffee will talk all day about the works that they do and sometimes you just got to reach out right.

Sometimes opening the door saying boss I am struggling here and I know that this task is something that I enjoy doing could I have a little bit more of that.

SHERMAIN: Right and that's what I like about what you are mentioning it doesn't have to be this high risk high scary thing you can take little steps you can open the door just a tiny bit and then see from there where you go, that's a really good message I think to let people know about.

Before we run out of time I want to be sure that we ask you a little bit about your Find Your Dream Job now seminar I know you have that great seminar going on and I just really want to be sure that you let our audience know what that's all about.

CHRISTOPHER: Sounds great right now the seminar is done in person in Calgary but we are looking to move this to an online format as well and what we get out of it, I have 4 speakers that come and its 6 hours and what you get out of it is we look at varies perspective in jobs and finding the right job for you and finding your dream job and we kind of start with the under mind being the ultimate and so we start by talking about your funeral.

It is really fascinating we weren't sure that it was going to work when we first did it but it really resonated with people because they realize that I don't want to be at that stage, I don't want to be you know being a 100 a 110 years old and think this is what I have done with my life so we start there.

CHRISTA: Definitely helps you focus on what's important in your life when you start looking backwards, yes absolutely.

SHERMAIN: Kind of confronts you with what is really important rather than getting bog down in all the noise the other noise that is going on around you which sometimes that's all it is, it noise you got to get through that to hear what is really important wow.

I understand that you also have a special offer for our listeners today Christopher?

CHRISTOPHER: I think what I am going to offer this time is anybody that is interested I would be willing to have a coaching session with them so we would take 50 minutes and we would just sit down and we would just start to open the door a tiny little bit for anybody that is interested and I am not too worried about getting too busy because I got couple of other coaches that helps me who are just as qualified and really amazing people.

SHERMAIN: Oh that's excellent thank you for doing that, that's fantastic and what would be the best way for people can reach you to set something like this up.

CHRISTOPHER: Yes absolutely I think if you go to my website which is [change my life coaching.ca](http://change-my-life-coaching.ca), it is a .ca because we are up in Canada here.

SHERAMIN: That's right change my life coaching.ca and what we will do is we will put that on our face book page after the show with the recording so that people will have that information anybody that didn't catch that just now.

Thank you so much again Christopher that's very generous of you really, really appreciate that.

CHRISTOPHER: Thank you.

CHRISTA: Thank you so much Christopher we would love to continue talking with you but we are afraid we are almost out of time we just have to bring you back another time.

CHRISTOPHER: I would love to.

CHRISTA: You would like to come back.

CHRISTOPHER: Yes absolutely I would love to

CHRISTA: Okay thank you so much for being our guest on our show today and thank you our audience for tuning again today for the Sky is The Limit and taking advantage of learning all about how to find your dream job, we appreciate you for listening and following us and hope you enjoyed our show today as much as we did.

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Until next time everyone and remember the sky is the limit to what you can do have a week everyone good bye, good bye Christopher.

CHRISTOPHER: Good by thank you.

SHERMAIN: Thank you Christopher good bye everyone.

CHRISTOPHER: Take care.

Christopher is the CEO and Founder of Change My Life Coaching — a fast growing whole-life coaching company, and the only one of it's kind. He is also the author of "Go Beyond Passion: Discover Your Dream Job" [<http://www.changemylifecoaching.ca/book/>]. Christopher spent 10+ years working in the corporate world with a plethora of industries and companies. His focus was primarily in planning, strategy, and leadership of change management and communication. Christopher is a Certified Master Coach Practitioner (CMCP), trainer and facilitator, and a passionate public speaker who truly cares about the success of each and every single person he comes into contact with. You can reach him at Christopher@ChangeMyLifeCoaching.ca.