



OVERCOMING 'STUCKNESS' - STRATEGIES FOR SELF AND CLIENTS

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THIS SESSION

- What keep us 'stuck' even when we say we want to change?
- How do we get past it?

OUTCOMES

- Understand the meaning of “stuckness”
- Identify elements of ‘stuckness’ and factors contributing
- Learn strategies for overcoming

Unpacking 'stuck-ness' – 2 profiles

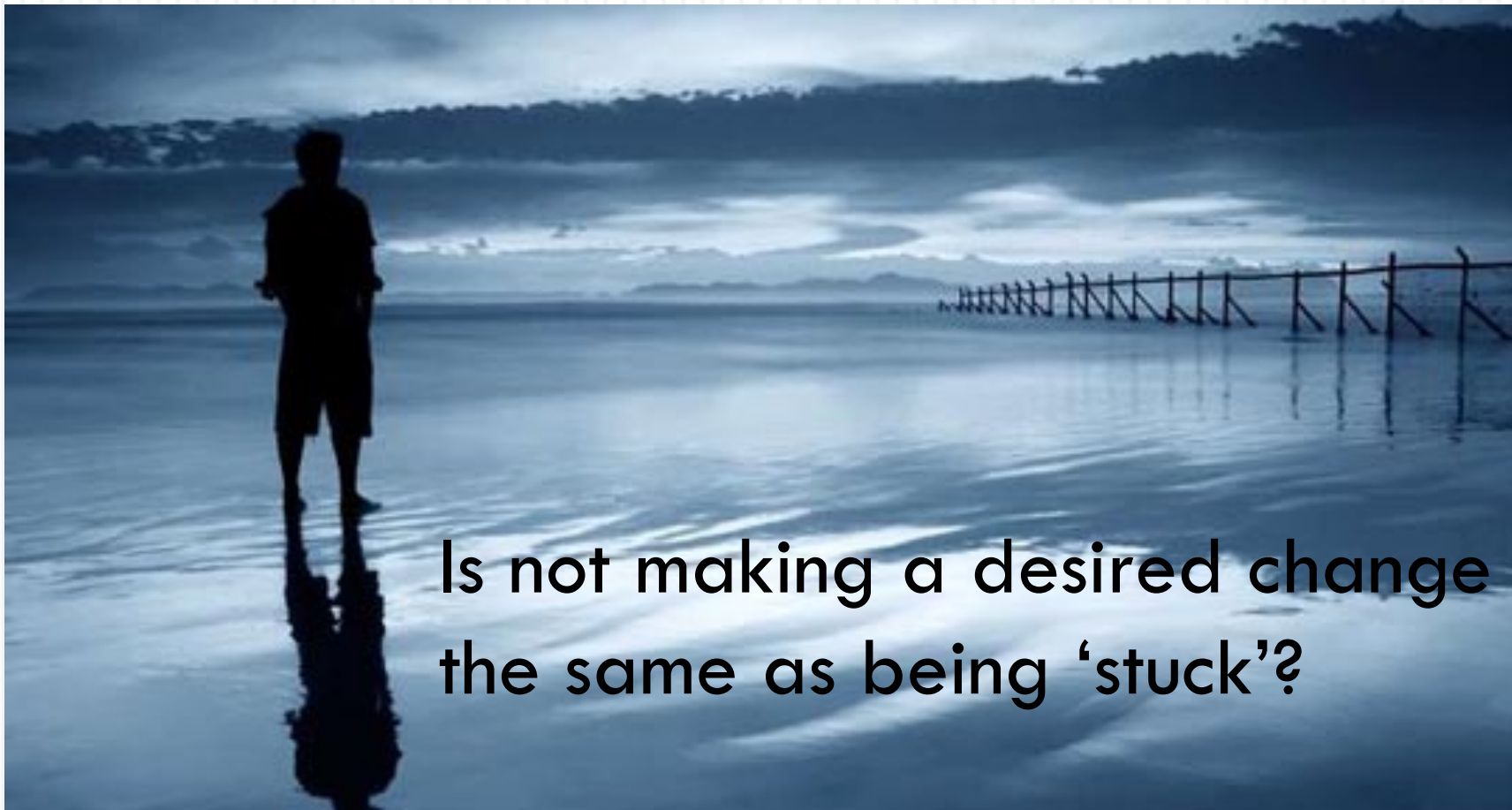
Real people, real stories, fake names

- Case #1: Gerald – mid-lifer self-described as 'never launched.'
- Case #2: Jenna – a millennial paralyzed by fear.

Our own stories...

- Write down something you've been wanting to do for a long time.
- Create a headline for your story
- Share your headline and story with a partner
- Discuss perspective on why you have not done this thing as yet?

Reflection



Is not making a desired change
the same as being 'stuck'?

What the 'headlines' tell us



Stuckness is not a client issue. It's a human phenomenon

Elements of stuckness

- Immobility
- Change aversion
- Paralysis

Types of stuckness

- Temporary
- Area specific
- Long-term

Factors contributing to 'stuckness'

Chicken or Egg?

- ▣ Depression
- ▣ Anxiety
- ▣ Fear of change
- ▣ Fear of success
- ▣ Fear of failure
- ▣ Low self-esteem
- ▣ Head voices
- ▣ Other...

Consequences of remaining stuck

- Depression
- Low self-esteem
- Melancholia
- Anger
- Anxiety
- Eating disorders/weight loss/gain
- Bitterness
- Regrets

Another case profile

- Case #3: The case of the deferred call to write

Take note...

Many, if not all of us have a dream deferred, a soul-nagging ache, or a road we're too afraid to take.

Some pertinent questions

- Are your clients ready for the change they want to have happen in their lives? Are you?
 - How to determine readiness?
- What are practical reasons for not making a change?
- How do you know if the decision to not change is grounded in fact or fear?
- What is your client's track record in making changes in the past – were these self-initiated or imposed?

Becoming unstuck

- Are you ready? (Answer can be yes or no)
- Are you willing? (Answer can be yes or no)
- Are you able? (Answer can be yes, no, or not yet)

Becoming unstuck

- Name the change you want to make
- Write it down where you can see it daily
- Tell a supporting somebody (or a bunch of supporting somebodies)
- Break it down into doable components and steps
- Enlist the help of a coach, counsellor, mentor or friend
- Write down/discuss what you are afraid might happen
- Set a deadline
- Start with step 1
- Advance to next steps...

The bottom line

- There is no magic bullet – you may never lose your fear
- You could fail
- You could succeed
- People (some) might laugh at you
- People(some) might applaud your bravery
- You will learn something
- You could inspire someone
- No regrets!

Quotes...

**Everything I've ever wanted is on the other side of
fear.**

George Addair

**If you are not willing to risk the unusual, you will
have to settle for the ordinary.**

Jim Rohn

Questions?

