

Ep. 34 - When Life Pivots: How to Reground, Reorient, and Begin Again

Transcript

[00:00:00] Hey everybody. Welcome back, coach Emily B, sitting on the floor of my state room on a cruise ship because I just felt I wanted to be able to talk to you and I want this episode to air this week. So here we go. When it's time to pivot, sometimes the plan changes and sometimes we didn't even realize there was a plan.

Quietly sitting in the background until after life shifts beneath us. Maybe you had a vision for how something would go, and now it's hard to see that picture clearly. Maybe you intentionally mapped out a goal, a season or a path, and now it doesn't seem to fit anymore. Or maybe the surprise came first and now a plan is being born.

Either way, there's a moment we all face where [00:01:00] we realize it's time to pivot.

In today's episode, we're gonna talk about what that pivot really looks like. Not just in action, but in thought. [00:02:00] How do you know it's time? What happens when what you wanted no longer matches? What's real and how do you create calm and clarity when change just catches you off guard? We are gonna talk about the pivot itself and then what to do next.

How to reorient, reground, and begin again from where you are. Actually just recently had a pivot myself, and it's not nearly as substantial as the pivots I know many of you are in right now, but I'm gonna share it anyway because. I can still walk you through that unexpected change, what that was like, what all came of it.

And, and I'd like to do that. So I had this plan to come on this cruise for vacation. And with it, of course, there's, I mean, there's no cruise ships leaving Vermont. [00:03:00] So there were flight plans involved to Florida and 12 hours before our 6:00 AM flight to Florida, we were notified via text message that the flight was canceled and refunded.

So okay, except with 12 hours, even if we wanted to drive, We are not making it to Florida in time to get on the boat. So we need to pivot. Not planned, not expected. Certainly not wanted, but it happened. And if I reflect back in the pivot, when you first know that that's happening, that you're about to pivot or you're in a moment where this is what's required.

It's almost like there's this little space of time that can seem like a gap of confusion. What do you mean the plans have changed? Well, you can't just do that. [00:04:00] You can't just cancel the plane. Well, yeah, they can. I think it's, it's that awareness too that anything really can happen. Change, go different directions, be canceled, be rescheduled, be rerouted.

Look completely different than we originally thought. And when that happens, I'll tell you what, your brain does not like uncertainty. Mine either. It hates it. The brain loves answers. That's why in coaching, I'll often say we can't leave unanswered questions in our thinking because if we do that, our brain puts so much energy into finding answers to those questions.

Which seems like a good thing, except many of us walk around with questions that are not helpful. Like, why did that happen? Or why did this happen to me? That's really not gonna be helpful in moving forward. A more helpful question would be, [00:05:00] what do I want to do next? Where do I see myself going? Let's get ourselves out of confusion, because that was never the problem.

We were never confused about what we were doing, what we wanted to do, what the plans were. Perhaps we were floating, not knowing that we were in our purpose. That's possible, but we're not confused about what to do. And if you think, well, I actually am, Emily, I am very confused. Here's what I want you to do.

Think of. The last time you showed up to whatever it is, before you had to pivot, what were you sure of in that moment when you were showing up? Just doing your thing the way you normally do? Why? Why were you doing it? What were you so sure of that Got you to show up. That is still true, unless it was linked to something externally.

So this is also [00:06:00] really vital information for all of us. If we've linked something our worth or our purpose to something external. This is an amazing opportunity to ask yourselves, what about me contributed to that belief? Is it that I showed up on time? Is it that, I planned ahead?

Your worth is still there and available and ready for you to pick up off the floor, dust it off and say, okay, here's what we're going to do. And you all, that doesn't mean you know your next action step. It doesn't, in that moment where I got the text where the flight was canceled, I did not know what was next, but I knew there was a next, and that in itself alleviates some of the, what do you mean okay?

Things do change. Things change all the time. The other thing that's true is people figure things out all the time. And if other people can [00:07:00] figure things out, so can I and so can you. And that's what we're doing right now, both in our rerouting of the plane, in my starting of birch and stone in the next direction that you take.

It's all just reroute and what's next? I think another thing that can happen is of course we lose trust. We lose trust in systems that we leaned on, systems that we believed were sturdy. I remember one time someone saying to me, I would never start a business because I need the security of a job, and that actually still to this day puzzles me because I'm not sure what security that is.

What I know about my security right now is that I will always have an offering to deliver. That's not going anywhere, and nobody can take that from me. And nobody can take what you have to [00:08:00] offer either, right? So in this situation with the plane, it might be like, well, what do you offer to a canceled ticket?

What I offer is a sense of calm, a sense of, let's slow down a minute. The person I was coming with was, oh my gosh. Where are you right now? I need to tell you this. What happened? Like, okay, what happened? They canceled the flight. Mm-hmm. Okay. And then she went quickly into overdrive with, where can I find other flights?

What can I do? How can I fix this? And I had a knowing that there's going to be a next step here, right? And either it's gonna look like something we weren't planning for. Or it's gonna look like a completely different outcome of like, we're not going. But either way, I just felt really certain that whatever was going to happen was supposed to be.

It's just that knowing wasn't within my reach yet. Okay, so now I [00:09:00] know that flight's not happening, and with this knowing, I'm gonna move on to what looks best next. And that looked like asking my husband, looking on the internet, thinking for myself, assessing how tired am I, could I make it to another place tonight to get to another plane?

How important is this trip? Like, it really got me reflecting on a bunch of different things first, and what I realized after is I have learned how to respond to situations instead of react to situations. And that makes a lot of difference.

This does make me think, okay, going into the next trip I book, I am gonna have a different sense of trust going into that. I'm no longer a hundred percent sure what I booked will just happen. Now, I've always known there can be delays and all of that, of course,

but I won't go into another trip. Without considering that [00:10:00] option ahead of time, because now I've had experience where that did happen and that was a little stressful, in the being awokeness of it. What ended up happening was we were able to find another ticket out of Boston, so it was about a four hour drive and we left at 10 o'clock that night.

We got a rental car, drove to Boston, returned the rental car.

And then we were able to fly out of Boston into, actually, we got rerouted again. We went into DC and then to Florida, and we were here in on time and everything was literally smooth sailing since then.

In the world of my work and my company and the job I had prior to going full-time in my company,

I had a lot of trust in the organization I worked for. I had a lot of belief that because it's a company that's so big and is so well known by its [00:11:00] name, that it offered security and what I saw in my three years there was not only false security in the management and corporate level. But a high sense of false security in the operations and the coaching and the support and, that's scary.

That's really scary. That type of work. I mean, you are putting your heart and soul out there. It's vulnerable, it's emotional, it's relational, and it's not guaranteed. You know, when we get vulnerable with things, especially like our feelings, our weight, et cetera, our relationships, I think it, it really helps having a safety of

a belief in your community that it is what it's saying it is. And what I learned in my time there, [00:12:00] I watched six figure employees get cut. Like it was nothing. Just let go at the drop of a hat.

I saw a couple coaches let go with no explanation, and you know, when that happened, I justified it for myself, which. I don't love. I really don't love that I did that in hindsight, but I did justify it. And I think part of that was there was fear and confusion and not wanting that to be what's really happening behind the curtains because this is a wellness company, so that wouldn't be true.

Couldn't be, could it? And now here we are again in this community that I was once part of is hurting. And gosh, I feel that, and it's, I have to believe there's some type of fear on the admin side of everything with where are we going and what direction and what is growth gonna look like? [00:13:00] Where, what direction are we going in the future with our services and what we're doing. I understand all that from a growth standpoint and a scaling standpoint. What I have a really hard time with, and I don't think I'll ever be able to or have the desire to wrap my head around how this type of maneuvering makes sense.

Uh, but we're forgetting the human. We're forgetting the core. The core of all of this is each other and what we're going through, what we're experiencing, what we're trying to build on.

I'm still having a hard time finding words for it. I just know that my heart hurts and my stomach turns for what I see and what I hear, and making sense of it eludes me is the best way I can put that. So what's next When you realize it's time to pivot, then what? [00:14:00] What do you do? I mean, back to the lighthearted example of travel.

Well, for starters, showing up to the airport's gonna look a little differently for me because now I know, oh, there really are hiccups that can be thrown your way. There are, so you might wanna account for those. But I laugh because the last trip I took, I've been solo traveling a bit, practicing it, and I've come to really enjoy it quite a bit.

It's just different to only worry about yourself when you're navigating your day. And sometimes that's, that's just nice. So anyway, the last trip I went on, I got to the airport. I got to my gate, they were boarding zone five for my flight, and I looked at my ticket and I was like, zone eight. I'm like, oh, look at that. I'm early. I was telling my mom about it, and she's like, I would never, I, I just like, that's so stressful. Oh, we were just laughing.

Maybe stressful, but to me it was precision timing. It felt really [00:15:00] good. But I probably won't do that moving forward. I'll probably make sure I have enough time. Some of you'll also be happy to know I have upgraded to a suitcase. I used to avoid baggage claim because,

however, cramming everything into my backpack, probably not the most ideal. So is that

Maturity, more responsible travel growth? I don't know. Yeah, I'm sure it's something. So let's just jot it down. I have a suitcase.

But seriously when things come in and, and force you to pivot, or things start happening that you know, several of you know, I pivoted away prior to this big event happening with this company. Um, but, and I pivoted sooner just in a knowing that I had, that actually really didn't have anything to do with the structure of the company, but more just what I knew I was needing for myself and my own growth.

But these things do get you to think twice and three times [00:16:00] and reconsider. So any of you that are in a position where, whoa, I feel like my whole plan just got tossed up in the air, and you're needing to re-catch it, take your time and really consider, what am I willing to catch? What am I willing to put back on my plate here?

It might not be everything that was on there. What if this ends up being the pivot you needed? I mean, that could be, it could very well be,

and you know about as businessy as you're gonna hear me get because I am to a fault, people oriented. And I don't, I don't really see that changing about myself either. But I do want to let you know, uh, not only on behalf of myself and the company that I run, but the coaches that I work with too, they [00:17:00] deserve a shout out the work they're doing, you all.

And I know it's like, well, you're the mom. You're gonna say that. You're gonna say that about your coaches, maybe. But ask anyone in there. Ask anyone in there. They're ready. They're willing, they're open, they're vulnerable themselves. They get it. They don't teach anything. They teach what they've walked and what they know, and what they've studied and what they've learned, what they're confident in, what they're passionate about, and that makes a difference.

We have large group coaching. We have small group coaching that the small group is called Rise Together. That's with me. There will be a maximum of 25 people in each group. We offer one-on-one. We host retreats. We love local meetups. It's a community in rising, and we'd love for you to come. And be part of that rising, be part of [00:18:00] the foundation that lifts us all up

into a higher existence. We're here to grow. We're here to evolve. You are not too late for your goals, they're yours to get. So go get them and hey, come back and tell me about it. I'm rooting for you. And I hope to see you next time. Bye everybody.