

CHOOSING FLEXIBILITY

People who are successful in their life, demonstrate more behavioural flexibility than people who are not successful. Being flexible in this context is about having the ability to recognise when something isn't working and then being able to change your action to achieve the desired outcome. It is about doing things differently and finding numerous solutions to the problem. How flexible you are in your mind and actions? Resiliency and flexibility are essential qualities for rising and adapting to the continual changes and challenges in today's world.

How flexible are you? Is your way the right and only way? Do you put your foot down and refuse to accept the possibility that there may be different options to solving a problem? Consider exploring more options by asking yourself, "What else?" What else can I do, and what else needs to be considered? *Behavioural flexibility is about noticing when things are not working, analysing it from different perspectives, and taking the risk to change it.* It's about stepping out of your controlled comfort zone.

Here is something that I have noticed with clients I have coached:

Many of them are just not willing to explore and embrace the unfamiliar. They would rather have total control of their lives and their career, and are unwilling to try new approaches or ideas. It is more important that they have absolute certainty. This means that their behavioural flexibility is unwavering. *The reason why people find it difficult to be flexible is because they are putting all their energy into removing uncertainty.*

Compare this to someone who embraces

change and has the willingness to explore the unknown. It doesn't always have to be right all the time. People who demonstrate behavioural flexibility are not threatened by change or by the unfamiliar. Instead, they expect change! They integrate it into their ever-expanding existence, thus reducing their stress and emotional imbalances.

The Institute of HeartMath's research (www.heartmath.org) have found that the beat-to-beat changes in heart rate is at its optimum and most beneficial when a healthy degree of variation is present. This variation literally keeps us on our toes, much like the side-to-side motion of a tennis player awaiting a serve. So in order to keep things from becoming stale it is important to have behavioural flexibility and to integrate it into your daily life.

The only thing that is constant in life, is change. If you cannot cope with change, you need to take a serious look at how accepting you are of this fact. Life is uncertain. It is only because of the fear of the unknown that people resist it and avoid the challenge of facing it. But it is only in the unknown that you can learn.

How do you acquire behavioural flexibility?

1. Start to remove the limiting beliefs and self-doubt in yourself and focus on what else you can do. What other skills or control do you have? Change your actions to include other options.
2. Give up the need to be right. Let go of your ego and climb down from the pedestal. There is no exclusivity in behavioural flexibility.
3. Try out new ways of doing things.

The stiffest tree is most easily cracked. While bamboo or willow survives while bending with the wind. Bruce Lee



Enjoy a more experimental approach. Don't be anxious about the outcome. Get curious about what you don't know.

4. Get used to saying words like 'maybe' or 'I wonder'. Instead of saying, "I hope this works out." say, "I wonder how this will work out?"
5. Study and learn from your chosen mentors and role models on how they came to their success. Model their excellence in your daily life. This is one of the best ways to learn. The great thing is you don't have to re-invent the wheel; they have already done it. All you have to do, is take it on board.
6. If you are achieving your desired outcome, then do more of what you are doing.

Ultimately, behavioural flexibility is a choice. When you have behavioural flexibility, your life and your personal & business relationships can change. You can learn to expand your mind, your behaviour, your thinking and your performance, and be more flexible in your communication with others. But more importantly, you will get better results!

Testimonial

I had a vague idea of where I was heading but was unable to articulate it in a clear defined manner. Karen recognized this immediately. She was kind and sympathetic but encouraged & assisted me to formulate goals and break it down to an action plan. After helping me to come to the realisation of what I really wanted from my life, I was finally able to commit to the decision and take action that I had been avoiding and delaying. With subsequent sessions Karen was able to help me overcome any obstacles that presented in the preceding weeks. Karen intuitively knew when to challenge me, or when to nurture me in our sessions and I would always feel empowered and revitalised afterwards. Thanks to Karen I have been able to make this life decision and set about achieving it with conviction and joy.
- Michelle

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Karen Singery is a Transitional Coach who is furthering her studies at The Coaching Institute in Australia. She founded her business Pathways Unlimited and specialises in assisting people who are experiencing or wanting change in their lives, career, wealth, health or relationships. Karen is passionate about helping people to empower themselves, to explore new paths and develop new supporting goals. As a result of this her clients ultimately have clarity, direction and a new lease on life. She has coached clients in the USA, New Zealand, South Africa, UK and Australia. Karen can be reached on pathwaysunlimited@gmail.com or via her website www.pathwaysunlimited.com.au