



# PATHWAYS

EXPLORING WITH INTENTION AND  
COURAGE ON OUR JOURNEY TO JOY,  
GRACE AND GENEROSITY

by Pamela Barit Nolan



[www.transformbda.com](http://www.transformbda.com)

# INTRODUCTION

When I created my website with the amazing Carrie Thorimbert in 2020, she asked me about blogging. I rolled my eyes and asked, "Do I have to?"

We agreed that we would include a newsletter sign-up option as we launched the website in the fall. I did not really know what that meant, but by the end of the year I had a few signups and I decided I better do something about it.

While in the Azores over Christmas I wrote my first newsletter. The Pathways series was born shortly after that. I have always been inspired by my clients' stories and I thought that sharing some of them through the Pathways series might be a way of helping others see new opportunities.

Each time I sat down to write I was surprised how just the right story would emerge for each chapter at just the right time. I am grateful to those clients who agreed to let me tell their stories as the series emerged. The responses to each chapter have been wonderful. Thank you to those that wrote to share some of your stories.

The series ended in November 2021 after eight chapters. I thought perhaps gathering these chapters into a book might be a lovely gift to all those that connect with me. I hope that this collection inspires and supports you.

Let's stride boldly onto our pathways, excited about what lies ahead.

*Pamela Barit Nolan*



# CHAPTER 1

## BECOMING AWARE

Our life is made up of a kaleidoscope of pathways. We start our life by traveling down a pathway into open air, into new life, new growth, and new learning.

We start off from this single path, and then what happens? Is the path always clear, always straight? Do we have but one path to travel that is preordained? I think not.



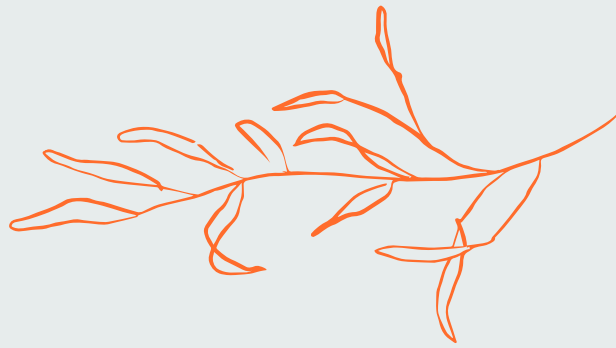


Over a lifetime our pathways are many and there are times when standing at a crossroad we have to make a decision. Some of our pathways are clear as day as if God is holding a spotlight on the "go this way" sign. Others are not so clear and might even be a bit scary.

Some pathways go straight up, others wind around at the bottom of a river canyon. Some are wide and smooth. Others are bumpy and sometimes even disappear from lack of use. There are times when we have to strike out in a direction that's never been taken before and we have to create our own path.

March 8th is International Women's day - a day to remember the women in the world who have chosen remarkable paths - women like Marie Curie who co-founded the new science of radioactivity, Rosa Parks who challenged racial segregation, Emmeline Pankhurst who founded the Women's Social and Political Union and became a champion for women's right to vote.

And more recently Amanda Gorman, the first US national youth poet laureate and the youngest ever inaugural poet - what a new path she forged by writing and then reading her poem "The Hill We Climb" to a live global audience.



These women and many others had the courage and confidence to forge a new path. One that had never been traveled before. What pathway are you on now? How does it feel? How does the direction of your current pathway support your life's purpose? Is it a new path that you have never explored or is your current path changing direction slightly....or perhaps you are right where you are supposed to be.

Pathways.....all connected, all having an impact. Sometimes we know we are on the right path at the right time and other times we are not conscious at all about what path we are on - we just end up there somehow. As Yogi Berra once said "If you don't know where you are going you might wind up someplace else."

And don't worry you don't have to walk these pathways alone. If you get off your path from time to time or feel that you have taken a wrong turn, reach out and find someone to help you step back on or find a new pathway with confidence!

One thing is hugely important: Make sure you enjoy the journey! Life is an adventure after all.



# CHAPTER 2

## UPHILL CLIMBS

Have you ever felt a bit like the mythical character Sisyphus who was forced to roll an immense boulder up a hill only to have it roll back down each time he neared the top?

Sometimes life can feel like that, especially when we are completely focused on a single goal that takes all of our attention almost to the point that we ignore everything else going on in our lives. We may feel that we will be incomplete if we don't successfully reach the top or achieve the goal whatever that might be.





For the last several years, I have been focused on becoming an ordained priest in the Anglican Church of Bermuda. This seemed an impossible goal as there has never been a woman ordained in our diocese. I felt that being ordained was my calling and being the first woman was a great opportunity. So I set off determinedly to achieve that goal. I followed what I thought was the right pathway, but then the pathway was changed, new barriers appeared and like Sisyphus, I would feel my boulder rolling back down the hill.

My pursuit was often daunting and the headwinds strong. Sometimes I felt like the pathway was completely obscured or blocked. Just when I was ready to give up I would receive some encouragement and I would put my shoulder back into the boulder and begin my climb again. Tears, frustration and anger often came with this hard work. Perhaps you have been here too at some point in your life.

Then this past year, I had the opportunity to put a temporary wedge under my boulder on the pathway and to step out, take a break and separate myself physically and emotionally from this pursuit. I spent time outdoors exploring many different pathways and rediscovering old ones.



This time to reflect helped me change my perspective and enabled me to review my life in its entirety. In other words, I took off the blinders that were present while pursuing this goal - I saw the fullness and richness of my life and all that was possible.

When I returned to the pathway where my boulder was wedged, I continued to reflect and one day sat down with my priest and declared that I was ready to step off of the ordination pathway. I was ready to let the boulder roll down the hill. I decided not to be upset, feel like a failure, or feel that I had to chase after the boulder to restart my uphill climb. As I made this declaration, I felt a huge weight lift off my shoulders, allowing a freedom to return to my movements.

I no longer felt like I was always being assessed by myself and others. I could simply be and God still would love me!

Have you ever been on a journey like this? Perhaps you were so sure that you had to climb an uphill pathway and reach the top. In setting and pursuing this goal might you have lost yourself and perhaps the original reason you started up the pathway in the first place?





# CHAPTER 3

## THE UNSEEN PATHWAY

What do you do when you feel like you have nowhere to go?

When your pathway forward seems hidden or unseen?

Perhaps you live in a country where what you dream about does not exist or perhaps you got a degree and there are few opportunities to use what you have learned.





Or perhaps after 20 years at the same company, you are asked to take an early retirement package, but you don't want to retire.

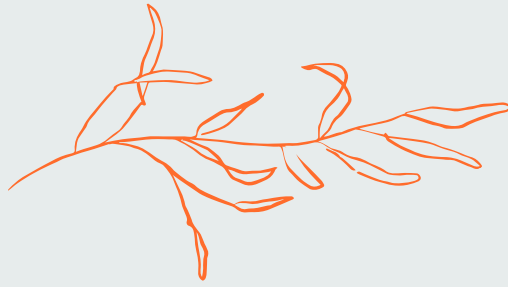
Anxiety increases. Fear rises. Uncertainty appears about who you are and what purpose you serve. You feel defeated and discouraged. There does not seem to be a pathway forward at all...or at least not one you can see.

Where do you turn? What actions can you take? The most important thing when you cannot see a way forward is to get your desires and ideas out of your head.

How? Either write them on a piece of paper, type them into a computer or speak them to yourself and others. No one can hear about where you want to go or be unless you say something.

Perhaps the idea or desire isn't quite fully formed but that's OK - just say it, draw it, write it.....

LET YOUR DREAM COME TO LIFE.



Perhaps doing this will transform the unseen pathway into one that begins to take shape. You may need to step away from where you currently are. Allow yourself time and space for the desire to mature and become more clear.

Pathway finding as part of transformation can be challenging and sometimes space and time and a better knowing of ourselves, our values, and our purpose is needed.

One of my daily inspirations occasionally comes from Mike Dooley of tut.com fame.

His mantra is "thoughts become things, choose the good ones". What are you thinking? Where do you want to be? What do you want to be doing? Just tell someone and see what happens. Most of us are happy to help others in the world. By being a witness to someone's dreams, perhaps we can help them find their pathway.

Or perhaps, we know someone that knows where that unseen pathway can be found.

We all need help in the world. Sometimes we just need to ask. Help may come from the least likely place. However, until you say "I want to be an artist selling paintings all over the world" no one actually knows that. No one can say "well let me introduce you to my friend or colleague or acquaintance". Or you might say "I have been in the same job or sector for so long, what else could I do?"



If a feeling of hopelessness arises then perhaps pulling together your CV might help you begin to see the mountains you have successfully climbed. You might begin to understand how your knowledge could be valued by someone else.

Perhaps that is just the right time to connect with your high school or college friend that you have not spoken to in a while. You might catch up, share and ask for some guidance.

Whatever you do, do not tackle finding your pathway alone. Find your tribe. Ask for help.

Your unseen pathway will reveal itself at just the right moment in just the right way.



# CHAPTER 4

## TOO MANY PATHWAYS

What happens to you when you are presented with too many pathways to choose from?

This might happen as you work to decide where to further your education, when you search for a first job, or perhaps when you decide to change jobs. You might be confronted with deciding where to live or perhaps who to live with. This could even happen when deciding the best route to get from point A to point B.





Are you the person who wants to try them all because you fear you might miss out on something? Do you look at all the options and get so confused you just decide not to try any of them? Or perhaps you choose a long process of going through pros and cons and by the time you get done that pathway has disappeared.

In the first instance, you might end up in a heap exhausted by the efforts to run down each pathway. In the second, you may end up with feelings of resignation as nothing has changed.

In the final scenario, perhaps you are disappointed and frustrated because you let a good thing or two pass you by.

NONE OF THESE RESULTS ARE IDEAL.

So what might we do differently to ensure that we find the best pathway for ourselves in this moment and in the circumstances we are living in?

One way I encourage clients to pursue their pathway is to first get really clear on what brings them joy and perhaps what brings them the most fulfillment or as my friend Leah Dean says- 'their why'.

But how do you do this?



My mentor coach, Carol Harris-Fike, guided me through a process that I found helpful. She encouraged me to try telling or writing down some stories about moments in my life that are highlights, ones where I felt joy. You can try this too!

As you tell these stories to someone or write them down - try to see common themes or notable words that characterize you and perhaps paint a picture of who you are and reveal your gifts.

I was working with a client this morning (let's call her Sarah) and this practice revealed that she was a problem solver, a risk-taker, someone that liked intimate moments with clients as well as working through large system changes. Sarah also clearly loved freedom and flexibility.

As we painted this picture, she began to see and feel what types of new opportunities might be best for her. She also began to see a broader set of opportunities rather than just what was placed in front of her at this moment. This encouraged her to begin to network more with people in companies that might offer the things she treasured the most, allowing her to notice what opportunities might work best for her.

Sarah left our conversation with a renewed sense of purpose and confidence plus some homework to build a description of herself from the words we identified.



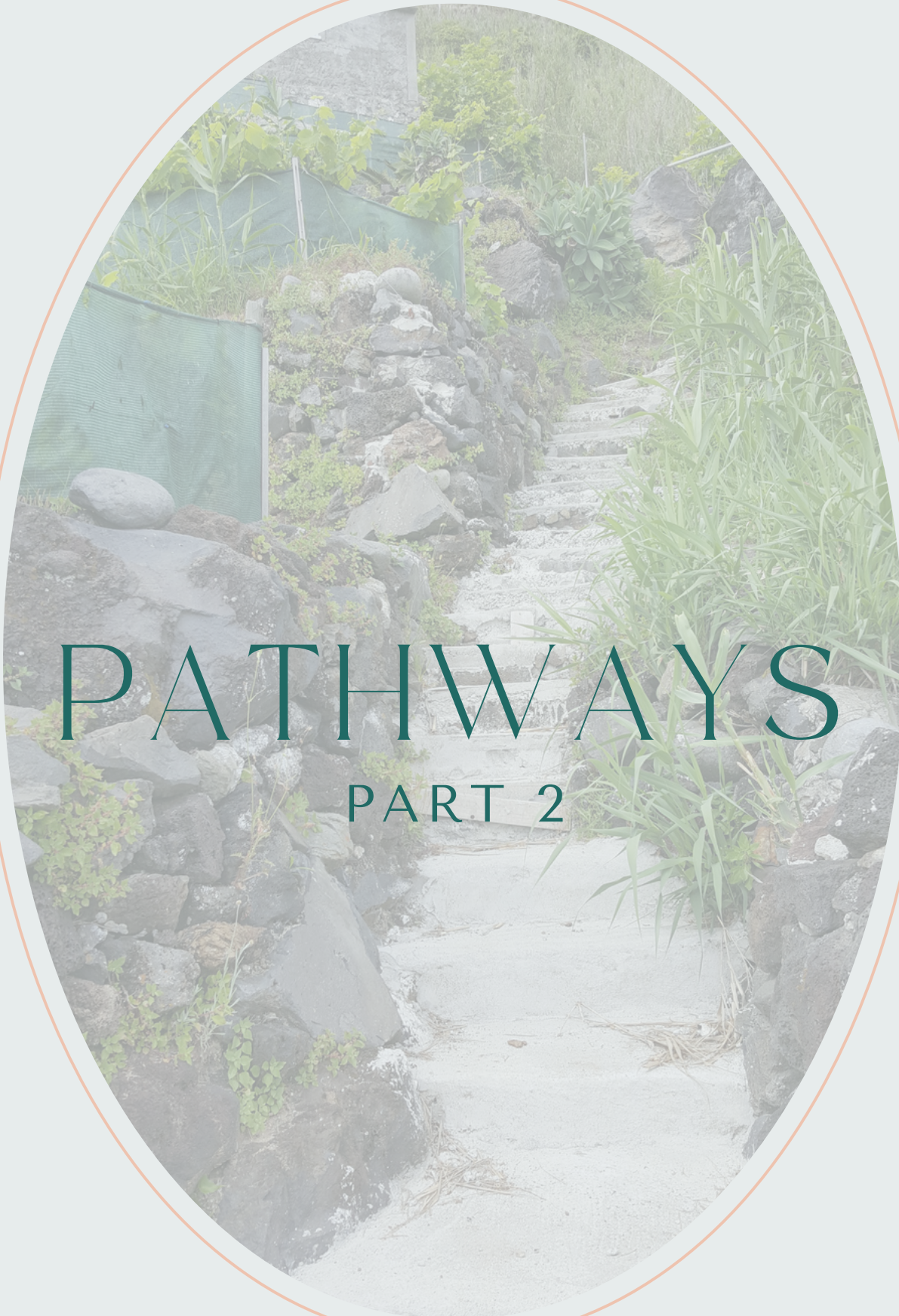
Now you might be saying that this exercise might just multiply Sarah's pathways and make her view a bit more confusing and yes that could happen, but armed with her keywords and her intuitive knowledge of what makes her most passionate about her work, she is now able to discern which pathway might work best for her now.

Sarah is willing to take a risk to experiment with a path to see how it feels and not go very far down the pathway before stopping to reflect. Then she can decide by asking herself, "am I on the right pathway, or do I need to take out my inner map again and re-evaluate?"

Exploring life's pathways can be a delight and an adventure if you approach them from a sense of wonder and curiosity rather than anxiety and fear. Rushing onto a new pathway because you think it is the "right" thing from other people's point of view doesn't usually end well.

If you approach these crossroads mindfully and openly and perhaps with a trusted friend, partner, coach, or community, you can step forward with excitement and confidence.





# PATHWAYS

PART 2



# CHAPTER 5

## CREATING YOUR OWN PATHWAY

I used to belong to the Bermuda Hunt Club – 25 horse-loving members that enjoy a good organized ride once a month between October and May. Don't worry we don't kill any animals. We use a paint trail and create a bit of a scavenger hunt on horseback. Back in the day, creating the hunt pathways for our horses was easy peasy as there was so much open space. These days when the teams of three meet to plan hunts, things can be a bit more challenging.





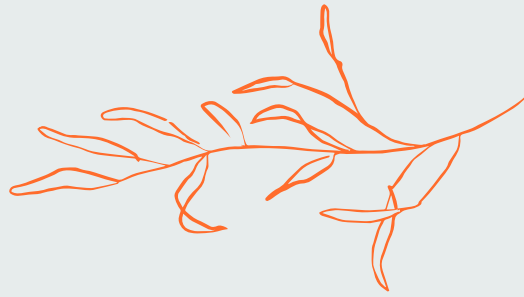
I was once part of a team led by one of the most experienced club members, my friend Ann. We were mapping our trail and came to a wall of trees and bushes, and I said we couldn't possibly go through there and started looking for an alternative route. She knew what was on the other side of this huge boundary and refused to take the easy way out – she was sure we could create a pathway. A crew assembled, surveyed the situation, chain saws came out along with hedge cutters and we set about getting through what seemed unpassable.

In the end, we created a pathway that you could almost drive a truck through, and I believe we won the prize for the best hunt that year! Ann knew where she wanted to go and did not let anything stop her – especially not a thicket of bushes, not even a thorny one!

Have you ever been in a similar place? Knowing exactly where you wanted to go and all you could see was a solid wall of something in front of you with no apparent way through or around?

The situation can seem bleak. We may slip into resignation as we fear we are never going to be able to travel in the direction we want to go or to realise the dream we have been holding close to our hearts or to reach the peak we want to climb.

As a coach and an encourager, I often see these situations with clients, friends and family members.



One of my biggest inspirations at the moment is my friend Daniel Kabugo. He is a role model for creating pathways. He and his wife Susan started the Sonshine School in 2017 in Kiwoko, Uganda. Sonshine serves the needs of the staff of the nearby Kiwoko Hospital.

Their intention was to serve the youngest children, ensuring they had a safe place to go to school until they were a bit older and could travel to a larger town to continue their education.

Last year, a parent came to them and said that they wanted their children to stay close by and continue to be educated by the gifted teachers at the small school. But the campus that was currently home to the school was already overfull of buildings and students. There was no place to expand the school. The lack of space and financial resources became their wall. More voices joined the voice of this first parent and the number of requests to expand the school got larger.

However, Susan and Dan did not have an answer. They prayed. We talked together and we prayed together. We explored what the expansion of the school would do for them and their community and what opportunities might be born out of the school expansion. And then one day last September a gentleman offered them 2 acres of land and said a new campus could be built there. It was a miracle! The property was being offered at a fair price and was only a 5-minute walk from the existing campus. In this area land like this does not come up for sale often and not at the price being offered.



We talked again. So now there wasn't a barrier in place around space but there was still a barrier around financial resources. We prayed some more. We talked. We did some visioning of what a new campus might be like and how it could bring hope to the region of Uganda where they are located.

Dan and Susan worked with the school committee and a dream was articulated and shared with me and then I told some friends about that dream. Now the challenge wasn't just a challenge faced by Dan and Susan or just one that was faced by Dan and Susan and the school committee. The challenge had been shared out in the community and the world and people started responding. And the response was overwhelming so much so that not only were Susan and Dan able to buy the property, they also bought a small building near the original campus to house incoming teachers.

We perhaps did not use chainsaws and hedge clippers – those were not the tools needed in this instance. Here we used prayer, we used visioning, we used conversations, we reflected. We made clear requests and shared Sonshine's vision...and people responded. Support came from far and wide....Sonshine's second campus now has a water source and is being cleared so that plans can begin to be made to build the classrooms and other facilities to hopefully welcome in new students in early 2022.



In both of these stories, to create the best pathway forward it was critical to get another perspective on the barrier, the challenge, the insurmountable mountain.

Sometimes when we dream we only see why we can't get there, where others might see the pathways clearly and suggest the appropriate tools and resources to get there.

While the financial needs of Sonshine School may sometimes seem intimidating to Dan and Susan, to others the needed goal is easily achieved. Having that clear vision is important to start with – you need to know what direction you want to head in – even if the pathway isn't there for you. Then start telling others about what it is you want to do or want to achieve. See if they can help you cut through the thorny bushes, as you create the pathway that you have been dreaming about.



# CHAPTER 6

## ROCKY PATHWAYS

Have you ever been travelling along smoothly, loving your life and work when all of a sudden the pathway gets a bit rocky? Moving forward seems challenging. You might even stumble as the footing is loose and uneven. Fear might emerge as you try to navigate this unknown pathway. What changed? How did you go from a smooth, clear and open pathway to one littered with potholes, speed bumps and obstacles?





So many things influence our day-to-day existence, and one thing is for sure, things are always changing and sometimes the changes aren't the best for us. Sometimes even the subtlest of changes can create disruption in our lives or just a feeling that something isn't quite right. Everyone around you can be happy and doing great things, but the pathway for you is less pleasant or perhaps downright horrible.

When our pathway gets rocky, we can respond in a number of ways.

We could become resigned and just plod along the best we can, seeing no other option but to stick to our current pathway.

We could become anxious and resentful, not accepting the changes and getting stuck in the darkness.

Or we could become curious about what changed and become a bit of a detective. What is causing the pathway to be so rocky? Did the environment change? Did new people arrive that are more difficult for us? Did our responsibilities change in a way that isn't a fit for us?

How can we smooth out the rocky pathway before us?  
How can we make the footing easier, allowing us to move along our pathway more comfortably?





I recently began working with the husband of a previous client (referrals are a coach's best gift 😊). He had woken up one day and realized that he was putting up with some "crap" and was no longer enjoying his work. What's a man to do?

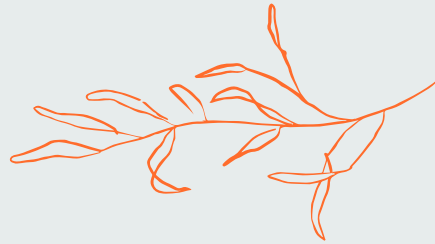
During our first session we explored the option of leaving his job to pursue other pathways. We explored his personal values. We discussed his priorities and his current economy.

Could he afford to step into the unknown by leaving his job in the traditional workforce? We also explored some of his personal behavioral patterns.

We did this to reflect on whether parts of himself might be manifesting the rocky pathway. His perspective might create difficult pathways just in the way he sees things.

Once we unpacked these various elements and paused to reflect purposefully and non-judgmentally, we began to see some different options

First, we learned that economically, leaving his current job wasn't an option. So, we set about looking at how we could smooth out the rocky pathway at his current place of employment. Over a two-week period, he made note of what elements of his work he most enjoyed, when he felt fulfilled and useful, when he physically felt lighter and when his pathway was more enjoyable and easier to navigate.



We discovered that he enjoys opportunities to be creative and to work within a framework with some latitude for doing things a bit differently.

He is a connector and enjoys bringing people together to resolve challenges. He sees things that others might not and is often called upon when the pathway gets rocky for others to help navigate their ways through. To me, it sounded like he became a bit of a coach and facilitator to his colleagues; a partner that could see things from different perspectives.

He needed to be aware of his tendency to be "hyper-vigilant" and an "avoider" in certain situations; two characteristics that emerged from his assessment. We agreed that he would take this deeper self-awareness and write up a new job description for himself. It did not matter that there was no current job posting that had all of the elements he desired. In fact, there might not be a position at all. But let's not let that stop him. He needed to describe the pathway that would best suit him and give him more joy and passion for his work. This would lead to him being more productive and a better employee.

When we are more passionate and engaged, we naturally are more productive and a better asset to the organization we are working for. Once this ideal job description is written down my client has something to work with and to discuss with those that matter in his company. We are not sure yet where it will lead him but the pathway that was quite rocky a few weeks ago seems to be getting a bit easier to navigate at this point. I will look forward to seeing how his story ends. Watching my clients transform is the best part about being a coach. Although saying goodbye when the smooth and open pathway emerges isn't always easy.



Don't let rocky pathways stop your growth or your flow of laughter and joy.

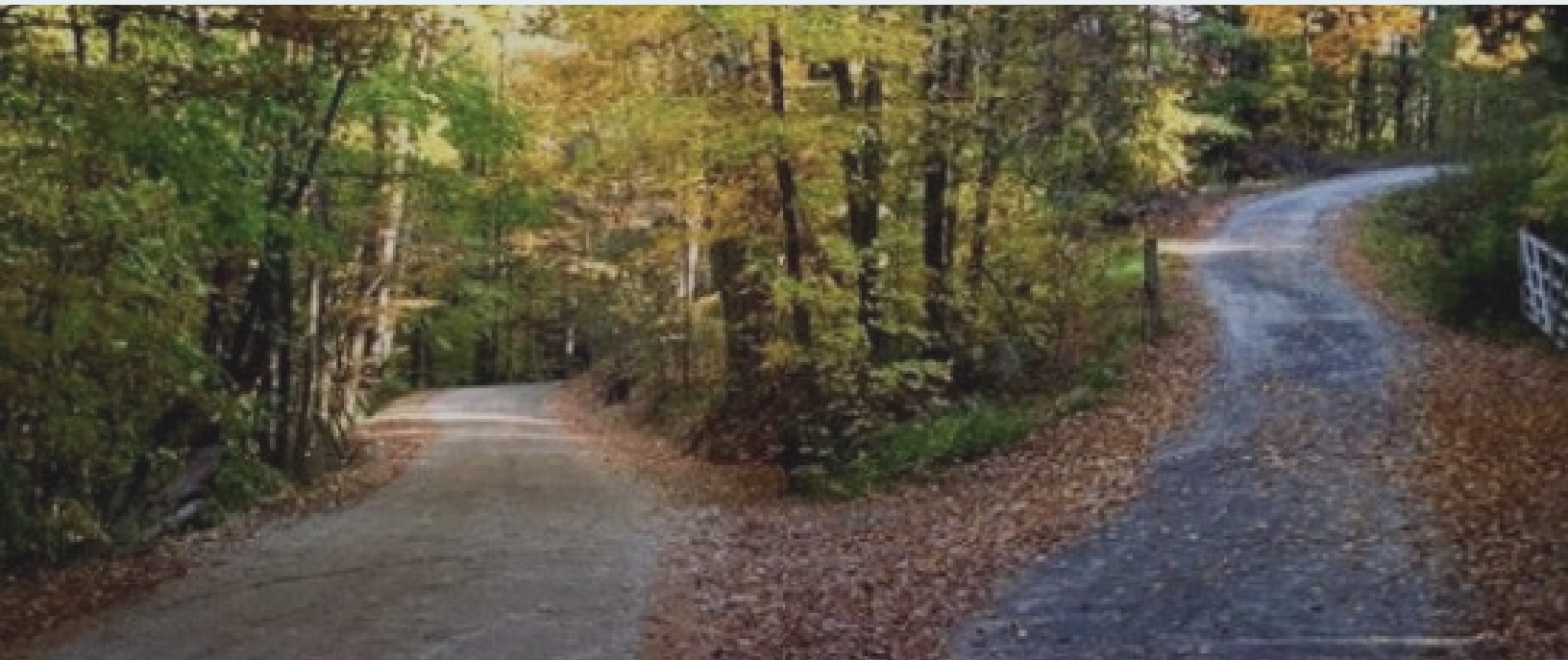
Pause. Reflect. Become more self-aware of what changes have occurred that could be making things difficult for you. Partner with a coach (perhaps me 😊) to gain a different perspective. Then begin to take actions that smooth out your pathway and create a way forward that makes you want to dance, play the drums, and laugh out loud.



# CHAPTER 7

## CHANGING PATHWAYS

You might remember from Pathways chapter 4 that I mentioned Mike Dooley of tut.com fame and how his tag line is “thoughts become things, choose the good ones!” Last month I wrote about rocky pathways, including potential trips, slips and falls and suddenly mine became quite rocky as I slipped and broke my arm four weeks ago. Thankfully, I only have two more weeks in my cast, and I've learned lots about voice-recognition software in that time! Moral of my story is be mindful of your thoughts as they might just become your reality.





Have you ever woken up one day with a feeling of discontent? Or perhaps you've been sitting at your desk at the job you've had for the last several years and something just doesn't feel right. The joy you used to have coming into work each day is no longer there. The excitement about new projects, new clients, a new opportunity has gone. Going to meeting after meeting has become tiresome. The people might be great, but the work has lost its luster. What happened? How is that possible? You've studied hard. You've worked hard to get to the level that you've reached and now your job is unexciting.

Have you ever found yourself in this, perhaps, confusing territory? What's one to do? Will these feelings of discontent pass? Will something new come along to reignite the flame that you used to hold for the organization that you have been working in? Or will these feelings grow stronger, and a possible sense of drifting continue until you choose to change something?

I was once coaching into a leadership program at a bank. One of my clients, let's call him Bob, had a successful career in the investment department. He had a good team, and his results were quite impressive. For the first part of our relationship, we coached around developing his leadership style and client presence.

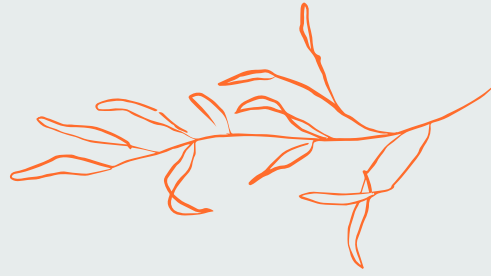


Then one day Bob showed up and said, "You know I'm really not happy here. I don't feel appreciated. I applied for a promotion but did not get it. I just don't see how I'm going to develop further and enjoy future success here." Those words certainly changed the nature of our coaching relationship.

For a while we explored what other opportunities might be available to him in the bank that could reignite his passion for the institution he was working for. I always like to first make sure that the client isn't stepping out thinking the grass is always greener on the other side of the fence.

As John Kabat Zin says "wherever we go, there we are".

Understanding the root cause of the discontent before making a decision that could change the rest of your life is important. Bob and I explored what brought him joy and when frustration arose. We learned that he really enjoyed mentoring people in his trade. We also learned that he loved working with his clients to ensure that they reached financial success.



While Bob was discovering that his work was no longer fulfilling, he also discovered that he wasn't fully satisfied with his own personal health and wellbeing. To address the latter challenge and to support a wise decision on his work front, we first stepped into some mindfulness practices. These included meditation, self-awareness, and presence. As we continued to explore how Bob might change his pathway in order to be more fulfilled, the question arose whether Bob could step out of his current position in order to fully explore what his next pathway might be. Stepping out would also allow him to address his personal wellbeing.

I do understand that stepping away from a current job that provides economic stability isn't always possible.

However, if there is an opportunity to take a break so that a new pathway can come into focus more clearly, that is ideal.

Bob and I practiced a graceful exit from his current organization. Taking your time to plan this part of changing your pathway is critical in order not to burn bridges. You never know when some of the people that you worked for and with might be supportive in the future. We thought about the people that he needed to connect with as he made this announcement.

Of course, he needed to give formal notice and he also needed to ensure that specific relationships were intact and that they understood his reason for stepping out. He also needed to ensure that he was in touch with clients that were meaningful to him.



We role played his discussions with his boss and human resources to ensure that his message was clear and concise. We also revised his CV and took an account of his accomplishments while at the bank. As we looked at these we also explored again where he felt the greatest sense of joy and accomplishment.

After Bob had separated from his organization, he spent time caring for his physical and mental health. He networked with friends, colleagues and clients to get a sense of what they valued in him and what opportunities might be available. We first thought that he would perhaps join another investment firm and carry on with his work. As he explored both within himself and learned from others, he concluded that he would prefer to work on his own and develop a business that would be fulfilling to him and to his clients. Perhaps he might change the world with his new approach and new passion!

Changing pathways can be challenging. I myself have left important work that was less than fulfilling for me and stepped into the unknown. I really had no idea what pathway I would take next.

Our approach to changing pathways can make all the difference. If we sit in fear and anxiety, we might just make a mess of it or not change paths at all. However, if we can approach changing pathways with a bit of ambition, curiosity, wonder and mindfulness we generally end up on a beautiful pathway leading to more fulfillment, more joy, more laughter and perhaps a more balanced life.





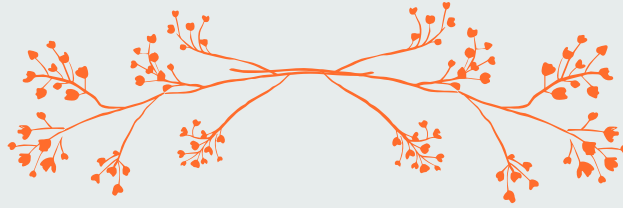
# CHAPTER 8

## PATHWAY ENDINGS

A wonderful teacher of mine, Barbara Bash, introduced me to the Buddhist tradition: Entering, Exploring, Taking Action, Completing and Letting Go.

These steps align beautifully with the coaching ark. A client arrives with a particular challenge or feeling, and we start. We explore, take some action(s) and begin some new practices. The client notices some changes, perhaps even a lightness returning to their lives. And then at some point, both client and coach know it is time to let go. This moment isn't always expected and sometimes can sneak up on us.





If we trust our intuition, I find that we know when we have arrived. We might even hang on for a few more sessions even though we know it is time to let go. Coaching relationships often create deep connections and are hard to let go of.

I had this experience recently with a client I will call Jessica. She had challenges at work and in her life and was exploring her own purpose... what was it she was being called to do?

We had the privilege of working together for a full year, which allowed us to explore many domains in her life. We looked at her saboteurs and slew a few, reducing the hold of her inner pleaser, allowing her to focus on her true passions and making her more effective in her work. We explored how she showed up for her clients and peers and went to battle with her imposter syndrome.

We won that battle by straightening her tiara and restoring her to her rightful throne.

The throne where she fully believed in herself, her gifts and where she knew she was on the right pathway. We built confidence in her own value, allowing her to have open and frank conversations with her boss about her salary, benefits, and her development plan.



We expanded her professional network to ensure that she had sponsors and mentors when she needed them. We explored her relationships with both her partner and her four-footed friend, a beautiful rescue dog. We strengthened her voice in both of these relationships, allowing her to bring joy to times when they were all together and to times when she found healing in solitary activities. We deepened her connection to nature, ensuring that she tended to her physical health with good doses of time spent hiking and being in creation.

So many pathways to explore, climbing over boulders, taking uphill climbs and even exploring changing pathways. Our respect for each other grew during each session as we learned from one another, exchanged book titles, practices, and inspirational readings.

And then the day came — her pathway forward was clear, straight, and smooth. This chapter of coaching was ready to close. That's not to say that we would never come back together again if her pathway became a bit rocky perhaps, but this chapter was ready to close. Neither of us wanted to talk about it.

The day arrived and we caught up on her most recent commitments and what her focus would be for the next few months and then it was time to let go. Tears welled up for both of us as we reminisced about the pathways we had travelled together... reminding ourselves that coaching is about being with the whole person, not just one domain of life.



Our gratitude for the past year coloured our conversation until the last minute and then it was time to push "End Call".

My cursor hovered over it for a minute and then I pushed it, feeling like I was letting go of a child that I had nurtured. I let go of a beautiful, talented, and gifted client who I know will go on to change the world in an extremely positive way.

"Everyone comes into your life for a reason, a season, or a lifetime." ~ Source unknown

Our pathways — ever-changing and often challenging. Bending, flowing, and ending. These endings are a gift and, while sometimes sad, another pathway is waiting for us just around the corner when we are ready to open ourselves up to it. That next client will knock on my door, set up a discovery call or send me an email and the new pathway will arrive just as I need it.

I am forever grateful for all my clients as each one of them adds some paint to my canvas, enhancing my life and allowing me to explore my own new pathways. .



*Pamela Barit Nolan*

WWW.TRANSFORMBDA.COM

@TRANSFORMBDA

