



### Thriving Through Our Current Circumstances

Friends, its been a thing, hey?

When we started 2020, just 92 short days ago, could we ever have foreseen where we would find ourselves today? Never again, will we witness illness and pestilence on the other end of the world without understanding the global ramifications. And while there is much to be concerned about, and it is important to give those feelings a voice, **there is also much that we can be learning through this challenging time.** So how do we **THRIVE** through our current circumstances. Well here are some practical suggestions:

- 1. Leadership** in this moment is key. Leadership of ourselves, our families and our communities. Be that voice of calm, in frightening times for others. Comply with the requirements for containment, that way we can all get out of this current situation faster, and with a bit of luck healthier. *Now is that time.*
- 2. Use this time to unplug and reconnect;** with yourself, with your family, with your home, with your creativity, with your exercise program, with your partner, with your yoga mat, with your higher power. I noted on my birthday last week, that my phone BLEW UP with people sending birthday wishes. More so than other years. Almost like they were saying, I can't be there but here is a quick call. We have never been so isolated, but we are phoning people more, calling and messaging. *Now is that time*
3. Feel and give the emotion a voice, to get it out of your body, but **then find the good in the moment.** By now we have all heard the clean air and water observations. When all of this is said and done, what will be the improvements in your life, after this gift of a "timeout"? *Now is that time*
- 4. Get your CREATIVE on!** I know you have secretly always wanted to learn how to do the Flamenco or the Tango, NOW is that time! YouTube groans under the weight of all their tutorials, desperate to show you how it is done. AND its's also **April's #BTCCThrive** prompt, Create Create Create. *Now is that time*
- 5. Take it to the MAX!** Use this time well, whether it be to pivot your business, spring clean your home, detox your body, design and sew a matric dance dress, tone your abs, quieten your mind, learn a new skill or enjoy the silence. Whatever you are choosing to do, go hard and do it well. *Now is that time*
- 6. Come to the window.** Do I know my neighbours name? Do I have their telephone number? Somehow, we seem to have lost this art of community. Come to the window now and wave. Get to know them. *Now is that time.*

I am not saying we do not have real challenges ahead of us, we absolutely do. But while we are here and healthy and able, lets make the decision to THRIVE through this time, to use this time well, **because that is the challenge that has been set before us.**

If you would be interested in receiving coaching via Skype through this change-filled time, email me on [info@BTCCoaching.co.za](mailto:info@BTCCoaching.co.za) and we can set-up an appointment.

Until next time ... Stay Home & Be Safe

Warm regards

Collette Merritt

The Thrivalist Life Coach

Be The Change Coaching – Moving from Surviving to THRIVING!

#BTCCThrive

Email: [info@BTCCoaching.co.za](mailto:info@BTCCoaching.co.za)

Website: [www.BTCCoaching.co.za](http://www.BTCCoaching.co.za)

Join the Tribe on Instagram: <https://www.instagram.com/BTCCoachingColletteMerritt/>

Join & Share our Facebook Page: <https://web.facebook.com/BTCCoachingColletteMerritt/>

Also on LinkedIn: <https://www.linkedin.com/in/btccoachingcollettemerritt/>



### #BTCCThrive! April 2020

**This month on #BTCCThrive we are ... being CREATIVE!**

Considering our current circumstances, being in Lockdown and all that, there are moments when we feel like we want to BUST out of our skin. The containment can feel claustrophobic. So, where can you unleash voluminous, expounds of energy ... in a creative project.

When last did you bake from scratch? Include the kids. Remember those paints you bought, YouTube is desperate to entuse you. What happened to all of that beading paraphernalia, that's packed away in the garage? Now is the time to let your imagination run free, **CREATE** something beautiful! Not to be perfect, but for the sake of **creating!**

Then! Please share your creation on our FB & Insta pages using the hashtag of **#BTCCThrive!** and show us how free you are.

Below is a video from my friend and fellow Coach **Bronwyn Kilroe**, who is **Cape Town's Laughter Coach.**

Bronwyn is giving us some tools to SUPERCHARGE our immune systems with laughter.

You can find Bronwyn at <https://web.facebook.com/laughtersessions> or via email on [laughtersessions@telkomsa.net](mailto:laughtersessions@telkomsa.net)



### Be The Change Coaching THRIVE Circle ONLINE

Being **connected** when we are required to live apart.

On **Wednesday the 1st & 15th April 2020 at 7.30pm** (CAT) we are taking

our **THRIVE Community ONLINE** in a **Facebook LIVE** conversation. **JOIN US** over on <https://www.facebook.com/BTCCoachingColletteMerritt/> where we will connect around **THRIVING Through Our Current Circumstances!**

## Testimonial ... Be The Change Coaching

"Collette managed to save a dying family...she brought us back to life and into full bloom...we will forever be in her debt and will always remember her teachings, her awesome easy manner, personality, patience, warmth and understanding ... thank you so much for everything and we are definitely going to miss our sessions and you....xxxx"

Collette Merritt - Be The Change Coaching - [www.BTCCoaching.co.za](http://www.BTCCoaching.co.za)

#BTCCThrive!

I love hearing how these newsletters are shared. Please share this newsletter with all the fabulous people you know. People who love a positive hit, coaching tips, empowerment tools & enjoy empowerment products!

Or follow us on Social Media

(FB, Insta & LinkedIn) [@BTCCoachingColletteMerritt](https://www.facebook.com/BTCCoachingColletteMerritt)

Be The Change Coaching Thanks You!

## Be The Change Coaching's Offerings

Email

Contact me, should you be interested in these offerings.



### Coaching

I am the Thrivalist Life Coach @ Be The Change Coaching. Clients come to me to move from surviving to THRIVING!

I **Coach4Clarity** through the understanding of self and how you manage each and every event that presents itself in your life. I use various tools to focus on **Personal Development and Growth** when working with Coachees.



### Workshops

I present workshops on the importance of **Self Leadership, Professional Customer Service, Eloquent Communication Skills, Goal & Boundary Setting, Clarity Boards and Productivity Solutions!** Email me, if you would like to book one of these workshops.



### Training Facilitator

I am available as a Training Facilitator.



### Speaker

If you are looking for an **uplifting, motivational speaker** for your next event, email to book me today!

In Association with:



### Collette Merritt

Western Cape  
South Africa



Hello. You have received this email from a business interaction or your signed up to my mailing list. If you no longer wish to receive these emails, please feel free to unsubscribe. **Having said that ... we are surely gonna miss you ...**

[Unsubscribe](#)

Join the Social Media Tribe below. Let's make the circle bigger!

