



Tips to keep you airborne!



A thought for the day July 2020

A few days ago, I had a wonderful conversation with an insightful gentleman named Graeme, about life, love and level-headedness.

One day, whilst helping a friend who was battling overwhelm and anxiety, Graeme asked her if she'd ever been to the circus and seen an artist spinning plates.

She had, she said.

Why was the artist doing it, he asked? What was the point of her adrenalin-fuelled dash to keep an ever-increasing number of plates in the air?

To impress the audience, she replied.



How many plates are you trying to keep spinning at any one time, he then asked? Too many she answered.

To what end, he probed?

Crash and burn, she said. He then looked her in the eye and said...Who are you performing for?

Who is your audience?



Her eyes searched in their sockets
till they landed in the light.

Till next month,

I'll leave you with a bit of trivia...

The Guinness world record for spinning plates is held by David Spathaky, who with his assistant Debbie Woolley managed to keep 108 spinning simultaneously in Bangkok in 1996.

Caroline

PS - Who is YOUR audience?

PPS - Whenever you're ready, work with me directly to see how you, and/or your team can keep yourself AIRBORNE when life throws you in a spin!

Spread the word...



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