



Tips to keep you airborne!



On planets colliding
October 2025

I've not long returned from a wonderful month holidaying Europe.

Too busy taking planes, trains and automobiles to navel gaze, think about the meaning of life or how I might be better at what I do (which was never my intention), I landed back with a bang, Dr Adam Fraser (a cutting-edge researcher from Deakin University) in the centre my runway (not literally), chanting "The Third Space!" (more about him in a mo....)

Why? Because I was likely destined towards discombobulation.

Continental Europe is not quite Western Australia. Two opposing planetary "landscapes" if you will.

I'd spent 4 weeks exploring the equivalent of Mars and felt I was now somewhat on the Moon as it sure as heck didn't feel as if I'd landed back on my familiar Earth. Was I over it (the moon,

that is)? Not quite. Too exhausted, jetlagged and head spun by the harsh re-entry into a hazy reality. Head, body and habits were misaligned.

This is where The Third Space helped with my re-entry.

Fraser's research has shown that we're struggling to be adaptable as we transition rapidly between different environments and roles in our daily lives, which oft leaves us feeling more than frazzled and less than average.

He believes that how we leverage that gap is the missing piece to performance and calls it the Third Space. If we leverage the transition well, we rapidly get over what we've been through and show up to what's coming next with the right thoughts, emotions and behaviours. A win-win all round.



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So, picture me in on Mars (In Europe on hols...space one), being thrust back into the Earth's atmosphere (In Western Australia back at work...space two) at an alarming speed (astronauts do it at approximately 27,600 km/h). Heck, that kind of re-entry would render anyone dizzy, suffering motion sickness, and struggling to walk.



How do you think it would render a returning holidaymaker, the likes of which I've described? And I don't doubt you can relate to what I'm talking about.

In the Third Space (the transition between space one and three), he suggests we do three separate things, namely: REFLECT, REST and RESET.

First, we should reflect on what's been. Think about the good, the bad and the ugly, tie up loose ends/unfinished business and set it adrift/say adios to it for now.

Next rest, in way that speaks to us... breathwork, mindfulness meditation, sleep, exercise, reading...whatever. What you choose will depend on the transition timeframe (it might be your train journey home from work, a hop across a hallway from one meeting to the next or you may have a day or two).

Finally, to reset, we should think about the different environment/role we're transitioning to and how we'd like to show up, in terms of our thoughts, emotions and behaviours, envisioning the best version of ourselves and then stepping into that.

Do you come home after a busy day at work with a smile on the dial? How's your posture? Your listening skills? Are you empathetic? Emotionally regulated? Are you a likeable person? You get my drift...

The proof of this of course is in the pudding. So, here's what I'd suggest you do...do yourself a favour and checkout this excellent six-minute explainer video by Dr Adam Fraser himself.

[Watch on YouTube](#)



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This nifty insight certainly helped me with my transition and I'm hoping it will help you with yours too.

Till next month, here's to reflection, rest and reset. It's all waiting for you in the Third Space.

Caroline

PS - Consider working with me directly if you're struggling to cope with the stresses of life. Hit the reply button to this email with "yes, more information please".

PPS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe!



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