

CHOOSING CHANGE

By Dr. Georgina Cannon

You can have anything you want if you are willing to give up the belief that you can't have it.

-- Dr. Robert Anthony

Choosing to change is a luxury for most, for some it's a necessity. A loss of a job, the loss of a loved one, or the realization that what you have now just isn't enough or good enough may be some of the factors that bring about the need for significant change.

I chose to leave the corporate world because I became very tired of 'handling' my boss and his boss. I became weary of the game playing and the need to always be aware of the whims and peccadilloes of my colleagues. Frustrating, tedious, and demeaning many of the decisions made had nothing to do with the work we did for the client. It was all about survival in the jungle, and I'd had enough.

A dozen years' ago, the decision to switch careers completely was highly unusual – especially as I had no future plans. But I knew I had skills, and a large supply of common sense –both of which are transferable. Today, those skills serve me very well in the bustling, busy hypnotherapy school and clinic I founded and still run. We now have four full time associates, two administrative people and an endless stream of clients and students who wish to learn how to use their mind to enhance their life.

Now it's your turn. Are you thinking of changing your job or career, your city or your life? Before you decide to take the leap, here is some homework that should be done first:

1. Create your Personal Skills List. This could include computer literacy, communication techniques, languages, problem solving, negotiation skills, finances, strategic planning, sales and marketing skills, and of course, common sense.

2. Write down all the experience you've had. Why write it down? We often forget or take for granted some of what we've learned along the way. Have you worked for not-for-profit or start up companies? Have you managed product launches or crisis situations?
3. What is your passion? What holds your interest? What is really important to you? Is it working with people or is it making more money? Are you introverted or extroverted? Are you a self-starter or a great team member? Write it all down.
4. Now, close your eyes and imagine yourself three years ahead. See how you spend your day. Are you inside or outside? Are you alone or surrounded by people? Are you at a desk or in a car or plane going somewhere? Are you working from home at a computer or in a large space with many people? Are you doing something physical or are you teaching or lecturing a group? Are you working long hours or spending more hours at home with family? If you do this exercise frequently you will begin to get a sense of how you want to spend your life, and then you'll find the career to make it happen, even if you have to initiate or create that career yourself.
5. Look for somewhere you can train to learn new skills for your new career. Start off part time so that you can get a sense if this really is what you want to do. Moonlighting or part time work in your new field is a great way to do a test run. It's fun and who knows, you may test run three or four new careers before one really connects for you.

Keep envisioning yourself in your future, keep looking and trying, and before you know it, you'll be living your future, and feeling as excited and joyful about your work as you do about your new life!

About Dr. Georgina Cannon

Once a corporate leader and strategic planner for blue chip corporations, Dr. Georgina Cannon left her \$300,000 a year corporate career 10 years ago to start the Ontario Hypnosis Centre. Georgina Cannon is a Doctor of Metaphysical Counseling, NLP Master, Timeline practitioner, Past Life Regression Therapist and accredited Instructor for the National Guild of Hypnotists, the Medical and Dental Hypnotherapy Association and the International Board of Regression Therapies. She is also on the Advisory Board of the National Guild of Hypnotists.

Recognized by the media as an expert in the field of hypnotherapy and complementary wellness treatments, Dr. Cannon has been featured in many national print, broadcast news articles and television programs, including a Gemini nominated three-part, one-hour series on CBC Television broadcast nationally in the fall of 2004 and now being shown around the world.

To learn more about Dr. Cannon and the Ontario Hypnosis Centre, please visit www.ont-hypnosis-centre.com.