

The Transformation

Paradigm #6

When thinking differently is the only option for discovering solutions”—

Celeste E. Terry, MSSA

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Publisher, Writer

Saturday, October 28th was the third and final workshop for 2017 held at A Cultural Exchange. There were several new people and some folks that came back and brought family members. We delved into the homework—meaning we allowed each attendee to complete the worksheet then share where they are stuck.

One person got motivated to get her roller skates fixed so that she can skate again. Another attendee realized that she is not the previous executive director of the organization that she took over. She is her own person, and is now looking at what she needs to do for herself to help keep her energized—bike riding. And, she connected with someone at the workshop who works with bikes. Another attendee, a pastor, said he learned about how to approach personal transformation for himself other than spiritual transformation for his congregation. He wants to move into Personal coaching when he retires from leading his church. Upon leaving, several people asked, “when is the next one”? That made me feel good.

People also talked about how good the energy was among those attending the workshop. People were not afraid to share where they were stuck. We had breakthroughs! Even Deb McHamm, owner of A Cultural Exchange, said, “they loved it. Such good energy here”. “We always have a home for Celeste here”.

On Wednesday, Nov. 8th, I delivered the Commencement address at the Ohio Department of Youth Service, Luther E. Ball High School for incarcerated young men. My mother, Ruby Terry, introduced me. It went very well. In fact, I got an email the next day saying everyone was still talking about my speech. That was great to hear.

Last month, I continued on my swim adventure by obtaining the Adult-Learn-to Swim Certification from US Master Swimming. Now I am working on finding a pool where I might give lessons. Even if that takes a while, it is knowing that I earned the Certification. I also bought another piece of equipment—like a medicine ball for the water. It helps to build strength in biceps, triceps and core. I also bought a third tech suit—green!

I have also added another day to swim training—Thursday morning. To do so, I have to get up at 4am to make it to practice at 5:45am. For Saturday practice, I get up at 5am to be there at 7am.

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So, whatever it is that you are working to accomplish know that there will be sacrifices that you will have to make to achieve your goals. In order to get into a tech suit, I had to lose weight. In order to add another day of swimming, I have to go to bed early. And, when I wake up, just get up and go. There is no procrastination!

My body and mind have adjusted to getting up that early and getting to practice, even in winter! That is dedication. But, if that is what you want, you do it!

I will look at doing another workshop in Spring 2018! What I will be working on is figuring out what will encourage people to come back. I am learning that my workshop is not for everyone, and is for a certain type of person who is at a certain stage in their lives. That might mean that it works on a more intimate level rather than large scale. But, that is the discovery of making something work. Several people have told me that, “you have something here”. So, I must strive and struggle to grow it—make it work for those who want it.

I actually recorded the workshop on my cell phone. So, I will add that video to my website: <http://celesteterry.com> soon.

Well, thank you for following me on my website , twitter (sistadigital) , facebook, periscope, and for coming to my workshops. I appreciate the support. Have a Happy Thanksgiving and Holiday Season! See you again in 2018 for more adventure and transformation!!