

ERIC N. SUPEN

SEASONS OF CHANGE COACHING COURSE



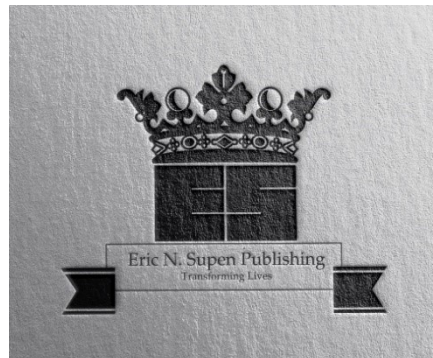
SEASONS OF CHANGE COACHING COURSE



Overcoming Fear, Inspiring Hope, taking up the Leadership Challenge and
Courageously Navigating through Seasons of Change



Eric N. Supen



Having Hope for the Future



“You can cut all the flowers but you cannot keep Spring from coming.”

— Pablo Neruda



“**A**t least there is HOPE for a tree: If it is cut down, it will sprout again, and its new shoots will not fail. Its roots may grow old in the ground, and its stump die in the soil, *yet at the scent of water it will bud and put forth shoots like a plant.*”²

The phrase above was voiced out by a man who understood the power of HOPING FOR THE FUTURE. He had to navigate through a season of change in his life that should have crushed him, made him depressive, influenced him to play the blaming game, come under a victim's mentality and give up on himself.

However, he understood, HOPE IS A LIFE FORCE, which can revive a man's resolve to live and dream again, breakthrough clouds of depression, suicidal thoughts and release the strength and the adrenaline needed to bounce back from setbacks in life.

He had witnessed the POWER OF HOPE, like the scent of water, restoring vitality and catalyzing growth; to be his source for restoring hope, vision, and courage to arise and build again, and for him to take charge over his life, destiny, and future.

He had lost all; his children, his possession, his wealth and the companionship of his

friends. However, HOPE empowered him to weather the storms of life, overcome negativity, stand firm in the midst of accusation, judgment, and condemnation and courageously take charge over his attitude for life and navigate through this season of change. And at the end of it all, he experienced restoration.

Have you been wounded and scarred because of the battles of life? DON'T LOSE HOPE! Hope has the power to heal your wounds and scars.

Have you been beaten and tossed around by the storms of life? DON'T GIVE UP! You can RE-STRATEGIZE and bounce back again.

Have you been betrayed by friends, colleagues, family members or even people who took an oath to protect you, guide you and help you attain your dreams and aspirations in life? FORGIVE, because YOU ARE NOT WEAK. Only the COURAGEOUS can overcome hurt, resentment and bitterness to FORGIVE and face the future with HOPE.

Have you lost your vision for the future because you felt defeated, and did you try to dream again and felt hopeless because you only saw impossibilities through the eyes of your mind?

KEEP HOPING because like the scent of water you can be REVIVED and RESTORED again because of THE POWER OF HOPING FOR A GOOD FUTURE.

Coaching Questions for Personal and Corporate Evaluation

“In three words I can sum up everything I've learned about life: it goes on.”

— Robert Frost

Have you lost hope for the future because of personal or corporate challenges? If your answer is yes, what are you doing for your hope to be restored?

Have you been wounded and scarred by the battles of life? What steps have you taken or should you take to experience healing?

Have you been beaten and tossed around by the storms of life? How can you re-strategize and bounce back again from any setback?

Do you feel betrayed by friends, family or colleagues? What steps are you taking to forgive them and to also receive forgiveness?

Have you forgiven yourself for being responsible for a negative season of change? If not, what will you do about it?

Have you lost your vision for the future and the drive to dream for your life? What do you think you need to do to experience restoration to dream again and pursue your vision?

If hope is a life force, how can you guard your hope from being affected in the future during a season of change?
