

Jane Collins CPA, CA

As with all *Willing Change* courses, the primary purpose of this one is to provide inspiration to think in new ways, to open your mind and stretch your self-concept, all in the pursuit of *purposeful* change. This course presents each learner with the opportunity to set personal goals for improved thinking in the workplace and, correspondingly, all other areas of life.

INTRODUCTION - Jane Collins Facilitator: Why I am qualified to teach this change workshop

In high school I thought was destined for a job that involved numbers; I loved math, analyzing, calculating and organizing. In university I entered a Business School and later earned my CA designation (because—it just made sense) and started a career that included an international firm, my own practice, the government including social services, teaching in class and online. I was well entrenched in left brain work and thinking and it served me well.

LB is adept at: analyzing—comparing, organizing, judging, breaking down any subject into smaller pieces and looking at separately. It is also good at reason and logic and a vast repertoire of rules and regulations to follow. It seemed normal to me. I assumed that everyone thought basically the same way.

But there is a downside to this linear style of perceiving, which separates to analyze rather than connect to understand. It breaks situations and things down into steps or items – compare, judge and organize, make assumptions in line with past experience, project the past into the future. When I faced a personal crisis in my life, the relentless analyzing and rehashing of what had happened, the judgment of the unfairness, the discouragement of seeing no change in sight and the resulting anger—all LB thoughts—were too much.

I sought some relief by listening to books on tape, yes on tape, when I went out for long walks. I needed a break from the left brain and luckily my books were “out there,”—not what you would expect a LB professional to read. RB thinking opened my mind, and by that I mean I started to consider new perspectives and ideas. I felt some freedom from the belief that only my past determined my future. It gave me a sense of freedom—or at least that it was available. I realized that some of my rules and my formula for a successful life might be meaningless, as they were well proving to be, and I hoped there was another way. A better way.

Imagine how your life experience would change if you stopped comparing yourself to others.

I won't say the crisis was a blessing, although maybe it was, but I am grateful for having my mind opened and that right brain thinking had a chance to take a stronger hold and led to the writing and teaching that I love.

I am not trying to make fiction writers, artists, musicians or inventors out of you, although I suspect there may be one inside of you trying to get out. I just want to open your mind to new possibilities, *without* having to go through a crisis first.