

# Caroline Welch

*The Gift of Presence*

## Topic #3 Pivoting - Discussion Guide

Welcome Presence Groups, Book Groups, Workshops, Spirituality-based Groups, and all others!

**PIVOTING** begins with Presence. Only with an open and clear mind can we recognize when it may be time to make a change, and then have the courage to follow through. While life means constant change, as humans, we resist change and dislike uncertainty. Pivoting supports us in making change by reminding us that all of our resources – our experiences, skills and relationships – are there to support us before, during and after Pivoting.

1. **Is there something in your life right now that you know you need to change, but you just haven't yet taken the time to focus on it?**
2. **What keeps you from actually making a change you know you ultimately must make?**
3. **What would it be like for you to imagine yourself in a new situation?**
4. **How would it feel to leave a job or a relationship that is no longer working for you?**
5. **What is the major obstacle to your making a change?**
6. **Share some of the resources you would have available to you when you are Pivoting.**
7. **Who can you count on to support you when Pivoting?**
8. **What skills and experiences will be most useful to you during Pivoting?**
9. **What's your time frame for Pivoting? Two months? A year? Five years?**
10. **Do you consider trying something new that doesn't work out to be failure? If so, consider a reframe: Failure is not trying.**