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Austin life coach urges women to take a 'do-over'

LIFE GUIDE: SARAH BECKHAM



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When's the last time you called for a do-over — during recess in elementary school?

Ann Daly thinks you're due for another one. The speaker, life coach and author is launching a new audiobook, "Do Over! How Women Are Reinventing Their Lives," with a pair of events in Austin this month (see info box).

"I think of a do-over as an intentional reinvention by women done with all the exuberance of spirit we had on the playground when we were kids and we were shouting for a do-over," Daly says.

Daly wants "Do Over!," available at ann Daly.com/books and at BookWoman bookstore, and its accompanying downloadable workbooks (each is geared toward women in different life stages) to provide women with the inspiration and practical know-how they need when they find themselves thinking "Now what?" She shared with us some of the key strategies for launching your own transformation.

Do you need a do-over?

Sometimes, of course, we find ourselves in the middle of a do-over whether we want one or not, Daly says. Life hands us a change — a layoff, for example — and then we have to decide what to make of it.

When the decision to make a change is ours, there are usually signs to look for that we want something different. One that Daly sees in her clients is simply a general dissatisfaction — the "is this all there is?" feeling.

"Feeling stuck is the other major symptom that my clients arrive with," she says. They know they need to make some kind of change, but they have no idea what it is or how to start moving toward it.

What's your resistance?

Daly says she's encountered women who seem to want a do-over but in the next breath offer all the reasons why it would never work for them. She calls them her "yes, but ..." clients.

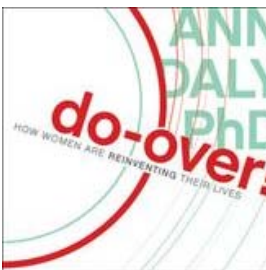
Our doubts are sometimes driven by fears that are valid — "Yes, I'd love open my own business, but I'm afraid of not being able to support my family" — but that don't have to derail our dreams if we work through them, Daly says.

We can also get stuck because of limiting beliefs — the "really old,



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Ann Daly



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really deep" ideas about what the rules of life are, Daly says. We might think, for example, that "real" artists have made it by the time they're 25 or that they sacrifice their family life for their work.

Dealing with both fears and limiting beliefs gets a lot easier when we bring them out into the open and re-examine them, Daly says. Unacknowledged, they exert more control over us. "They're invisible, and that's why they're so powerful."

Pick your allies

When you're making a big change, it's inevitable that other parts of your life and other people are going to be affected.

"Some people are not going to like this," Daly says. Those people won't want you to change because it makes them uncomfortable.

"There's always going to be pushback," she says. It's important to anticipate and prepare for it so it won't derail your do-over.

On the other hand, people who are pursuing their own do-overs can be a great source of support, even if they're at a different stage in their own transformation. "It's so helpful to remember we're not alone, and that the challenges that we're experiencing are pretty much the same ones that everyone experiences on this journey."

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Book reading and signing

When: 7 p.m. Thursday

Where: BookWoman, 5501 N Lamar Blvd.

Cost: Free

Workshop and book signing to benefit GENAustin (Girls Empowerment Network)

When: 8 a.m. Feb. 26

Where: El Sol Y La Luna, 600 E. Sixth St.

Cost: \$25, genaustin.org

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