

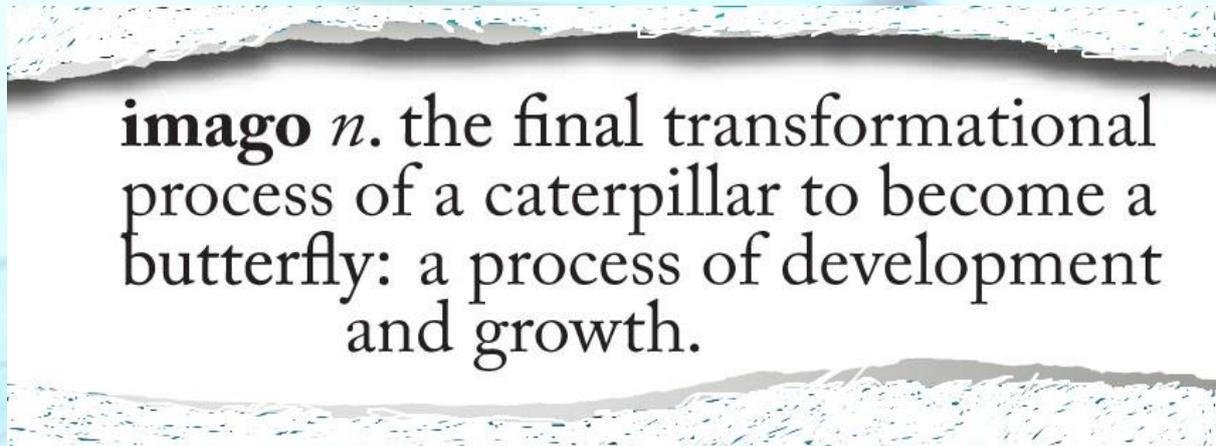


- Transition Coaching -

Getting into the Civilian Mindset

What is Transition?

Transition *n.* movement, passage, or change from one position, state, stage, subject, concept, etc, to another; change.



Leaving the forces requires a personal transition which can be reasonably straight forward for some, but almost traumatic for others... and there's an incredibly wide scale in-between.

Do any of these words feel familiar?



It's all about individuality and perceptions really isn't it? We all see the world, what it has to offer and opportunities in very different ways. What do you see in this picture? A young lady? An old lady?



There are actually both. We need to keep in mind that every person is actually an individual with their own story behind them and their own perceptions on what they think, how they feel, what they see.

The fact about military personnel is that when serving you all live and work to the same standards and values. Your standards are high, your work ethic unquestionable, your humour and language specific.

We civilians on the other hand, well I'm guessing at times we seem like a whole other species. I'm guessing very few of us match up. It must be incredibly frustrating to suddenly be surrounded by us 24/7.

We're a little laid back by your standards. We have meetings to arrange meetings, we have a cuppa before we start work, if you ask us for something by Monday, we'll probably start it at some point that day.



In general our sense of humour is different to yours. We usually find laughing at someone who gets seriously hurt unacceptable. Saying you'd like to stab someone seems wholly unacceptable and incredibly frightening to us.

I think in general we're probably very unorganised. Taking things and not putting them back, using things and not replacing them.... Order just isn't so important

to us. I'd hate to work out just how much time we waste looking for things, which if they'd been put back would be available to us immediately.

So, how do we all live and work together? How do you learn to cope with us civilians? We know you won't lower your standards and try to fit in, and why should you, so it is as simple as deciding that you can embrace civilian life knowing that in lots of ways you're superior? Or does that make you egotistical and arrogant?

I think the key to viewing anything differently in life is to consciously realise that we're in control of our own thoughts. There's actually no one else in our heads who make us think or feel in a certain way. We choose to think in the way we wish. Sounds obvious doesn't it but have you ever considered it?



If you think back to your secondary school days, I would imagine that you viewed life quite differently to after you'd completed your first few years of service. To think back when you were at school that you'd fold your socks and boxers... well you'd just never have imagined it would you?



So your military training changed the way you thought about a whole host of things. Or did it? Did you make a decision to allow your mind to change? I would say you did. You made a decision that to be successful on your military journey you had to begin to think as they wanted you to. You allowed yourself to change.

Now coming out of the military does not mean you need to change your values or thought processes, but it may make life a little more tolerable if you allow yourself not to let us civilians annoy you quite as much as we could. Half the time we just don't know a different or better way of doing things. We've not had your training. We don't all have the same values. We don't all have a similar humour. Some swear in general conversation, but for others that's totally unacceptable. And, we're not always on time!



Your transition is a personal journey. For some of you it will be simple, maybe even straight forward. For others it will be a rollercoaster of a ride. Some will experience ground rush once, some more than once, and some not at all.

For some people having a beer with mates will help sort things out. For some it will be your partner or family who are there for you to help. But for others

it can feel rather isolating as you may not want anyone close to you to know what you're feeling. And that's where a transition coach can come in to play. A coach is there for you. They don't have preconceived ideas about your life in the way that family or friends would. They have unconditional regard for you. They are there to ask questions to make you think, to consider and to find the answers you are looking for.

Services Available

There are two services we can offer through Imago Professional Development.

We offer **transition coaching**. Obviously I can only take on so many clients at any one time but I do have other coaches who are also available. Coaching sessions are typically up to a hour in length by phone, Skype or in-person and can be once a week or fortnightly depending on your personal circumstances.

Indicate Destinations is an online psychometric test designed specifically to give direction for any future career or job search. You simply complete the test online, through a link which would be sent to you, and within 24 hours you will have a report emailed to you. Whilst the report is easy to understand and comprehensive, a half hour phone call with myself can really help to apply its contents to your personal situation and career aspirations.

Often a combination of both services is the way forward.

For more information visit www.imagopd.co.uk or email me personally on Claire@imagopd.co.uk.



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