

# Rediscovering HER PATH TO JOY

Deb Dawson-Dunn knows joy. Using her personal coaching arsenal, Deb helps her clients rediscover their joy and create more meaningful lives for themselves.

Get it Dunn provides unique coaching programs, such as Discovering Your Path to Joy, Getting Your Personal Needs Met and the 100 Day Challenge. Deb dedicates her time to helping people find their authentic selves, making ample use of her coaching and life experiences.

“I focus on inner gain. We all have beliefs, fears and blocks that are often unconscious,” Deb says. “I am good at surfacing those unconscious blocks and helping people dissolve them.” These skills made Get it Dunn and Deb a perfect fit for Alice Taylor.

## ..... *The Challenge:* .....

Four years ago, Alice Taylor’s life crashed to a halt. Alice’s sister Janet, her confidante, friend and shopping buddy, died in a car accident. Life stopped having any joy for Alice. She became afraid of everything. Afraid to drive, afraid to live. Alice went from home to work and back, with no stops or life in between. She gave up all of her hobbies and could only get in a car if her husband or son drove her.

Once, while in the car, her son gently reminded Alice that she didn’t need to cling to the handrail every time they went somewhere.

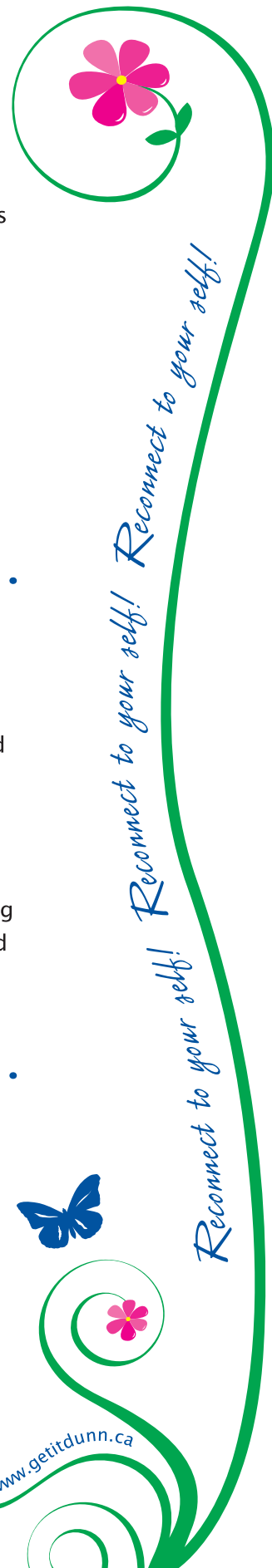
Alice recognized that she needed help and tried to get it. She sought out grief counseling early and went faithfully for almost a year. But it didn’t help. The counselors Alice worked with only focused on her grief and sense of loss. She left each session feeling worse. Something needed to change.

## ..... *The Solution:* .....

Alice met Deb before the accident, when they were both finalists for the Women Entrepreneur of the Year Awards. They had belonged to the same women business owners group and Alice had often seen Deb speak. After hearing Deb on a CJOB radio show, Alice reached a tipping point. She liked what Deb had to say and also realized she couldn’t keep going on in the same way.

She took a leap of faith and called Deb. At first they met only by phone, because Alice couldn’t bring herself to meet with Deb in person. They had weekly coaching sessions and Alice soon found what she needed.

In her coaching conversations with Deb, Alice talked about her loss and fears, but Deb concentrated on joy. They worked to rekindle Alice’s spark for life. She left each of these sessions feeling hopeful, the first time she had felt real hope in years.



[www.getitdunn.ca](http://www.getitdunn.ca)

..... *The Result:* .....

Deb and Alice are now more than two years into their coaching relationship. Deb says she helped bring to light Alice’s fears and behaviour patterns. She offered Alice another way to be. They still coach by phone monthly and Alice joined two other programs that Get it Dunn offers.

She just finished the “Discovering Your Path to Joy” group program. Participants attend six weekly conference calls. A new topic is discussed each session. Alice was forced out of her comfort zone in some of these sessions.

One week, she was tasked with calling people she trusts and asking them to describe her in five words. Alice said, “Doing the project made it ok to ask when you would never normally ask people these questions.” Deb’s encouragement helped Alice meet her challenges.

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According to Deb, “Clients forget what makes them feel good. We all have to get jobs and stay focused. Society is not set up for joy.” The program starts with various joy actions, to help participants rediscover themselves and the things they like.

Participants also needed to write daily compliments to themselves on colorful sticky notes. Alice found it difficult to come up with something every day, but she kept all of her stickies. “I used to scrapbook and take photos. Deb helped me start again.”

Alice placed each compliment in a scrapbook next to a picture of herself smiling.

The program helped her pick up her camera for the first time in two years.

To continue her journey to joy, Alice recently joined Deb’s annual 100 Day Challenge. For this challenge Alice strives to eliminate tolerations, the little (or big) things that drive us crazy. For each toleration Alice must choose to accept it, change it or eliminate it.

The goal of both programs is to help people lead more balanced lives. According to Deb, “A joyful life is not carefree or without difficulties. But joy can be an underlying thread woven through the foundation of life.” Deb works with people to build this foundation and sustain it.

When asked to explain how Deb has helped her, Alice said, “I realized I had a happy life. I can live that way again.”

“I want to give credit where it’s due. Deb said I did all the work myself, but Deb is very respectful and kind. She really cares—honestly in her heart cares. She remembers everything, even stuff I’ve forgotten. I don’t know how she does it. This is not just something she does. It’s something she lives.”

