



Tears of loss.... Shoni Khangala

Following the loss of my father a few days ago, I am still waiting for the real, physical and tangible tears to run down my eyes. It is a painful wait!

You see, I loved my father so dearly, and I spent a great deal of my life showing him just how much I loved him. If there was a love account between my father and myself, it would be fully paid-up and over-flowing! In fact, I was quite surprised that one thing that filled my heart following his passing, was **more love** for him, instead of grief!

To put the love I had for my father into perspective, the last gift I gave him was on his very last day alive – and that was not because I had suddenly realized that it was his last day on earth, rushing to make last-minute amends. I was simply refusing death to deprive me the Gift of giving my father. So, knowing very well that he was no more I continued to send him his gift, 2000 kilometres away from his deathbed.

Before you rush shopping for gifts for the loved ones, it is important to remember that love and gratitude is not all about buying and giving material gifts. I covered this particular topic in more detail in one of my articles entitled “*The Deep seed of Gratitude*”.

Back to our topic – “**Tears of loss....**”:

One of my Coachees recently expressed concern that she had not shed a tear, following a milestone which was effectively the culmination of all our coaching sessions up to that moment. I had to remind her that she had been shedding many a tear along our coaching journey; and that perhaps the tranquillity that she was experiencing; instead of fear, guilt and grief was testimony to the success of our coaching! One thing common between my Coachee and I is that although our losses are rather different in nature we both yearn for the tear of loss.

As a Master Coach one of my focus areas is to help others cope with their loss. I usually talk about the need to excavate the ‘good’ and the ‘lessons’ that come from our loss, and how we could learn to become EQUAL TO our losses. Following the loss I have recently incurred I feel even more strengthened in my belief that there are times we could gain more good than pain, from our losses.

Thinking of it, it is no surprise that I posted my very first article on LinkedIn entitled “**Everything is Gone!**”, after I experienced a devastating loss. Before that particular loss, I

used to stay as far away from posting on LinkedIn as possible, not sharing my knowledge and experience with my almost 2500 (and counting) LinkedIn connections!

Having said all the above, I still believe my bucket full of tears is just around the corner. Talking of tears, I strongly believe it is OK to cry. I am not one of those Cowboys-don't-cry folks. Ask my wife!

I am currently planning a get-together with some of my Coach friends, to share with them deep insights that I gained just before and following my loss. No doubt there could be unintended consequences of this gathering, with me being coached to death by my colleagues, to help me 'cope' with my loss. However, we cannot help that, it comes with the package – Coaches will always be Coaches!

If you would like to be part of the above interaction feel free to email me at shoni@potentialexponents.com.

In the meantime, if you prefer to gain powerful inspiration and messages of hope from the spoken word, you can book my talk **“From Loss to Triumph”**.

Oops! I think my tears have arrived.....

Contact us for a no-obligation coaching needs assessment, and let the journey begin (083 628 3428 or shoni@potentialexponents.com).

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“Behind every mask there is a face, and behind that a story” – Marty Rubin