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Dear Friends,

I had the opportunity to talk to the staff of a large nonprofit organization yesterday for 30 minutes, to help them weather the chaos of the pandemic which has had a huge impact on their work. I was honored to be asked to help inspire and ground them.

I realized afterward that I had provided five models to them for navigating both the personal and professional difficulties that this pandemic has brought them (and all of us). I think in models, which - when done well - make the complexities of real-life experiences more manageable and predictable and knowable. We can look to a good model to explain what we have experienced, and often that results in a recognition of sorts - yes, yes, *that's* what I have felt, we often feel when a model works. Models should simplify, not complicate, things.

One of the models I shared with them was the one shared in last week's Orange Desk newsletter from the International Coach Federation in Kenya, in which we can decide whether we want to be in the fear zone, the learning zone, or the growth zone during this time. Another was a model from my book, *The Geography of Loss*, which provided three principles for navigating through grief and loss, which is what many of us are feeling at this time: Embrace what is, Honor what was, and Love what will be. It gives us a path for moving forward.

These models help place us. Where am I in that loss model? At first, I resisted the pandemic, but

I have finally gotten to the point where I am embracing what is. I am turning my attention to gardening. I am soaking up all the information I can about this new hobby, and I have finally returned to my work, as well. I am fully here, now.

Next, I will begin honoring what was - a practice of daily gratitude with several friends is helping to start this process. Every day, we text to a group chat a list of three things we are grateful for, some of which are things we now know more clearly we cherish from the past. I am honoring my former busy-ness, and understanding that while I can honor that, I don't want to return to it. I like the pace of the garden now. And while none of us knows what the future holds, I am able to love and lean into it if I choose the growth zone.

What frameworks are you using to navigate this time?

*I'll write about the other models/frameworks in the next Orange Desk newsletter, in the hopes they will be helpful to you as well.*

## Coming Up

**ONLINE CLASS: Hard Conversations: Whiteness, Race, and Social Justice - Began April 7.** Focuses on white racial identity, hallmarks of white supremacy culture, what it means to be white in a racist world, and how to create a positive white identity. [Go here](#) for info. *It's not too late to register if you are willing to do some catch-up work.*

Thanks for reading. If you like this newsletter and want to support it, forward it to someone who'd like it. If you're seeing this newsletter for the first time, [you can subscribe here](#).

Simplify,

Patti

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