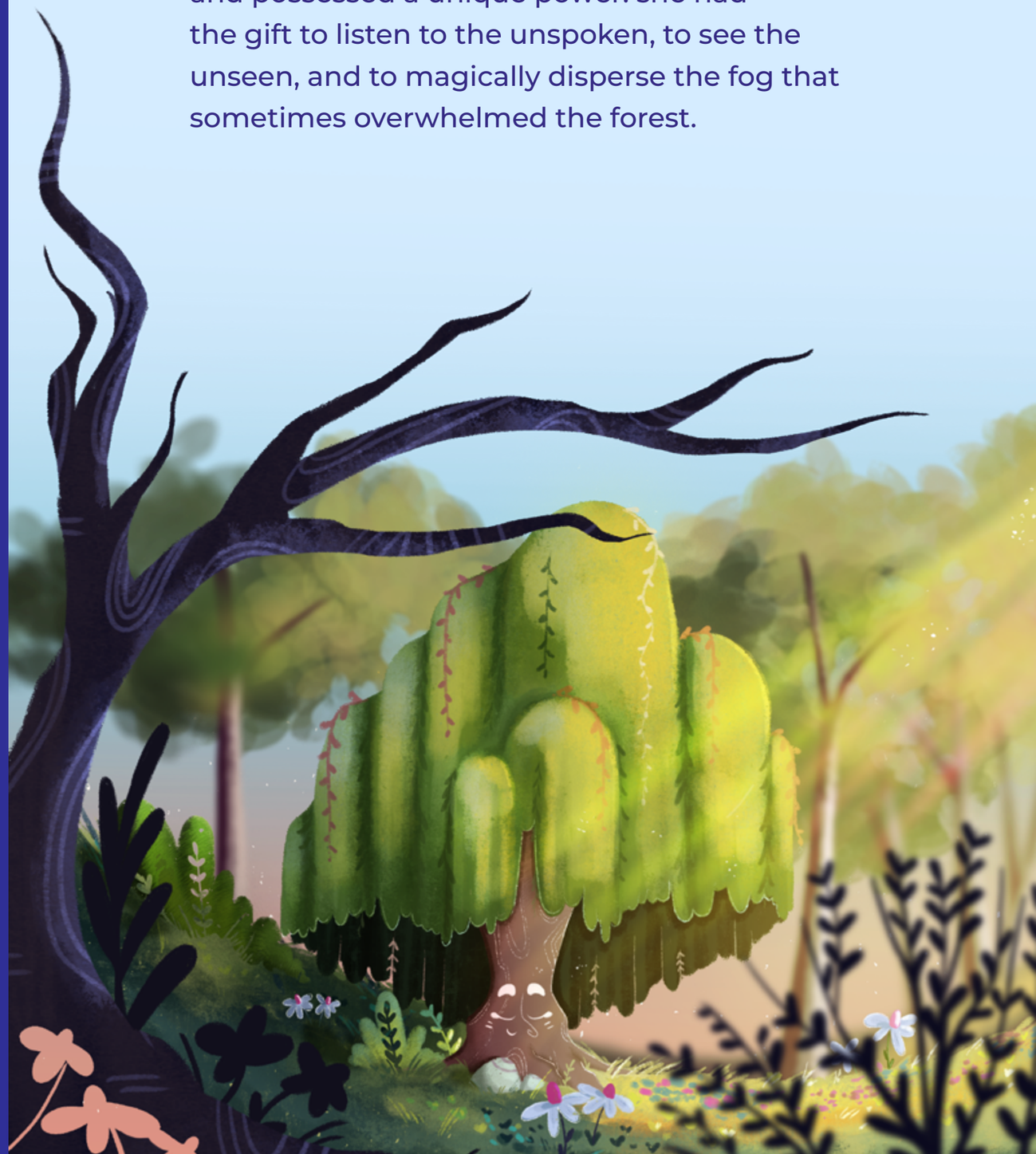

The Art of
Noticing

Once upon a time, deep within the enchanting Great Woods, there lived a peculiar willow tree known as Laurel.

After many years of searching, she found herself a place to call home in the gentle murmurs of the woods, where every rustling leaf seemed to whisper tales of hope and learning.

Laurel the Willow Tree was warm, insightful, and possessed a unique power: she had the gift to listen to the unspoken, to see the unseen, and to magically disperse the fog that sometimes overwhelmed the forest.



One night, as the moon cast a silvery spell upon the meadow, animals from all parts of the world gathered around Laurel to share stories and gain clarity.



They were driven by curiosity, eager to explore not only the world within the forest, but also the world within themselves.

With undivided attention and presence, Laurel the Willow Tree listened closely as the animals shared their hopes, dreams, and worries. It was as if they had discovered a sanctuary where their thoughts could flow freely.

She gently encouraged them to become aware of the stories they told themselves, stories that shaped their reality. She guided them deeper into their hearts through reflective practice and powerful questioning.

That night was truly majestic and ignited the imaginations of those who dared to look up.

Tala the Tiger: “Laurel, why do some stars move so slowly?”
Laurel the Willow Tree: “What do you think, dear one?”

The tiger gazed up at the starry canvas, lost in thought.

Tala: “Maybe they’re taking their time to learn important things by simply observing!”
Laurel: “And what are you learning Tala?”
Tala: “That it is good to pause sometimes. This way we can truly appreciate the beauty.’’

Laurel the Willow Tree smiled softly, continuing to listen and notice.



The night was so still that the only sounds were the soft sighs of the wind and the occasional hoot of an owl in the distance.

Robin the bird admitted: “Laurel, I love to sing, but sometimes my music feels empty. What should I do?”
Laurel: “Tell me more about this emptiness. What is it trying to reveal?”

The bird took a deep breath and looked inward.

Robin: “It reveals a longing to sing my own story - one that is authentic and raw. What an empowering and courageous song that would be.”



The animals drew nearer to the Willow Tree, their heart filled with a sense of childlike wonder.

Felix the fox confessed: “I feel like my true self while exploring the forest and gathering nuts. However, there are moments when I sense that I’ve seen it all, walked every path, and yet I feel utterly lost.”
Laurel: “Where would you like the path to lead you?”

After a long introspective silence, Felix replied, “I don’t know. I cannot see it.”

Laurel: “It’s perfectly fine; not knowing is a part of our nature. However, I’m certain there are things you do know. What does your intuition tell you?”
Felix: That I should stay curious.

Laurel the Willow Tree smiled softly, continuing to listen and notice.



As the night unfolded, the Willow Tree shared tales of her journey, how she too, had questioned the world around her. She spoke of moments when she had to face her fears and doubts, and how self-reflection had helped her gain clarity, acceptance, and peace of mind.

Animals from around the world joined Laurel in this enduring journey of perpetual learning and self-discovery. Together, they discovered the transformative power of noticing, revealing the extraordinary within the ordinary.

They understood that to notice is to appreciate, and to appreciate is to truly live, making it their ultimate quest.



Laurel the insightful Willow Tree knew true noticing starts within.

The enchanted forest and all its inhabitants drifted into a peaceful slumber, their dreams filled with boundless possibilities and curiosity.

As they surrendered to sleep, the Willow Tree continued to notice the rhythm of her breath, under the watchful eye of the moon. The art of noticing was an adventure of the mind and heart, a journey within and beyond.

And so, in the heart of the woods, the story continued, as did the journey of self-discovery for all who sought it.



About

This illustrated novel is our way of showing appreciation for the wonderful, inquisitive, and thought-provoking coaches we have at Coachhub.

A big THANK YOU from the DCI and Coach Relations team.

CoachHub

Written by: **Alexandrina Bivol**

Illustrated by: **Anabela Tasevska**