

Self-Coaching 101: Consult Your Inner Coach to Lead to a High-Definition Life

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Introduction

Work, even joyful work, is often fast-paced and stressful. We encounter negativity that challenges our ability to stay grounded and centered, depletes energy, destroys self-confidence, and erodes our health. Coaching is a one billion dollar industry designed to assist with self-discovery (de Haan, Duckwork, Birch & Jones, 2013). Coaches work with clients in a creative way to discover their desires and design strategies that inspire peak potential. But, the primary coaching goal is to facilitate autonomy through mastery of self, and that goal can be reached via self-coaching as well as through the assistance of external coaches (Guttman, 2012; Sue-Chan & Latham, 2004). In this workshop you will learn simple, doable, effective strategies to act as your own self-coach, to clearly define your path, to enjoy greater health, wellness, and life/work performance.

The benefits of incorporating the following principles of practices include: a) embracing work/life with the spirit of integrative health for greater well-being, happiness, and life performance, b) identifying 10 points of personal empowerment for refined self-definition through greater awareness and reflection, c) applying simple self-coaching techniques that increase grounding and peace, d) aligning physical surroundings with the energy of spirit-mind-body, and e) developing 12 qualities for effective self-coaching.

What's Your Driver?

There are reasons we go to a given workshop, read a particular book, or search for that recommended article. Those reasons represent the drivers underlying our behavior. These are the motivators for our actions, and contrary to oft bewildering appearance, there are always reasons for what we do. To simplify a complex phenomenon, we might say we basically are driven by pain or pleasure.

Pain is experienced when we do not have what we need or desire. It is the hurtful gap between what we have/experience and what we want to have/experience. That can be as simple as being hungry and needing food or lacking deep meaningful relationships. Some examples are: a) life/work problems and issues (e.g., the boss wants that report yesterday, your kid just got expelled for punching a classmate, or you spouse wants a divorce), b) overwhelming circumstances (e.g., you were part of a layoff, your home just was flooded, or you are undergoing cancer treatment), and c) disabling stress (e.g., there is so much going on you find it hard to sleep, to think straight, or to handle normal functions).

Pleasure drivers may certainly overlap with the pain items above, i.e. you want a meaningful relationship, but in this context is focused on those things that bring greater satisfaction, deeper meaning, or as one friend says, "more joy more of the time." One might think of Maslow's hierarchy, that one has gone beyond fundamental needs and is seeking higher order satisfaction. Examples might be a) participating in a "change the world" activity, e.g. volunteering to be a Big Brother/Big Sister, or traveling to a disaster area to assist with building temporary housing; b) taking that long-hoped for trip to Europe with your one true love; or c) finally finishing that graduate degree.

The bottom line is it is always helpful to know what is driving you. That enables you to exercise good judgment on deciding what and how much to expend of your limited time, energy, and resources to pursue a given end. It helps you focus and prioritize. We will take workshop attendees through an exercise to help them identify their drivers.

What's Your Deal?

We use deal here in the colloquial sense, as in what are your current circumstances and situational factors, your behavior/actions/words, your current results. These directly contribute to your pain or pleasure levels. It thus is important to gauge the depth and breadth of gaps between where things are and where you want them to be (Tkaczyk, 2014; Waldroop & Butler, 1996). Workshop attendees will be taken through exercises to enable them to more fully understand their environment and behavior/actions/words and how these work together to yield much of the results/outcomes they are experiencing.

What do you really want?

Once you have a fair sense of where you are at in your work and personal life, the next step is clarifying what it is you most want in life (Guttman, 2012). No one receives everything desired. There are real, actual limitations at times. It is entirely possible, however, that we can have much more of the life we want if we focus on what is most important to us, and on behaving, acting, and “wording,” in a way that will bring desired results. It is not easy or quick, but it can be done with the rich rewards of joy and satisfaction along the way. In fact, by not focusing on the end result of complete satisfaction/joy/meaning, the journey itself becomes the life we dream (Chapin, 2014; Chodron, 2010). Attendees will be taken through an exercise to help them key in on their true passions and goals.

What's Next? Practical Steps, Tools, and Techniques

Change is not easy. It does not happen overnight. It requires work, commitment, and heart, but it IS DOABLE and utterly worthwhile—good for you, good for those you care about, good for our world (Tkaczyk, 2014). We provide steps, tools, and techniques you need to grow, be your best, and do what you were intended to do.

The workshop first sets the stage for success, including how to shift our perceptive lens. This speaks to the need to see your Self, your life and your world in a different way, to develop a worldview or life paradigm that may be quite different from your past (De Haan, Duckworth, Birch & Jones, 2013; Dweck, 2006). Second, attendees will learn to re-write their internal script. Too often, we operate on the base of unconscious scripts, unconscious attitudes toward ourselves and others (Ellison, 2009). The scripts may say “Oh, there you go again, failing with yet another project. You are such a screw-up” versus “That didn’t go as expected. I can learn something from this to hopefully prevent that in the future.” Clearly, one script sets the stage for limiting judgment, while the other provides an opportunity for success. Third, we focus on words that shape and create our worlds. Incredibly powerful, the words we choose for our inner dialogue and what we tell our selves about our selves can make or break our hope and energy for growth. Labels and judgments we place upon ourselves far too often are destructive. Participants will learn to listen to what they tell self and recraft a message that is more uplifting and healthy through positive, constructive self-talk (Dweck, 2006; Ellison, 2009). Finally, we will discuss the need to become mindful. A mindful approach means we develop the ability to step back from an event, from what is happening around us, from our dominant thoughts and feelings, and simply ask, without any judgment, “What is happening right now?” By increasing the ability to observe your self in

situations, you will be better able to act consciously, based on what you want, rather than on immediate thoughts and feelings that may be unduly influenced by old scripts. Being mindful frees us to think more clearly, regulate our emotions, and curtail unproductive behavior. We will demonstrate that mindfulness, as a study and practice, is well worth pursuing (Chodron, 2010; Gunaratana, 2002).

The workshop will also incorporate the 12 mindful qualities for effective self-coaching along with additional tips and tools, all inclusive of such techniques as developing awareness, using intuition, incorporating compassion for self and others, dealing with detractors and distractions, using network support, reducing stress, moving from the easier and simpler to the more difficult and complex, energy balancing, celebration, and much more.

What can you expect next?

As one journeys through life, expect to see growth, but also expect occasional downturns. Learn to exercise compassion and patience with self as you move through the process. Positive personal change does not occur in a linear fashion; there is always an element of mystery involved (Chodron, 2010; Guttman, 2012; Waldroop & Butler, 1996). Expect to reassess, recalibrate, and re-up with your goals and dreams given the normal, common obstacles we all face in growth. Patience, continued focus, practice—it will make a difference (Dweck, 2006; Guttman, 2012). We will end the session by pulling it all together using the PSI-BETA-BLOCK-R8 technique (Croft, 2014) to inspire and equip participants to go out and self-coach their way to greater meaning and success.

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