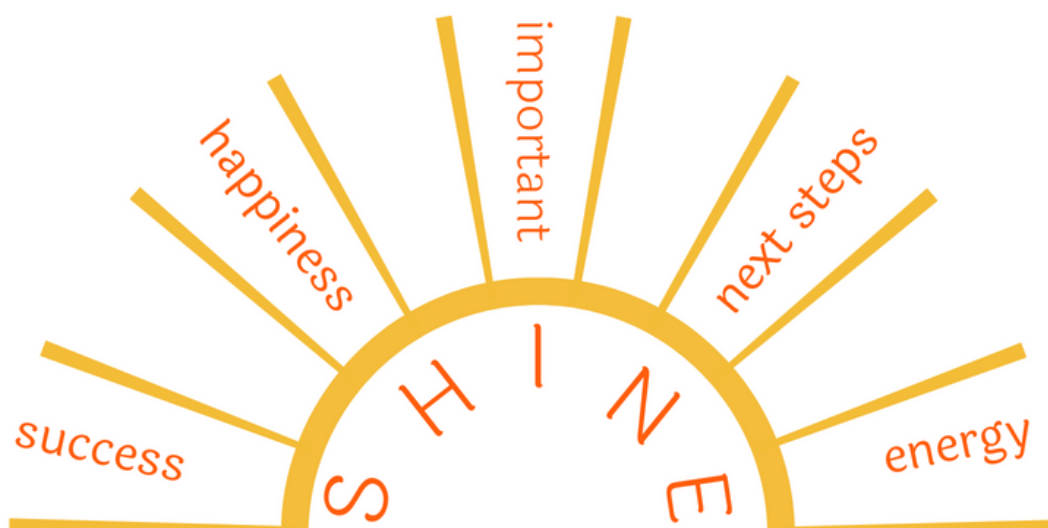


Coaching to Shine

Helping you to achieve your version of success
and happiness in 5 steps



Thank you for requesting my Coaching to Shine guide.

This guide will help you gain clarity on what success looks like for you, how it can bring you happiness, and why it is important to you.

It can be used for any goal, project, task, however big or small, long or short term, or even on a daily basis; adapt it to fit your needs on both a professional & personal basis.

Each section has a focus question and a set of coaching questions.

The focus question is just that - a question to help you focus in on what matters. The coaching questions that follow are there to give you guidance on how to map out your next steps to plan your way to success.

S = SUCCESS

Focus Question – What does success look like to you?

Define it in one sentence

Coaching Questions

- How will you know you have succeeded? So, what are the criteria for your success? Write down 2 or 3 things you need to do, have, or be to make your project or goal successful. Make sure it's in your control.

- What might get in the way of your success?

- How can you mitigate this?

- How might you fail?

- How might you respond to failure?

- Who can be your critical friend if you are not able to foresee any pitfalls?

H = HAPPINESS

Focus Question – How does this make you happy?

Take a minute to think of some activities you love doing, that really energise you, you might not even be that good at it – it can be work or personal – these are your strengths.

Coaching Questions

- List 2 or 3 of your top strengths

- How can you bring more of your strengths to your goal/project/day?

I = IMPORTANT

Focus Question – Why is it important to you?

Think about what you are trying to achieve, succeed at, that is so important to you. What do you need to have, feel, be to work at your best? These are your values.

Coaching Reminder

Values aren't tangible. They aren't things we can see or have. I like to think of them as things that don't fit in a wheelbarrow! It's what they give you that is the value.



What's important?

A regular income

The value may be
security, stability

Values



What's important? Your
team, people at work

The value may be
support, belonging

Coaching Questions

- What are your values?

- Can you fit them in a wheelbarrow? Yes or no?

- If yes, then ask yourself, what do they give me?

N = NEXT STEPS

Focus Question – What are your next steps?

What next steps do you need to take to achieve this? This is where the action comes in. What do you need to do now?

Coaching Questions

What's one thing you can do to get started?

- Who do you need to speak with?

- What resources / research do you need?

- Who could best support you?

- How much time do you need to set aside?

E = ENERGY

Focus Question – How much energy do you have for it?
This is all about how committed you are to what your project/task is, and how much time you have for it and whether you are going to make it a priority for yourself.

Coaching Questions

- Make a list of the things that energise you

- How can you build them into your day/week/routine?

- What's your energy score out of 10? (if you are scoring anything below an '8', you might want to check if you are really committed to this!)

So you've got all this energy to do what you want to succeed at. One of the first things about making something happen is writing it down, which you have done with your next steps. What makes it even more powerful is sharing it with others, and then being accountable for what you are committing to do.

Coaching Questions

- Do you need someone to hold you to account, and if so, who?

-
- Are you happy to hold yourself to account?

-
- How are you or they going to do this?
-

And that's **Coaching to Shine**. By using the **Coaching to Shine** guide, following each focus question and the relevant coaching questions, you will find that you will have more clarity on what you are wanting to achieve and succeed at, why you are doing it and how you are going to do it.

If you've found my **Coaching to Shine** guide useful, I'd love to hear from you. It's great to connect with people & hear their feedback – see contact details below.

And if you would like to find out about working with me as your coach on a 1:1 basis, I would be delighted to hear from you. I offer a variety of coaching packages to suit everyone; here's what Lauren said about working with me:

"I can't speak highly enough of Sally. She is warm, empathetic & genuine – it's just easy to have a natural connection & feel comfortable with her. She has offered me incredible insight & equipped me with some super revelatory tools to help me at a very ambiguous time in my work & romantic life.

My process with her has been hugely illuminating & empowering – I now have a much better understanding of my needs & values & I have some very constructive exercises to go to when I am uncertain or overwhelmed.

Her manner puts you instantly at ease & her language is thoughtful, highly informed & reassuring. I often join the call clueless as to what I need to focus on for the session, yet I always come away feeling that we had unpacked something fundamentally important to where I am at in my life. This is a credit to Sally's knowledge, skills & adaptability.

Working with her leaves you much lighter, clear-minded & confident at life-management!"

(Lauren, June 2022)

Email: sally@shinecoaching.org.uk Website: www.shinecoaching.org.uk

LinkedIn: [sally-chapman-shine-coaching](https://www.linkedin.com/company/sally-chapman-shine-coaching)

