



Sharing stuff that lights me up



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Welcome to my first 'sharing'

I suppose many might call it a newsletter or some such thing but it's not news at all, it's just stuff that I love, find inspiring, and want to share with you, if you'd like me to.

I'd like to think I'll do it monthly but sometimes life gets in the way so let's just say that's my aim and we'll see what happens.

If everyone unsubscribes immediately, then I'll probably get the message and call it a day!

So here goes, some stuff that lights me up...

Starting with a quote...

"Stars don't shine because they want to be seen. They shine because they are stars." – Alexander Den Heijer

Alexander is a Dutch inspirational speaker, trainer, and consultant. Check out some of his other quotes here on his [website](#).

Shine a light on....

Podcasts are not only my inspiration for so much of my work and what I do, but there's an abundance of learning to be had in each and every one of them. With each 'share', I'm planning on sharing a couple of podcasts that have made a difference to me in one way or another.

#1

Happy Place with Fearne Cotton & Owen Kane

I am a massive fan of Fearne's podcast series; it is my 'happy place' that I go to when I am gardening or pottering about at home. She has such a lovely way with people – her openness, sense of humour, and her ability to get so much good stuff out of her guests is superb. So, this is likely to be the first of many shares from Happy Place.

This episode had quite a profound effect on me. I remember feeling so much shame when I was in my last HR role because I wasn't coping with my mental health, the isolation among other things – I had always been the strong one, the doer, the copier, the fixer. I was actually still being all of those things on the outside but inside I was getting smaller.

Since 'coming out' about how I was feeling, talking about it openly with family, friends, and ex-colleagues, in my posts on social media, I can see how shame doesn't survive when you shine a light on it. As Owen says, it only survives, and thrives, in the darkness. And the best thing about my own perceived 'shame', is that it has been the spark for me to become a coach, following my dream and starting Shine Coaching.

And of course, with this episode, I just can't resist Owen's Northern Irish accent – I am a sucker for it, I just get drawn right in. Probably because my formative years from age 2 to 6 were spent living on the outskirts of Belfast, happy times for me as a small girl, but not so happy for so many others.

Here's the link to the [episode](#).

After Dinner Leadership with Simon Fagg and Richard Madden

Another of my favourite podcast series. Why? I just love the format of it. Simon brings together one inspiring leader with one aspiring leader, and they talk about the 3 things the inspiring leader wishes they'd known earlier in their life.

In this episode, it is the honesty of Richard that really moved me. His open and humble approach to how he hadn't really been the best of characters or role models early on in his career, and how that shaped him into the leader and person he is now.

I believe it is his vulnerability that opens the conversation so that Julia, the aspiring leader, feels comfortable talking about some of her insecurities.

And as usual, Simon facilitates the conversation so well. Have a listen and let me know what you think.

Here's the link to the [episode](#).

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Shiny object, or more specifically, book!

Who doesn't love a shiny object? I think we all have a 'thing' that we just can't get enough of, that we just can't resist even when we don't need any more of them. For me, it's books and stationery! So rather than share my next favourite note-pad, pen or post-it note, I thought I'd share a favourite book or two of mine.

I'm not necessarily talking about a best seller here, or the newest book on the block, these are my own favourite reads and why.

The Unexpected Joy of the Ordinary – Catherine Gray

Do you ever feel that we are all on this hedonic treadmill? This never-ending hamster wheel of trying to get better all the time – a better job, a better house, a better body, a better car, a better iPhone!! As I write this, I know how crazy it sounds.

This book is all about embracing the ordinary. Stopping still, taking stock, and enjoying what we've got, being in the present, and loving our life for what it is, not for what we think it should be, or what everyone has or thinks it should be.

My family and friends will be able to tell you that I'm not interested in stuff, the materialistic stuff. I don't crave new things; in fact, I love old things or making new things out of old things – the original upcycler.

And whilst I might have been driven in my earlier career to go for 'bigger and better' jobs, that's certainly not the case now. It didn't make me happy. So yes, I love this book because I do genuinely find joy in the ordinariness of my life – I quite simply love it!

Coaching tip...

Ohh, where to start?! Well of course, as you may know, coaches don't advise, don't tip, don't tell but as I love sharing stuff, I just can't help myself so it's yours to do with as you want to.

Who, reading this, other than me, finds it difficult to ask for help? I can be a right stubborn what'sit about asking for help. But since training to be a coach and reframing my world to one full of learning, I am pleased to say that I am getting better at it!

Asking this question has also been a godsend. I often ask it to clients, and it stops them in their tracks, as we all know how wonderful it feels to be able to help others, why shouldn't we gift that superpower to someone else? So, here's the question, "If asking for help was a superpower you can use that empowers and gives purpose to others, would you use it differently?"



Coaching to Shine workshop

Following my debut workshop at the In Good Company's Coaching Summit and the generous and amazing feedback I received from those that joined me, I have decided to offer FREE 1-hour Coaching to Shine online workshops on a regular basis.

I am initially opening them up to just 15 people for each workshop, so we get to spend a bit more time with each other, chatting and sharing what we are working on.

If you'd like to come along or recommend it to any of your family, friends, and network, here's the [link to sign up](#).

It's on Thursday, 18 August 2022 at 12:30pm – looking forward to seeing you there 😊

One-to-one coaching

Of course, other than loving sharing stuff, my 'day job' is as a coach!

So, if you are curious about coaching and whether it's something that you think might benefit you, I currently have some availability for 1-2-1 coaching sessions.

How much coaching you want is entirely up to you. It could be anything from a couple of hours to kickstart a new goal or coaching over a longer term as part of your own development plan.

Here's a [link to my website](#) which gives you an idea of the sort of coaching packages & prices that I offer.

Book some time to chat...

I love connecting with people so if you'd like to feedback on my 'sharing of stuff', or perhaps want to explore working with me as a coach, or just want to get to know me better, why not book in some time to chat – here's the link to my [calendar](#).

If you aren't already, it would be great to connect on [LinkedIn](#), it's the social platform where I hang out most!

Bye for now, see you next time, whenever that might be.

Sally