

#11 Sharing stuff that lights me up...

Starting with a quote...



"Let your light shine so brightly that others can see their way out of the dark" ✨

Before I start, let me be honest; there is absolutely no theme or structure to this month's share. It really is a selection of stuff that I've loved this month but also replicates what the month has been like for me - a wee bit chaotic but lots of variety! Here goes....

Podcast shares...

Slo Mo: A Podcast with Mo Gawdat - Elizabeth Day - How To Cope With Being A 'Friendaholic' -

I mentioned Mo in a previous Sharing Stuff with the thought that I would share one of his podcasts. Well, you and I are not to be disappointed. Not only is he talking to one of my favourite podcast hosts in this episode, Elizabeth Day, I just cannot get enough of his voice. It's not just hearing his voice, it is the style in which he speaks. You can really tell that everything he says is said with love. You can really feel this in his voice so I know this is going to be a go-to podcast when I want some soothing and to be taken to a place that envelopes me in that love. And what can I say about the subject of this episode - all about friendships. Such an important part of our lives, our relationships with our friends, but as Elizabeth talks about so well, and what her latest book is about, we have no rules, no guidelines, and no ways of breaking up with friends. Fascinating discussion with two wonderful people. Here's the [link](#).

Women at Work: How to manage conflict From friendships to conflict! I warned you it was random! But this is such a great practical podcast episode. So many of us, myself included, don't like conflict. We either avoid it or do it all wrong! In this episode, the wonderful Amy Gallo shares her expertise around the different types of conflict, what is your default conflict response (avoider or seeker) as part of a real life example. The trick is knowing what your default response is, then asking yourself what is the right approach for the situation you are in if you want to achieve your goal. I only wish I'd had Amy's expertise when I was a manager! Here's the [link](#).

Book shares... (two this month because I couldn't choose!)

The Book of Boundaries - Melissa Urban - So many things can be resolved in our lives by putting boundaries in place, and sticking to them. This book is a boundary bible! If you follow me on LinkedIn, I have 5 consecutive posts going out next week all about this book so I'm not going to spoil it for you. Just to say that this book isn't just for work boundaries, it's for just about anything - marriage, friendships, in-laws, food, alcohol!

Lessons in Chemistry - Bonnie Garmus - not a coaching book at all but boy does it pack a punch! I was recommended this book and didn't really know what it was all about but bought it anyway. It follows the life of Elizabeth Zott and how she refused to let society with all of its equality bias get in her way. It was one of those books where you can picture the characters in your head - I loved it!

And finally, a coach yourself question for you about boundaries...

What's one boundary you can put in place, or re-instate, to give yourself a bit of self-care?

Until next time, keep shining ✨
Sally