

#14 Sharing stuff that lights me up...

Starting with a quote...



"Everyone wants to be the sun to brighten up someone's life, but why not be the moon to shine on someone's darkest hour" ✨

Before you start wondering if you've missed a 'share', or I've lost the plot, I have purposefully missed out #13 as I'm rather superstitious, so I headed straight to #14. I could probably do a whole 'share' about my weird and wonderful superstitions but I won't! Although it is a slightly different share as you will find out as you read through... and I've just realised that there is a bit of a theme - see if you spot it. So here goes #14, a selection of stuff that I've loved this month....

Podcast shares...

Disrupt Yourself with Whitney Johnson - Matt Abrahams: What To Say When You're Put On The Spot Whitney is one of my favourites and a previous share and this is such a good one. To pick out a few of the top bits from this episode - a new way of introducing yourself that really builds connection; and have you ever been in those awkward meetings when you have to go around the room and introduce yourself - well, why not break out into pairs and then introduce each other? And finally, when you find yourself put on the spot and don't know what to say, remember this simple structure on how to respond - problem, solution, benefits. Here's the [link](#)...

Coaching for Leaders with Dave Stachowiak - How to Lead Meetings That Get Results, with Mamie Kanfer Stewart Another favourite and previous share. Ever sat in a meeting and wondered what on earth you were doing there? Come out with no clarity on what are the next steps? This podcast has such great advice on all things meetings, whether you've meeting arranger or attending them. Here's the [link](#)...

Coaching Real Leaders with Muriel Wilkins - How do I communicate with more tact? I love coaching people - just as well really given it's my business! But what I also love is hearing/seeing other people being coached. It feels like such a privilege and I learn so much. So whether you have experienced coaching before with me or someone else, or you are really curious about what a coaching conversation is like - this podcast episode is the best place to start. I absolutely love Muriel's style of coaching, she has an amazing ability to pick up on single words and really get to the bottom of what the real challenge is. This is a fabulous conversation about communication, in particular, communicating with more tact - I'm not going to spoil it any more than that as I won't do it justice. Listen and enjoy and I'd love to know what you think. Here's the [link](#)...

Book shares... (whoops, there isn't one! Told you it was not my usual share)

The thing is, I have only read one book this month, and I didn't enjoy it. So why would I recommend it to you? The book was Surrounded By Idiots by Thomas Erikson and if you are interested in my rather damning review, check out my LinkedIn post [here](#).

What I have learned from this though is that I don't prioritise my reading time. I do it last thing at night before I sleep when I am definitely not at my best! So I am working on setting aside time in the day, perhaps 1/2 hour, just to sit and read. I'll let you know how I get on...

And finally, a reflective coaching question and a little task to have a go at...

Question: When you complete a task earlier than expected, how do you typically spend your time dividend?

Task: Try introducing yourself as Matt Abrahams suggests from the first podcast share. And if you want some encouragement, check out my attempt in this video [here](#), posted on LinkedIn.

Until next time, keep shining... ✨

Sally