

#15 Sharing stuff that lights me up...

Starting with a quote...



“If it doesn’t challenge you, it doesn’t change you” ✨ Not my usual ‘shiny’ quote but felt so apt for me this month. I stepped right out of my comfort zone and into the big smoke that is London last week to be one of the keynote speakers at the Association of College’s HR & Employment Law Conference. Yes, it was a challenge and a first time for me. So, how has it changed me? The buzz, the confidence, the feedback, sharing my story; it’s opened up lots of different ideas and opportunities. I want to do it all again! So I am! Check out the link at the bottom of the page for more info. So, onto #15, a selection of other stuff that I’ve loved this month...

Podcast shares...

Dyslexia in Adults - Natalie Brooks: Another new podcast series for you, Dyslexia in Adults. You might already know but I have recently started working for Genius Within as one of their associate coaches and the majority of clients that I work with are either dyslexic, have ADHD, or both. And I love it! It has given me the opportunity to learn so much and I feel, really enhances my coaching practice. It’s even helped me understand my husband so much more after 23 years of marriage!! Did you know that 1 in 10 people are dyslexic? So whilst you might think this podcast isn’t for you if you don’t know anyone with dyslexia, then think again; the likelihood is that you will do at some point in your life. The episodes are great – usually about 10 minutes long and Natalie, the host, is super engaging, and this time you get to choose your first episode! Here’s the [link](#)

Women at Work - Let’s Talk About Our Failures What is not to love about this episode? We all know that we learn from our mistakes, however painful it is at the time so I just loved listening to 3 successful women talking so openly about some of their ‘failures’, how they recovered from them, and what they learned. It’s so refreshing hearing people I admire talk like this, and a great opportunity to reflect on our own failures and what we have learned. Here’s the [link](#)...

Book shares...

The Source - Dr Tara Swart I bought this book as a result of listening to a podcast, it’s become quite a habit of mine, the book buying, but I do think it just embodies the ripple effect of learning. Now, I do have a slight confession to make - I haven’t quite finished this book yet but it has really made me think, hence my sharing with you. Now I thought it was going to be a bit ‘woo’ for me when I started reading, as I’m not into manifestation of thoughts but this is backed by science and I already know how much our thinking impacts us so I went with it. I’ve got a new journal to work through the book and have written down my intention and can already see how living with an abundant approach is making a difference, and can’t wait to get going with my vision board - watch this space!

It’s back, My Coaching to Shine workshop!

Have you ever been to one of my free online CTS workshops? If not, you’re in luck. I have set a date for another one on **Tuesday, 21 November 2023 at 12:30pm**. If you are working on a project, dreaming of a goal, curious about coaching, or just feeling a bit stuck, then this is for you. It’s an interactive workshop where I go through my own coaching model, SHINE, so that you can find happiness and success in whatever you are trying to achieve. Here are the [details to sign up](#), places are limited so be quick! See you there...

The Real Truth About HR today, and what we can do about it.

I loved sharing this so much at the conference and spurred on by the feedback, I thought I’d open it up to other HR professionals. Check out the link [here](#) to book your FREE place on 23 November at 1:00pm.

And finally, a coaching question in relation to my quote at the top

Question: What’s one thing you can do this week to challenge yourself?

I’d love to hear about it and how it has changed you...

Until next time, keep shining... ✨

Sally