



Sharing stuff that lights me up



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Welcome to my second 'sharing'

As I mentioned in my inaugural sharing, this is just stuff that I love, find inspiring and want to share with you, if you'd like me to.

The plan is to do it monthly or thereabouts and see what happens.

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

Starting with a quote...

"Lighthouses don't go running all over an island for boats to save; they just stand there shining."

Anne Lamott - Anne Lamott is an American novelist and non-fiction writer

I love this as it gives me the courage to stay true to who I am. As a natural introvert, I find shouting out about myself and what I am doing is quite uncomfortable; probably that's one of the reasons I like sharing what amazing stuff others are doing!

This quote allows me to stay me, knowing that the people I am meant to be with, will see me and come to me.

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Shine a light on....

This is where I get to share some of those podcasts that I really love. 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.

This time there's a bit of a theme going on with my podcast episodes! All about failure! Well, as I say in my Coaching to Shine workshop, failure is part of success. Without failure, we won't know when we succeed. Failure is where a great many things have come about.

How to Fail with Elizabeth Day and Graham Norton

This is another one of my favourite podcast series, so it won't be the first share, I'm sure. Elizabeth is a wonderful conversationalist and has such a great rapport with all her guests. She makes the most fabulous introductions which are always a treat.

The series is all about celebrating the things that haven't gone right, how we can learn from our mistakes, and why learning how to fail in life actually means learning how to succeed better. Some of the 'fails' are quite big, some seem a little crazy but they all have deep-rooted meanings for each of her guests, and great learnings too.

I really didn't know which episode to choose so I chose this one with Graham Norton, mainly for laughter content. I am a big fan of Graham, I used to love listening to him on the radio and his conversation with Elizabeth is many things – hilarious, open, sad, and heart-warming.

If you know me, you will know that I have had rather a squiggly and sometimes random career and there were times when I looked back at some of these stages as failures, but I can now truly say that they all happened for a reason and I have learned something from each and every one of them.

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

Disrupt Yourself with Whitney Johnson – Give Failure its due

I certainly used to shy away from failure – never wanting to fail, always wanting to succeed, come out on top. It is through coaching that I have realised how much learning there is to be had in 'failing'. Or shall we just call it learning as the acronym states, FAIL – First Attempt In Learning.

Whitney is an award-winning author, podcaster, coach, CEO – it would be probably easier to write what she isn't! I was first introduced to her podcasts by a good friend of mine, Steve Hughes, quite a few years ago and have been a fan ever since.

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I love her podcast series as she is curious, engaging, super sharp and funny too. In many of her episodes she will chat to some of the world's best thinkers, leaders, and doers on how we can help people to grow and develop and thrive, as individuals and organisations. Well worth subscribing to.

This episode is a solo episode though – a deep dive into giving failure its due and how we can reframe it, and see it as an opportunity, a gift.

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

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 notepad pen or post-it note, I thought I'd share a favourite book or two of mine. Although I did recently purchase some very lovely orange roller ball pens!!

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.

Atomic Habits – James Clear

Well, I'm pretty sure this is a best seller, so I have already gone against my words above! But I just had to include this one as I am such a lover of habits.

Let me describe my morning routine, as briefly as possible! Get up, make tea, get breakfast/lunch stuff out and ready, do my 7-minute workout while tea is brewing. After breakfast, I take my dog, Walter, for a short walk (well, he's nearly 14!), then it's off for a run with the latest podcast episode playing in my ears.

Now it wasn't until I read James book that I realised the science behind habits and how we can get the 'kick' out of a good habit way before it actually happens. What do I mean by this?

Well, as I put my trainers on and put my headphones into my ears, I am already swimming with the happy hormones that exercise gives you. How's that possible? Because my body and brain know that trainers and headphones signal a run, exercise, those happy exercise endorphins! And when you repeat something over and over again, you receive the 'reward' way before the event has finished or even started. That's why people who exercise regularly are more likely to be motivated to do it often as their bodies reward them way ahead of time. Clever eh?

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James describes it so much better, as you might expect! He also talks about how to build good habits, break bad habits, and habit stacking. There's some psychology in the book too about why all this happens and why it matters but that doesn't make it a dry or difficult read; the book is really engaging, full of helpful tips, and easy to digest.

What good habits do you have? Which bad habits do you want to break? And what new good habits do you want to create?

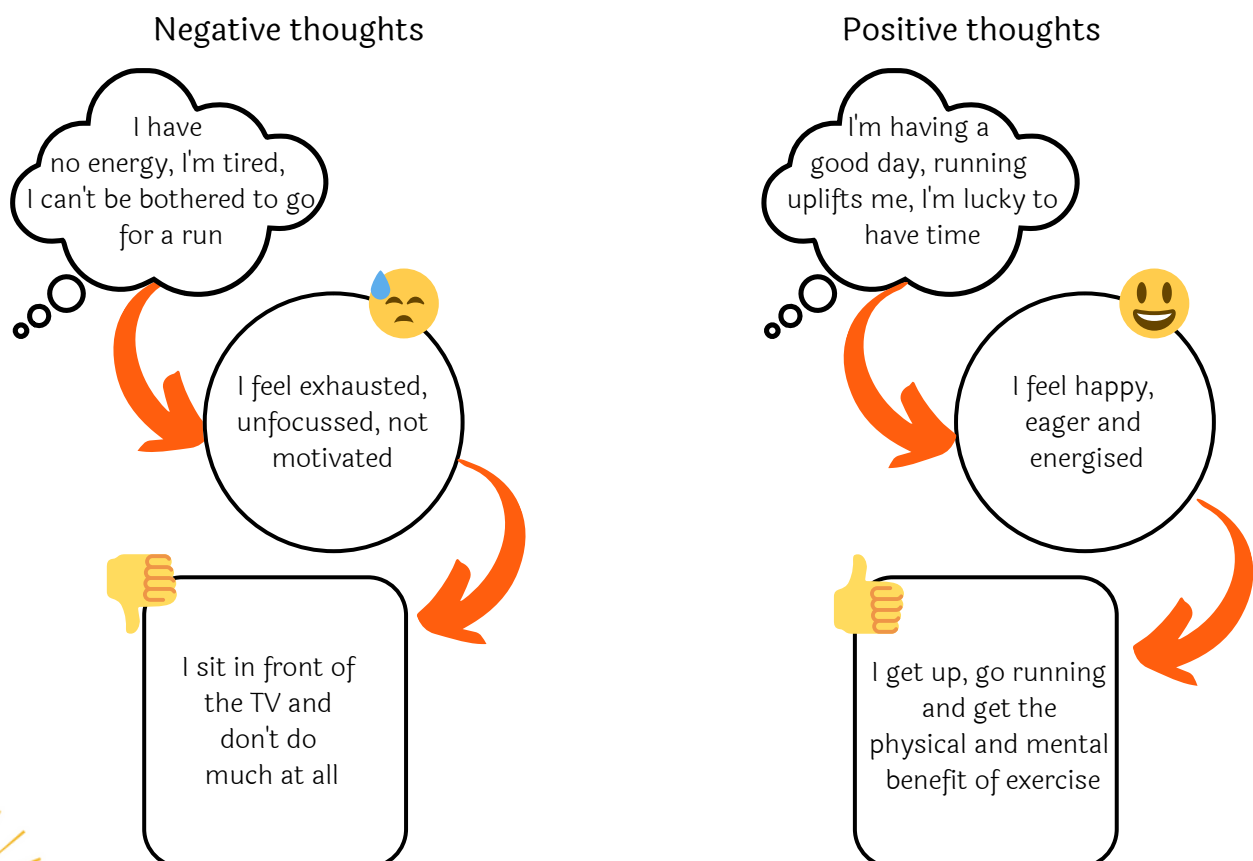
Coaching tip...

So this is where I share a helpful tip or two that either I or my clients have found useful. Here's hoping you will too.

I'm staying on the exercise theme and how we can become motivated to actually get on and do it.

Our thoughts drive our emotions which led to our behaviours – known as Cognitive Behaviour Coaching in the profession! In any situation, we will always have thoughts and feelings which will in turn affect how we behave. And the great thing is that we are all in control of our thoughts. It is the thoughts, not the events around us, that create our feelings.

So if we take going for a run as an example. Look at the impact of how negative and positive thoughts can potentially have on our feelings and behaviours.



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So next time you are feeling slightly demotivated about something that you either want to do or know you have to do, check in with your thoughts. Are you feeding those negative feelings and behaviours? And if so, how can you switch them to more helpful, positive thoughts?

It's not always going to be easy, mind you. Our brains are naturally hard-wired to remember all the negative thoughts we have had before so we have to retrain them with positive ones. Another habit to get into!

Coaching to Shine workshop

With two workshops now under my belt, I am super excited to share that I will be presenting my Coaching to Shine workshop with [HR Recruit](#) which offers regular online events to their customers and clients.

It's on Tuesday, 11 October 2022 at 12:30pm, and [here's the link](#) to sign up.

Having successfully delivered the workshop to a small group of people earlier this month, I may well do another one in September so if you are interested in coming along, please do let me know.

One-to-one coaching

And of course, 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