



Sharing stuff that lights me up



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Welcome to my third 'sharing'

Hello again to those of you who signed up a while ago, and welcome to any new faces whom this is their first sharing.

As you might gather from the title, this is just stuff that I love, find inspiring and want to share with you, if you'd like me to.

My plan is to do it monthly or thereabouts and see what happens, which seems to be working so far!

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

Starting with a quote...

"Remember diamonds are created under pressure so hold on, it will be your time to shine soon."

Sope Agbelusi - Sope is an executive coach, international speaker, husband, and father of two. He is known for his ability to help shift perspectives and install new mindsets that create lasting transformations. What every coach aspires to do!

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This quote sprung out at me after a particularly hard week that I have recently experienced. I have been working on something for my business, a technology-based tool, which I am super excited about (more to come at the end of this share), but has also really put some pressure on me in terms of technical expertise; I have been so far out of my comfort zone with this project – it has been a real stretch. And the other thing that it has stretched is my ability to manage my own levels of frustration and patience when things don't go well! It's not been pretty!

When I found this quote, it was just after I had come up with a new solution to one of the many obstacles, and it really did feel like some of that pressure has been lifted from me and encouraged me to keep going as I truly believe that my idea will shine!

The other awesome thing about doing a bit of research into Sope's quote is that I have found yet another podcast series to add to my ever-growing library, as Sope is the podcast host of 'Everyday Leadership Podcast – leading self, leading others'.

Who knows, perhaps next month's share will have an inspirational podcast episode from Sope!

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.

And as I have spent more time out of my comfort zone than in it this month, I thought what better a theme to have than 'getting out of your comfort zone'.

It's a topic that is very much part of coaching and the work I do with clients. More often than not it is some kind of fear that holds us back – whether that's fear of failure, rejection or just the plain unknown. Or it could just be more about complacency and habits, getting too comfortable in our familiar surroundings that we forget what it feels like and how to stretch ourselves.

Which reminds me of another quote, "A comfort zone is a beautiful place, but nothing grows there." (Gina Milica)

So, on to the podcasts.

The Strengths Guy with Paul Brewerton

This is a great podcast series, mainly because it is strengths-based, and as we all know, that when we are using our strengths, we are more likely to find happiness, fulfilment, and joy.

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In this episode, Paul explains the comfort zone and why it feels so nice, warm, and fuzzy there but if we can reframe discomfort as opportunity to learn, and take our strengths with us on this journey, it can be rewarding in more ways than one.

I know for certain that I have felt lots of discomfort during my technology project yet if I reframe this, I have learned so much. I actually do feel like a bit of tech geek – I even know some of the lingo now!

And what Paul talks about is that if we can use our strengths when we are out of our comfort zone, then this will give us the confidence to keep going.

If I look at some of my strengths, one is my love of learning, so I have immersed myself in this techie project and there's certainly a part of me that is so chuffed with the amount I have learnt recently. Another of my strengths is building connections and maintaining relationships. And when I had that new solution I mentioned earlier – guess what, it was asking for help through one of my connections.

The other great thing about Paul's podcast episodes is that they really are bite-sized. Often only 10 minutes long so ideal for busy people like you.

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

Squiggly Careers – Stepping out of your comfort zone

Well, the title for this podcast says it all really. Helen Tupper and Sarah Ellis host this amazing podcast series and it is one of my favourites.

There are a couple of reasons for sharing this episode in particular. One, because it is on topic! They talk about when you move outside of your comfort zone as being a stretch, which is a commonly used term but in addition to this, they have added the next stages of 'strain' and 'stress' so that you can work out if you are stretching yourself too far.

The second reason is to introduce you to the podcast series as it is all about coaching yourself and each episode is packed full of accessible information and some really easy to follow practical tips and advice that you can use.

And thirdly, Helen and Sarah are now at nearly 300 episodes of this podcast series and this episode is number 23. As an avid follower of this podcast, it is an excellent example of how when you repeat something over and over again, you will get better at it. Just like when you first move out of your comfort zone. This is a great episode but if you listen to later episodes of the series, you are going to see the progress that Helen and Sarah have made in what and how they talk about different topics. Over 2 million people listen to their podcasts which speaks for itself on how good they are. 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. 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.

You Coach You – Helen Tupper & Sarah Ellis

Well, I've already raved about their podcast, so why not their book as well! This is a fantastic resource for anyone wanting to coach themselves or if you are a coach, or just interested in coaching.

It covers some great topics – resilience, time, self-belief, relationships, progression, purpose – and as with their podcast series, has a very easy-to-follow structure with lots of exercises, advice, useful info – you name it! It does what it says on the book cover.

I often will refer to the book if I am looking for questions to help particular clients if they are working on a certain area in their life and/or career and have used some of the exercises on myself and in group coaching programmes.

Definitely one for your Amazon book wish list! Enjoy.

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 topic and introducing you a version of the Comfort Zone model with a few questions to help you use it.

The idea is that we want to spend more time in our Stretch Zone as this is where the growth, the learning happens, but not too much so that we are feeling out of our depth.

The problem is that if we spend too much time in our Comfort Zone, the zone itself just gets smaller and smaller as we try less and less new things.

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And if things are in our Panic Zone, which we ideally want to avoid, it's all about working out what would need to happen for them to feel more like a stretch, rather than the unthinkable.

Comfort Zone	Stretch Zone	Panic Zone
easy, unquestioned, no need to think about it	avoid, uncomfortable, nervous	fear, frozen
everyday tasks	a stretch to your skills, knowledge, capability	cold sweat, panic
challenges are too great	unfamiliar territory	unthinkable

Ask yourself:

What percentage of your time are you spending doing activities in each of the zones?

How is this impacting your thinking, your emotions, and your behaviours?

What are the things that are comfortable for you? And how could you make them slightly stretchier?

If there are activities in your Panic Zone, what can you do to move them into your Stretch Zone?
Eg: support, training, resources, time

And if you want a little bonus on the topic of Comfort Zones, why not check out my first-ever video back in March 2021 when I recorded myself for the first time and asked people to come forward to be my practice clients. Look at my hair too! Lockdown certainly changed my locks!!

Here's the [link](#).

This also goes to substantiate the theory that the more you do something, the less stretchy or panicky it will feel. I do videos all the time now, never particularly brilliant ones, but I don't give them a second thought anymore. Good, eh?

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My Coaching to Shine workshop

With three workshops now under my belt, having just presented my Coaching to Shine workshop with HR Recruit on 11 October to about 50 people, I can now confirm the date for my November workshop is Wednesday, 16 November 2022 at 12:30pm.

It's online for one hour and places will be limited to 15 as I like to keep them smallish so that we all have a chance to chat and work through whatever you have brought with you that you want to use the SHINE model for. And I've already got a booking and I hadn't even marketed it by then! It was someone who follows me on Eventbrite – get me!

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

Breaking news..... my technology project revealed!

My Coaching to Shine APP is finally here!

Yes, I have created my own coaching APP! Out of my SHINE model!

Quite a miracle by all accounts as technology has never been my strong point but I persevered and it's here for the world to see!

It all happened after getting some inspiration from a podcast (surprise, surprise!), and I decided, on a whim, that I could develop the SHINE model into an app.

It's hot off the press too! I only launched it on 12 October 2022 – you can check out my short, cheesy LinkedIn launch video [here](#).

It has always been my goal to make coaching accessible to everyone, whatever their budget, wherever they might be in the world, whatever they want to achieve, and depending on how much time they have.

And my Coaching to Shine app is just that – a versatile 'coach yourself' app for you to use on anything you choose, whenever you need it.

There are short videos from me for each section followed by tips on how to answer the focus and coaching questions. That way you'll always have a pocket-sized version of me and my Coaching to Shine model with you at all times, that you can revisit over and over again.

And it's only £4.99! No subscription. No monthly fees. Just a one-off payment. Available now for both iOS and Android devices.

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I'd love you to download it and let me know what you think – that way I can keep improving it.

Here are the links and look out for the icon shown below.

[The App Store](#) & [Google Play](#).



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](#) on all the different ways to spend time and work with me, which gives you an idea of the sort of coaching packages & prices that I offer. I have recently added a new HR Group Supervision programme too so do check it out.

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.

Keep shining ✨

Sally