



Sharing stuff that lights me up



#4

Welcome to my fourth 'sharing'

Hello again to those of you who signed up a while ago, and welcome to any new faces with 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!

I can't quite believe this is the 4th one but as we know, when we do things we love, time just flies! I have also noticed that I have inadvertently started to 'theme' each sharing. As with most things I do in Shine Coaching, this has just evolved; it was never the plan so we'll see how it goes.

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

Starting with a quote...

"Like the sun, you do not need anyone's permission to shine nor do you need to apologise for your radiance."

Martin Ortiz- I found this quote from Martin on FaceBook. I wasn't looking for it; it just popped up. I don't know much about Martin either, other than he suffers from depression and a previous addiction, and talks about experiencing a cocktail of emotions which is very apt, as emotions is the theme for this sharing.

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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.

I talk a lot about emotions in my coaching with clients; it's very much a part of what I do. How can we have conversations about goals, dreams, and things that are worrying us, or holding us back from being our best selves, without discussing how we feel?

It's also especially on topic with me as my Shine Coaching journey is a constant emotional rollercoaster that I ride every single day. Some days I can be on top of that ride - euphoric, excited, enthusiastic - and the next day right back down - anxious, low, frustrated.

And some days, just like Martin Ortiz said, I can experience a whole cocktail of emotions in just one day, or even one hour!

As I mentioned in my #2 share, in any situation, we are always going to have thoughts and feelings, which will in turn affect how we behave, so getting to know our emotions, naming them, and accepting them is an important part of our self-awareness journey.

I'm sure you'll have all heard of the term, 'sweep it under the carpet' - this is so unhelpful for us and hinders us from maintaining good mental health. Understanding our emotions isn't about dwelling on them and 'sitting in the mire', it's taking a bit of time to recognise them which helps us to work through them, and let them go.

So, on to the podcasts. There are three recommendations this month as just I couldn't choose!

Emotion At Work with Phil Wilcox

Another new podcast series for you to add to your own podcast library if you enjoy this episode.

This episode drew me in by the title - **Emotion at Work in Boundaries & Burnout** - because it is something that many of my clients and the people I engage with experience at least once, and unfortunately for some, on a more regular basis.

The guest in this episode is Kelly Swingler whom I hadn't heard of before but her story resonated with me so much which is no surprise as her background is in the HR profession.

If any of this resonates or triggers you, please do talk to someone, and don't suffer the mental and physical feelings of burnout alone. I am always available for a chat with you.

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

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The Strengths Guy with Paul Brewerton

Back with Paul again - I hope you enjoyed the podcast share from him in #3. This is such a brilliant listen. I cannot recommend it enough. It is **Managing your emotions with Steph Tranter**.

Steph describes herself a 'hybrid Executive Coach, merging the worlds of coaching and therapy' so it's easy to get why this is one of my recommendations; her conversation with Paul on this topic is fascinating and full of so many great tips on how we can learn how to recognise, accept and then manage our emotions.

Paul mentions a great little acronym (I do love an acronym - mainly because they make stuff easy to remember and the fact that my memory is shot to bits by poor sleep, menopause and too much living it up!!)

RAIN

R - Recognise what's going on for you, emotionally

A - Allow it, which is about acceptance, it's okay to have this emotion

I - Investigate it, become curious about why you are feeling this way

N - Non-identification, this emotion isn't me, it's not my identity, it will pass

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

Squiggly Careers – How to improve your emotional agility at work

Another repeat podcast series from the wonderful duo, Helen Tupper and Sarah Ellis.

One of the things I love about their podcast series is that they are so well structured, so practical, and above all, human! Helen and Sarah often share their own examples and experiences about the topic of discussion which makes it so relatable, and also gives you that feeling that it's okay to have all these doubts and wobbles!

This episode is just that - a practical discussion of how we can improve our emotional agility at work which basically means building that awareness of your emotions and using that learning to manage your emotions at work so that they help you, rather than hinder you.

The ladies also reference one of my favourite quotes, by Victor Frankl, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom," and reference the book in my Shiny Object section of this share!

Here's the link to the [episode](#). And remember to download their podsheets - always a bonus!

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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.

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. I have tried to curtail my penchant for these things recently, and am proud to say I've only purchased one new book this month which is a first for me!

Emotional Agility – Susan David

Well, I've already hinted with my podcast share what this month's book share will be and even if Helen & Sarah hadn't recommended it in their podcast, it would have been my first choice, hands down!

Emotions and the science behind them can be quite hard to digest yet Susan writes in such a way, using language that just makes perfect sense. She explores how we allow certain emotions to 'hook' us and talks about the difference between bottling and brooding (I know I do a mixture of both!). How we allow that inner critic, those voices in our heads, to rule our emotions too. And the importance of not naming emotions good or bad, they are just emotions, signposting us to our needs.

Again, Susan is a great believer in Victor Frankl's words, writing about how important it is to allow that space between when we are triggered by something before we respond.

Another one for your bookshelf that won't disappoint.

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.

And as I've said in my intro, it's not about pushing emotions away; it's about building that self-awareness of being able to recognise your emotional triggers, name and accept those emotions, and understand better what they are telling you. We will then start to notice patterns, become more proactive in our emotional management and help us feel more in control.

A great coaching tool for doing this is the Feeling Wheel, link to access [here](#), and shown on the next page.

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Here are a couple of 'coach yourself' questions:

How does it feel to recognise your emotion?

What does that mean for you?

Is there anything you notice differently now?

My Coaching to Shine workshop

With three workshops now under my belt, 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 already got a booking before I hadn't even marketed it! It was someone who follows me on Eventbrite – get me!

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

My Coaching to Shine APP !

Have you downloaded it yet? If you follow me on LinkedIn or perhaps FaceBook, you will hopefully have seen some of my excitable posts about my Coaching to Shine app.

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.

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

The app icon and links to download are on the next page...

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Here you go...

[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

And as October is the month of Hallowe'en, and we're talking about staying emotionally healthy, I couldn't resist a little steal and share...

