



Sharing stuff that lights me up



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Welcome to my fifth '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...

"Surround yourself with people who bring joy and growth into your life and who are secure enough in themselves to be real and solid whether you shine or struggle"

Brendon Burchard - "Brendon Burchard is the world's #1 high performance coach, a 3-time New York Times bestselling author, and one of the most-watched, quoted, and followed motivational speakers in history" - well that's what it says on his website!

Fair play to him though, he's blooming great at what he does so why not say it. And I do love quoting him!

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So, why did I choose this particular quote for this share? Well, this share is going to be a little bit different from the last few. For a start, it's going to be short, well shorter than the others, and short like our November days. And secondly, it's not going to have a theme that I kind of fell into with shares #2, #3 & #4.

Why?

Well, I have realised that I am putting undue pressure on myself every month to come up with a 'themed' bundle of stuff to share. And there's no need. I am just making life harder for myself and what's the point of that? I love sharing stuff and if I am going to continue doing so, I have to enjoy doing it and you don't get that by building yourself up like a pressure pot!

And hopefully, by sharing my recognition of this, you too will be kind to yourself when you are putting yourself under pressure or being too hard on yourself. I notice this quite a bit with clients. They come to me and when they share what's going on for them, I can see how they are adding to that pressure. Just recently, one client said to me that when they set themselves a goal, they build up the pressure to achieve it bigger and better than they ever need to, then after a while, after feeling miserable about it, they change their goal, make it more realistic and break it down into manageable, achievable chunks. And then they actually start to enjoy it!

So if there is a theme, which there isn't (!), it's to be kind to yourself

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 mentioned already that this is going to be a shorter share, there is just the one podcast but don't worry, you won't be disappointed because it's an absolute cracker!

So, on to the podcasts.

Disrupt Yourself with Whitney Johnson

I think this was one of the first podcast series that I started to listen to about 4 years or so ago and was introduced to it by a lovely friend, Steve Hughes, who is not only a great podcast listener and recommender (if that's a word!), he is an exceptional employment lawyer.

The theme for Whitney's podcast series is all about her 'S curve of learning' and she has talked with some fantastic guests over the series so well worth adding to your podcast library and having a listen if you haven't discovered Whitney before.

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In this podcast episode, Whitney is talking to one of my favourite people, Marcus Buckingham, and the episode is called: This Is Your Brain On Love. What's not to love with a title like that?!

For those of you who have attended either my Coaching to Shine workshops or downloaded my Coaching to Shine app, you will already know that I am a massive Marcus fan – because he gets a mention in both workshop and app.

Marcus is an author, coach, and all-around strengths guru, and I am known to quote him lots on his description of strengths, which is 'any activity that energises you even if you're not good at it'. And the best bit about doing stuff you love is that not only does it energise you, but it also builds your resilience by over 4 times. Whitney quotes a number of lines from Marcus' new book Love + Work, and one of my favourite references this, "If you have the chance to do something you love every day, even if you're not good at it, you are more likely to be highly resilient".

The podcast starts with a fascinating insight into Marcus' childhood and his story of how he overcame his stutter at the age of 12. He talks so openly about how we latch on to trauma as shaping our lives and not necessarily all the good stuff that happens.

I also love the bit when Marcus explains the opposite of the 'flight or fight' hormone response we have when we are scared or up against it. He explains that when we are doing stuff that we love, we get this chemical cocktail response in our brain which instead of flight or fight, is 'broaden and build', and literally our minds are so much more open to new information.

I could go on but then it would be a rather long share which I have already said I'm not going to do, so it's safe to say you won't be disappointed by this podcast, go on, have a listen...

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

Shiny object, or more specifically, a 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.

Again, there is just going to be one book share this time in the essence of keeping it short but it's another cracker that I fully reccommed.

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I'm ~~NOT~~ a Leader – Mark Herbert

No, it's not a typo – the NOT is supposed to have a line through it! And this book is written to challenge anyone who does not think they are a leader or could ever become one.

Again, if you have joined me on my Coaching to Shine workshop or app, you may recall that I talk about us all being leaders of ourselves, because we are. But Mark's book is much more than being a leader of ourselves; it is for anyone wanting to grow as a leader, inspire others to lead, and have a positive influence on people.

Let me just quote from the back cover because it paints such a great picture of the book:

"Imagine a world full of leaders. Leaders who are truly full of leadership, rather than being full of themselves. Imagine a world full of leaders who choose to serve rather than be served.

Imagine the impact you could have!"

Each chapter is short, just a couple of pages – hey, look at me, there is a theme after all! The theme is short!

Apologies, I digress. Each chapter is short so really manageable to read, pick up and put down. And the book is broken into 6 parts:

- Knowing yourself
- Leading yourself
- Understanding others
- Communicating effectively
- Handling conflict wisely
- Helping others to lead

And what I really love about the book and have found so useful when working with clients, are at the end of each short chapter, there are 3 questions to ask yourself. Mark calls them 'nudges' and that's just what they do – nudge your thinking and your learning.

Another book for your Amazon book wish list! Or perhaps a Christmas present request?

Coaching tip...

So this is where I have been known to share a helpful tip or two that either I or my clients have found useful. Except for this time, it's going to be a little different.

My share is just one question from Mark Herbert's book, and it's a question that is worth a ponder as we race towards Christmas and another New Year.

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The question is:

"In what ways is the pace at which you live your life having an impact on the person you are becoming?"

I'll let that one sink in for a moment and then we can move on to the final bits of this month's share...

My Coaching to Shine workshop

Back by popular demand! Well, I've now done 4 workshops and have people waiting for another date as they missed the last one so I am delighted to share that my next Coaching to Shine workshop will be on Wednesday, 25 January 2023 at 12:30pm.

The workshop itself will last for about an hour but I have set aside 1.5 hours for the event as feedback from my last workshop was that people would like to spend a bit of time at the end chatting and talking through my SHINE model so let's see how it goes.

and if you want a bit of encouragement to sign up, apart from the fact that it's FREE, here's what people said from my workshop earlier this month:

"Great model, provided a way to coach yourself and others and a mini coaching session for us as well!"

"Loved your energy and great facilitation!"

"The model gives a great structure to easily and quickly work through an issue with a coachee, or indeed myself. It's easy to remember and the word SHINE is so fitting. very clever"

"Success doesn't equal happiness - really loved how you brought this one across"

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

My Coaching to Shine APP

And if you haven't yet downloaded my Coaching to Shine app, I'd love you to do so. It's a versatile, coach-yourself app that takes you through my SHINE coaching model with a selection of short videos, focus, and coaching questions.

And, I'm on hand in the chat box if you have a question or get a bit stuck as you are going through it.

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

It's just £4.99 to download. No subscription, just a one-off download payment, and yours to keep forever, a pocket-sized version of me and my Coaching to Shine model!

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



Finally, new for January 2023 - my HR Group Supervision Programmes

For those of you in the HR world, this may be of some interest to you. I am currently piloting a free HR Group Supervision programme for HR people as this is something that I know I would have benefitted greatly from when I worked in HR.

The feedback from the pilot group has been amazing and as I already have a quite a few on my waiting list for January, I am going to be offering 3 programmes starting in January 2023.

If you would like to find out more about my HR Group Supervision, I am holding an Info Session on Wednesday, 30 November at 1:00pm for 45 minutes.

Come along and find out if it's something that you would benefit from too.
Here's the link to [sign up](#).

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.

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And finally, (did I say this share was going to be short?!!!)

Why not 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