



Sharing stuff that lights me up



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Welcome to my sixth '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 up until December 2022 was working really well and then I completely messed up and missed out January 2023!

But that's okay with me, and hopefully you too, as we all have stuff that doesn't go to plan and my word for February is 'flexibility' so I am allowing myself to be more flexible with my routine and see what happens.

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

Starting with a quote...

"Never dim your light because others are comfortable in the darkness"

Jane Lee Logan - Who is she, you might ask. Jane describes herself an "Inspirational Illustwriter", someone who paints and writes about the things she's learned, wants to be reminded of, and have made her laugh & smile.

I had never heard of Jane before seeing this quote but it caught my attention - we should never be afraid to shine ☆☆☆

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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.

Following on from my previous share, I am going to make an attempt to cut down on my words so you get to focus on what I'm actually sharing because that's where the real magic is.

So, on to the podcasts.

Happy Place with Fearne Cotton

If you follow me on LinkedIn or have read my previous shares, you will know I am a fan of Fearne's Happy Place podcast.

The episode with Dr Julie Smith is an absolute gem. I loved it for so many reasons. One, I have Dr Julie's book, **Why has nobody told me this before?**, and can't recommend it enough. Two, the conversation with Dr Julie and Fearne makes so much sense. And the best bit is, we can all do pretty much most of it, build our own strong foundations, even if we start off with a crumbling ruin or have let things go a bit array which was certainly me towards the end of 2022.

Since I have been focusing on building my own strong foundations in 2023, I have never felt so well, so alive, so focused, and so happy.

Curious about what on earth those 'foundations' are to give us the best chance of staying mentally well? Well, here they are...

😴 Sleep – it's a no-brainer. We all know we need it, and we all know how restorative it is, but how many of us actually prioritise it above other stuff?

🥑 A healthy diet – what we put in our bodies doesn't just affect our physical health, it affects us mentally too. I know if I am eating a load of crap food, I feel sluggish physically and then the low mood will sneak up on me.

⚖️ A balance of routine and exploration – I love a routine and as humans, we do like rhythms and routines, but also need to keep curious, to keep learning.

🏃 Exercise – this is a big one for me. If I don't exercise, I can go downhill mentally quite quickly. And we all know the fab endorphins that exercise gives us too, yes?

❤️ Social connection – connection is one of my values; it is the connection with people—whether that's face-to-face, phone, or virtually through social media, it gives me such a boost.

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And these all feel so basic, just part of our lives but when you think about it, if you are feeling low, mentally not your best, you do stop going out, and seeing your friends; you may reach for that comfort snack, or not feel up to exercising.

Dr Julie suggests writing these 5 pillars somewhere that you see daily and asking yourself each day, how you can build more of them into your life to help you.

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

Re-thinking with Adam Grant

This a first-time share of this podcast series for you and this episode with Malcolm Gladwell had me hanging on to every word - totally entertained - thank you

The wonderful engaging banter between both speakers had me gripped - insightful, thoughtful, challenging, and at times, laugh out loud - I could have listened to this all day.

The first half covers such a breadth of topics from racism to hiring a babysitter, from how being consistent isn't good and that it's our tone, not our facial expressions that speak emotional volumes.

In the second half, Malcolm talks to Adam about his new book, Think Again, which I haven't read as it's still on my book wish list but this gives you a great overview of what's in store. I can't wait to read chapter 4 about 'how to find the joy in being wrong'!

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

How #HR leaders Change the World - Cecilia Crossley

Are you flourishing at work? Do you think your colleagues are flourishing at work?

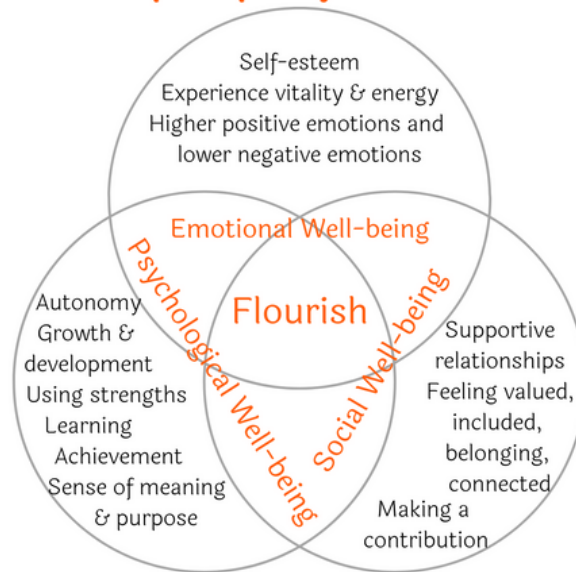
Listening to Steve Peralta on Cecilia Crossley's podcast, How #HR leaders Change the World, I was inspired by his stories, his experience, and how he was able to describe practically, using the Venn diagram on the next page, what flourishing might look like for people.

And if you have all of these well-being elements at work, you are more than likely to feel 'happy and well, be growing and making a positive contribution, feel connected to others and belong'.

How many elements of the Venn diagram do you experience at work? And if you are a leader, what do you think the 'flourish' rate would be for your organisation and its people? Are there more things you could introduce to increase how people flourish?

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How people flourish...



As an aside, Flourish was one of the names that I was going to call my coaching business before I settled on Shine Coaching. Just love the word 'flourish' 🥰

Here's the [link](#) to the episode well worth a listen 🎧

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. I've managed to sneak in 2 books for this share, although I think you might guess what one of them will be!

Dr Julie Smith - Why has nobody told me this before?

Well, I could hardly rave on about Dr Julie in my podcast share and not then share her book, could I? This really is an exceptionally accessible and practical book - full of tips and tools for any one of us to use in our everyday life, and continue to do so.

These types of 'tools' are just the same as any other tangible tool, like a garden rake, or a vacuum cleaner; if you use them regularly, things are kept tidy, in order and work well. Just like tools for our mental health, we have to use them regularly, and know when we need them and which tool works best where; just like you wouldn't use a rake on your carpet and the vacuum on your lawn!

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And if you're not really into books, or can't afford another one at the moment, or perhaps have a never-ending reading wish list, then you can access lots of Dr Julie's work on TikTok and YouTube; well worth checking out I'm told, although not a TikTok fan!

The Light We Carry - Michelle Obama

One of the many reasons I love my family is that they love reading too and if it wasn't for my sister and my mother, I probably wouldn't have found this next book to share. My sister gifted Michelle Obama's second book to my mother for Christmas and it's now made its way to me.

I cannot recommend it enough - it's humbling, inspiring, thought-provoking, and practical. Michelle candidly shares her life, her inner thoughts, her struggles, and her successes with the reader.

A perfect read and a perfect gift too.

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. And following on from the last share, this is another question for you to ask yourself.

“What are the 3 things that I am doing regularly that don't support or serve me?”

I asked someone this question earlier this week. And within seconds they came up with 3 things that they know they do regularly that just don't support them very well at all. And the best bit? They are totally in their control to change.

So over to you; it could be anything. Here's a selection of things that might spark your thinking:

- Overthinking
- Dwelling on a mistake or past decision
- Not prioritising your sleep
- Skipping meals
- Being unkind to yourself – saying mean things in your head
- Not exercising enough
- Comparing yourself to others
- Not asking for help
- Keeping quiet, keeping stum, not speaking up
- Procrastinating, not taking action

And once you have identified your 3 things, ask yourself if they are in your control. I am pretty sure they will be! Jot them down a bit of paper, pop them in your phone, just keep them at the forefront of your mind so you can notice if you are tempted to start doing them again.

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My online HR Group Supervision Programmes

For those of you in the HR world, this may be of some interest to you. After successfully piloting a free HR Group Supervision programme for HR people last autumn, I am now delivering a series of online HR Group Supervision programmes.

The feedback from the pilot group was amazing, check out Emma's short video testimonial [here](#). I already have two programmes running that started in January, and I am going to be offering a further 2 programmes starting in March and April 2023.

If you would like to find out more about my HR Group Supervision, I am holding an Info Session on Friday, 17 February at 10:30am 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](#).

My Coaching to Shine workshop

It was back by popular demand! I delivered the 5th Coaching to Shine workshop on 25 January 2023 to a great group of people.

I haven't got a date for my next one yet as I have been invited to present to the South East Coaching Group on 3rd March by one of my coaching network. Really excited to be able to share my SHINE model with a group of coaches!

There will be another one coming soon so if you're interested in coming along to my free online workshop, do drop me a line so I can let you know the date once it has been set.

My Coaching to Shine APP

And if you can't wait for the workshop and 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.

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!

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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.

And finally, 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