

# #8 Sharing stuff that lights me up...



## Starting with a quote...

"Be the light that helps others see" (anon). Something that is close to my heart as it's what Shine Coaching and the work that I aspire to do daily ✨\*

## Podcast shares...

**Boundaries** – if you know me, you'll know I love a boundary; well, lots of boundaries! They are integral to our well-being and self-worth yet so many of us either don't have any or regularly ignore them. Here's a fab [discussion](#) on all things boundaries to get you started on building more into your life.

In this crazy, fast-paced, world, who doesn't want some really practical tips on how to improve their **mindset** and overall **mental well-being**? So many learnings for me in this podcast – from understanding the difference between the need to self-regulate as well as relax, to what we tell our brains when we avoid doing something that makes us anxious, and so much more. I urge anyone to [listen](#) and then share with others...

And a sneaky third [podcast](#) – I couldn't resist this share as it's a great intro to Kim Scott's book, (see book share below) and her Radical Candor framework.

## Book shares... (a bit of a leadership theme with these two)

**Radical Candor** (Kim Scott) – an enlightening and essential read for anyone leading or managing teams, working with people, and wanting to improve their relationships and communication at work or at home for that matter!

**Real-time Leadership** (David Noble & Carol Kauffman) – in times when we are now facing constant change and new challenges, this book provides such an insightful framework to help you lead yourself, others, and your organisation when the stakes are high.

And on the topic of leadership, if you haven't previously seen this fab video from the Conscious Leadership Group, this short animation draws out the difference between leading from trust versus threat. Worth a [watch](#)...

## And finally, a coaching tip...

Another question for you. Where did I find this one? Well, sometimes we find a gem even when we're not looking for it. As I mentioned, I have been super busy recently and have found it hard to switch off so gave myself a rare treat and indulged in some fabulous fiction by Jojo Moyes, in her new book, *Somebody Else's Shoes*, a really good novel to escape into with some pretty powerful messages too. And on page 87, there was this question that stopped me in my tracks so of course, I wanted to share with you...

"How many of the decisions you make each day are because you actually want to do something, and how many are to avoid the consequences of not doing it?"

Until next time, keep shining ✨\*

Sally