

#9 Sharing stuff that lights me up...

Starting with a quote...



"The sun will rise and set regardless. What we choose to do with the light while it's here is up to us. Journey wisely." (Alexandra Elle) ✨

Podcast shares...they're long ones this month!

Mental fitness – This is a long one so not surprisingly there's a lot of goodness packed in. What I took away from it – let's talk about mental fitness, as we do with physical fitness because we are going to have good days and not-so-good days, and that doesn't mean to say we aren't mentally well. The subject of loneliness and how we need to be teaching people to help each other, not just help themselves; there is no greater honour than being able to help a friend in need, even if that's just sitting in the mud with them. And this was a game changer for me, for someone who has not mastered the art of meditation but now has a much greater incentive to do so – the reason to practice meditation is as a service to others, so we can focus on one thing, being present in listening to others. In the second hour of the podcast, Simon shares his emotional story about his brief time in Afghanistan and how this led to the focus of one of his books. What a storyteller. Here's the [link](#). Btw, you're listening to Stephen Bartlett & Simon Sinek – how's that to wet your appetite!

Motivated but still stuck? Then listen to Brene Brown talking with Lisa LeHay – a 2 part podcast – so so good. This conversation is for anyone who has goals, are highly motivated to achieve them but keep coming up against it and can't work out why. It's deep, well, we're talking Brene Brown here so it's certainly going to be deep and vulnerable but it's Brene at her best. Can you tell I'm a BB fan?! Here's [Part 1](#) and [Part 2](#) – I did warn you they were long ones – but so worth it!

Book shares... (just the one this share, it's been a busy month!)

Forward - leading your team through change (Elizabeth Moran) – nearly all my book buys are as a result of listening to a podcast and this book is no different. In our world of constant change, this book is a must-have if you are leading people through change. It is extremely practical, accessible and full of helpful examples of when and how to communicate change. And it was such a timely read for me, given my news below...

And finally, a bit of news from me (with a hidden coaching tip, sort of!)...

As much as it wasn't in my game plan at the start of this year, I have recently accepted a part-time role as a Learning Adviser, to design, develop, and deliver leadership, management, and team development training, for Torbay Pharmaceuticals which are part of the Torbay & South Devon NHS Trust. I am absolutely delighted as, as much as I love Shine Coaching and what I do, I have really missed that feeling of belonging and teamwork that comes with working within an organisation. I can already see how this is going to help me continue to develop my coaching and facilitating skills. The best bit is that it is 3 days a week which will leave me with 2 days to continue all the things I love doing with Shine Coaching. What's the coaching tip? It nicely reflects the quote at the top – **Take charge of your own destiny whenever, wherever you can; grab opportunities that light you up, make it happen, and make it work for you.** Until next time, keep shining ✨

Sally