



Coaching Yourself

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Self Coaching

There are many things that you can do if you want to coach yourself and get to the bottom of something; whatever it might be. Sometimes, we want it quickly, don't want to wait for an appointment with our Coach or even to wait for our friend to text back ! Below you will find some suggestions of how to calm your mind and make a decision, particularly if you are in a panic or a trigger. There is no substitute for working with a Therapist or Coach, but sometimes, we can't always wait for that!

Calm

I cannot tell you the amount of times I have made rash decisions because I am making them from a triggered or activated or stressed place. Take 10 massive deep breaths in and out and don't miss out the last 3 because you want to get to the good stuff! You need to be as calm as you can and for your nervous system to be relaxed. Tell yourself you are safe, listen to a You Tube that makes you feel safe and relaxed. Safety is the key as much of our triggering comes from a place of fear.



Trust Yourself

I find that if I write down what is in my mind and all fuzzy and messy, then I can sort of step back from it and see it for what it is. It could be "do I stay or go?". "Do I hire her, or not?". As a Coach, I am coaching my clients to trust their decisions so it is important to be able to "tune into" yourself. Now visualise two gates; the yes answer behind one gate and the no is behind the other. Visualise yourself stepping through each gate and notice how you feel. Usually, feelings of ease and light and happiness give an indication of which decision could be right.



Coaching Questions

These are some of the questions that I use most frequently to help my clients get "unstuck":

- Why is this important now ?
- What will happen if you don't do this ?
- Talk to me about the part of you that doesn't want to move forward? What are they scared will happen?
- What does your gut feeling say?
- Can you think of a time before when you did something similar and there was a good outcome?.

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