

Developing Your Inner Coach

November's issue of Discovering You is actually supposed to be October's issue! My apologies for a late publication. It was partly due to having a week off in mid October, which was well overdue and very refreshing. I enjoyed a few days in the gorgeous Bay of Islands. I should have done it two months earlier. If you've not had enough time off this year, be sure to start planning for next year and make sure it happens. It really does make you feel good, and what else is life for but to feel good and enjoy?

Enjoy this month's edition – find out how to develop your 'Inner Coach' in this two-part series. Have a lovely November, enjoy this gorgeous Spring sunshine if you are in Auckland, and wherever else you may be, enjoy whatever nature is offering you.

Cheers,
Karen

Developing Your Inner Coach - Strategies for Success

Working with a coaching client recently, I noted in the outcome she had drafted that she wanted a 'more positive self critic'. I asked her (somewhat cheekily!) if it would still be her 'critic' if it was positive? A light bulb went on in her head and she laughed, realizing it would be something quite different. When we checked, we discovered her internal critic was a harsh-sounding version of her own voice. Sound familiar?! We started to explore what an 'inner coach' would sound like instead. She soon started having a new relationship with herself – and with life.



Why Inner Coach?

I've quoted Anthony Robbins before as saying the quality of your communication (including with yourself) determines the quality of your life. The more I work with people as a coach, the more I know this to be true. And it is also absolutely my personal experience. I now believe that the way we talk to ourselves is the biggest determinant of our wellbeing and success.

I might add at this point that we are not (usually) taught well how to do this as children, most probably because few of our parents knew how to do it themselves. And, in New



COMING EVENTS

The Wellbeing Lunchbox

Are you hanging out till the end of the year? Is stress catching up with you?

Get ready to transform your stress into success! Get on top of it now and start the New Year with fabulous new skills. Get even more out of your Christmas break by really switching off from work. Catch the Wellbeing Lunchbox - a presentation and workshop specially designed for executives and staff. Geared to help you understand how you can get more in charge of your state of mind, this two-hour workshop provides you with tools for enhancing work-life balance including strategies for switching off from work - tools you can walk away with and use immediately! Enabling you to improve your focus, resilience and health. Enhancing your effectiveness and enjoyment at work (and home!), overnight.

12.30-2.30pm

Friday 19th November

St Columba Centre,

40 Vermont St, Ponsonby, Auckland

Find out more [here](http://www.freshwaysforward.co.nz) or email book@avaraconsulting.co.nz.



Zealand at least, we are much more likely to be told to pull ourselves up from the bootstraps and get on with it. None of this namby pamby talking nicely to ourselves! More on this (unhelpful way of thinking) in a future edition!

You've probably noticed that when we are not feeling happy, successful or satisfied, the majority of our internal dialogue is often negative in some way and focused on what's not going well. It does not make us feel good. I've explored this point for several years now and I am convinced that criticising ourselves is never useful – primarily because it doesn't give us anything positive we can work with.

Anyone who has helped a toddler to learn to walk will know one of the fundamental premises of growth and learning: positive reinforcement works. We don't step the child mid-fall to say, "no, don't do it like that Sammy, do this..." We notice when they stay on their feet. And we really notice when they take their first step – and we praise them! In turn, they keep doing what they are being praised for, and before long they are doing it continuously and automatically. Believe it or not, adults respond to positive reinforcement in the same way. Research shows that we need five times more praise than critical/developmental feedback to do well and be engaged at work (Corporate Leadership Council 2004). If you're a manager of people, this is good to know!



Another point to consider here is this: a good coach will provide several key elements to support your growth and learning, including:

- encouragement and reassurance
- a focus on solutions
- useful, and ideally, powerful questions
- a focus on your progress
- providing perspective from different angles
- ways to celebrate success.

Do you do any of these things for yourself? If not, why not? Coaches learn how to coach others (and hopefully apply their skills to themselves as well). So why not learn to be your own Inner Coach?

Strategies for developing your Inner Coach (Part I)

How to save time and energy during the Silly Season and beyond

Get on top of your time management at this lunchtime session with "The Time Queen", Robyn Pearce, [Getting a Grip](#). Robyn is a highly respected speaker, trainer and time management guru and she'll be sharing invaluable tools to save you time and energy.

12:00-1.15pm Tuesday 30th November
NZIM Office, 209 Queen St, Auckland
CBD

To find out more or to book go [here](#).

5 Keys to Your Success and Happiness

Two-day workshop introducing you to NLP skills and packed with powerful ways to improve all areas of your life, including personal development, relationships and business.

19-20 November
Parnell, Auckland

To find out more or to book go [here](#).

What are we aiming for here? What is being your own Inner Coach really about? For you to be in the habit of treating yourself the way a coach or best friend would.

Developing your Inner Coach is a matter of creating new patterns of thinking - the nuts and bolts of which are pretty straight forward. The key is to be diligent about using each new strategy and tool you learn. It really is that simple! If you already have an internal critic fairly well entrenched, it may take a bit more effort to replace this old you with the new, but you can, you just need to get started, and stick to your guns.

In this issue and the next one, I will outline some simple but powerful ways to develop your inner coach – from self critic to feeling great in a matter of weeks. It's worth getting yourself a notebook for the activities below and to record your progress. Get cracking and enjoy the ride!

1. Develop Your Voice

Spend a day exploring what you want your Inner Coach to sound like. Perhaps it will have similar qualities to that of an inspiring friend or mentor you respect? Perhaps the way you sound when you're providing support or encouragement to a friend? In a coaching session recently one of my clients realised that, although he's not a professional coach, he coaches people often in his work and in the community. It occurred to him that he could simply map across those skills to apply to himself. He was very excited to make this seemingly obvious but profound discovery. So:

- Choose your voice. It's best if the voice of your coach is your own.
- Notice what kind of tone your voice will have. Encouraging? Quietly confident? Enthusiastic? Assured?
- Decide on a good volume (notice that you can play around with the sound quality in your head, in the same way you can tune a radio or television!).
- Practice listening to this new voice and enjoy the new sounds and feel it has. This may sound a little whacky to some readers, but you talk to yourself all the time – this is simply doing it with purpose!

2. Create your Coach

Spend some time exploring your answers to these questions. I recommend you take a few days to this is, or a couple of quiet uninterrupted hours. This is what you do with a coach after all!

- What is the purpose of your Inner Coach? What would you like it to do for you?
- How will you know your coach is working well? Project yourself out into the future where your Inner Coach is working beautifully, and notice how you are being there. What are you feeling, hearing, seeing, focusing on, saying to yourself, experiencing there?
- When do you want your Inner Coach to be in action? Are there any times you wouldn't want it running?
- What is one thing you can do today that will start you on the path to having your own (fabulous) Inner Coach? That may not be an easy question to answer straight away. Give yourself a few minutes to identify that one thing you can do that would move you in that direction.
- Be specific and detailed with your answers. Ensure they are all in positive language that describes *what you want*.

"Argue for your limitations and, sure enough, they're yours."

Richard Bach, *Illusions*



"We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies."

Roderick Thorp, *Rainbow Drive*



3. Build Your Awareness

Start monitoring your self critic (if you have one!). It's the internal dialogue that might be running about how you should have done it this way, how you really should call that person and be a better friend, and get more work done, and not be so impatient, and be better, and , and, and ... you get the picture. Notice the themes - what do you say to yourself the most?

Get into the habit of interrupting it. The sooner you catch it the sooner you can stop that voice in it's tracks and redirect your energy and focus to something more useful (such as what is working well or what the learnings are). As well as interrupting it you can begin replacing it with a new response - your Inner Coach can take over!

The more awareness you have the more control you have of your internal world. Your life is created from your internal world. You will be on the road to creating more of what you really want.

4. Get Good at Appreciation

One of the most powerful ways of enhancing your wellbeing and success is through appreciation. This next exercise helps you cultivate a habit of gratitude and appreciation, which trains your brain to get better and better at noticing the good stuff – about you and your life. And because we get more of whatever we focus on, it's pretty obvious why this kind of brain training is useful!

Appreciation Diary

Each evening, perhaps while you are relaxing at home or going to bed make a note of these things in a notebook. Make sure you capture different things each day.

Appreciation for Life

What can you appreciate about your day? It can be the simplest of things ... having clean drinking water on tap (literally!) all day? Fresh air to breathe? A stunning sunset? A sunny day? Rain that has watered your thirsty garden? What has happened today/what have people done/what have you enjoyed? What do you feel like appreciating about life today? A nutritious dinner? Traffic was good? Your friends/family? And so on it goes ...

Today three things I'm appreciating about today are:

1. _____
2. _____
3. _____

Appreciation for Myself

Now ask yourself what you can appreciate about yourself today? What qualities do you have? It could be noticing what a wonderful friend/son/employee you are. Perhaps you've noticed today how patient you can be, or how you cheered someone up? It can be small things. Perhaps you can admire the nice shape of your finger nails, or the sheen on your hair?



The Eckhart Files

In this issue I've talked about cultivating the habit of appreciation. It is the most common home task I give clients to do, sometimes spending several weeks helping them do it more and more easily. It is a powerful way of increasing the joy in your life. It is also the most powerful way of creating more of what you want.

In A New Earth, Tolle says "Acknowledging the good that you already have in your life is the foundation for all abundance."

What have you done today you would like to celebrate? What did you achieve, do, not do, or overcome that you are pleased with? It could simply be getting out of bed when your alarm went off! It could be a grand accomplishment you've been working towards for months.

Today I'm celebrating that I:

1. _____
2. _____
3. _____

Take Action

If you'd like to develop your Inner Coach, be sure to take action on these four points. Today :-). As a starting point, you could apply these tools to one particular area of your life (eg. performance at work, your relationship, etc) or take an overall approach. Do what works for you. And see what changes you start to notice in how you feel about yourself and life in general. Enjoy the journey, and look out for more strategies for developing your Inner Coach in the December issue of Discovering You.

News and Views



Using Your Brain on Purpose at Rotary

It has been great fun in recent months to speak to a number of Rotary Clubs around Auckland. I thoroughly enjoy the warm welcome I receive, and it's great to be speaking regularly since I get such a kick out of it! I speak on 'Using Your Brain on Purpose' and usually take Bob the brain along with me. He doesn't say much but he certainly helps me make a point!
Look out for Rotary events happening in your area and support their good work.

NZ Trauma Recovery Team and Canterbury Earthquake

In response to the 7.1 earthquake that hit the Canterbury region on Saturday 4 September, the recovery team has been liaising with the Ministry of Social Development and Canterbury Social Services to support government and non-government agencies in helping members of the community in need. So far we have run some workshops for social services staff in helping people with quake stress and anxiety, and will be looking at what longer term help will be needed.

A number of NLP practitioners in Christchurch have also been donating their time to the community, providing invaluable one-to-one therapy.

New Charitable Trust and fund-raising for Samoa

It is very exciting to report that following our work in Samoa earlier this year helping people recover from the September 2009 tsunami our team is currently undertaking the set up of a Charitable Trust that will mean we are more easily able to receive sponsorship, donations and funding. This will allow us to do more of this work that we are intensely passionate about, and know is needed around the globe. If you or your organisation are interested in sponsorship opportunities or would like to donate, please keep in touch. We expect the Trust will be finalised by approximately the end of November. www.traumarecoveryteam.org.nz

"Are you using your brain on purpose?"



Fresh Ways Forward
Auckland, New Zealand
Mob +64 21 403 408
karen@freshwaysforward.co.nz
www.freshwaysforward.co.nz

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