



# Coaching through *transitions*

## Where to start... (When you don't know where to start!)

People often get in touch with a coach when they're feeling stuck, unsure of their next steps, or daunted by the scale of a new challenge. They know they need to GROW to succeed, and they're looking for help to accelerate their progress.

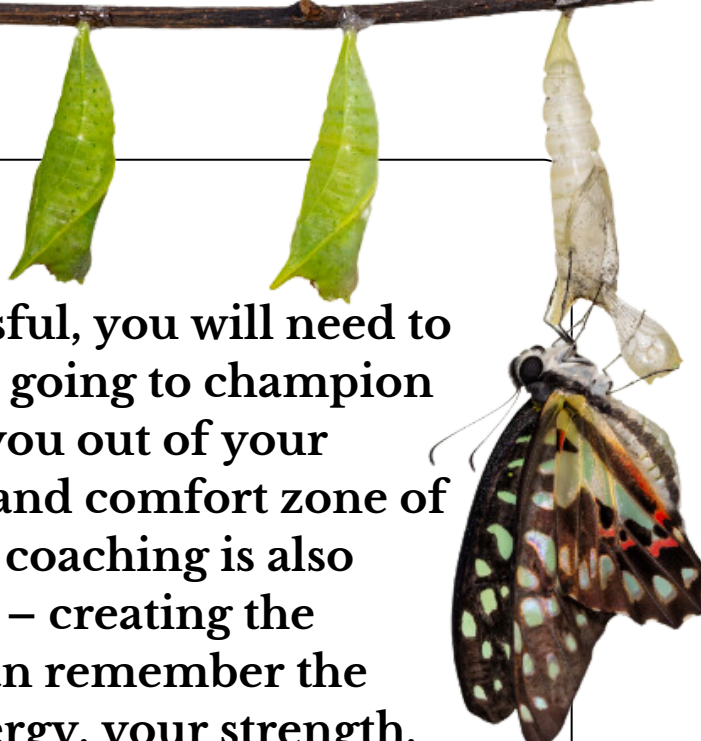
Beneath the fears that these situations can provoke is the truth that we all have more potential, creativity and resilience than we can imagine. On our best days, we know this; but sometimes we lose sight of it when we're intimidated by what life seems to be demanding from us. In these situations, partnering with a coach can help us rediscover our self-belief.

**“A good coach believes in your creativity, resourcefulness, and resilience – and helps you to reconnect with your *confidence* in an environment of faith in your potential. That faith is a vital part of creating a container for growth-work to take place.”**

If you find yourself in this position, here are 3 suggestions for finding your way forward.

### 1. Remind yourself of what you care about – *tune into self*

There is not one definition of success. We value different things, and can have different priorities from our friends, neighbours, or the wider culture. The noise that other voices - amplified by the bombardment of social media – can make it more difficult to tune back into our own authentic values. One way we can find our way back can be to practice gratitude – take a few minutes to push yourself to notice what you've most appreciated over the past week, month, year... it reconnects us with what we find meaningful. Another can be to search our memories for times when we felt most energised, connected and fulfilled. These will likely be 'Key Moments' that unlock insights into our core values.



“For coaching to be successful, you will need to trust your coach – they are going to champion your learning by pushing you out of your comfort zone of thinking, and comfort zone of action, so trust is vital. But coaching is also about growing in **self-trust** – creating the conditions in which you can remember the power of your own life energy, your strength, your passion, your determination.”

## 2. Get feedback from friends and family – tune into the tribe

Especially when we're feeling discouraged or overwhelmed, we can become temporarily blinkered about our strengths and the things that others appreciate about us. Asking a small group of trusted people – ideally across the different parts of our life (i.e. friends, family, colleagues...) can help us access a broader, richer set of perspectives about the activities and situations that bring us to life, and the value we contribute to the lives of others.

“A good coach will also give you insights from their experience of working with you in a collaborative relationship, that can further deepen your understanding of yourself. By mirroring back to you both insights and ideas that you communicate, but also observations about shifts in energy, emotions, and when you ‘come alive’, they help **amplify** aspects of your inner world so that you can become more consciously aware of them.”



### 3. Look for opportunities to serve – tune into ‘the times’

We are a social species and as individuals we’re most happy and healthy when we’re living in creative interdependence with others – giving and receiving in meaningful ways. Part of that symbiosis is identifying ways that we can harness our talents and energies to help others thrive, which can be as broad as thriving financially (banking and investments), environmentally (building, town planning, climate activism) – the list is endless! It’s also an approach that makes it more likely that the skills we work to develop will be needed and valued in the world.

If these insights necessitate change, it can often be helpful to ‘scan’ for role models - whether in your own life or beyond – people who appear to have more proximity or engagement with what you seek

**“Wherever your explorations might lead, a good coach will help you find the place of **agency** – to help you identify what you can do in this situation, to move forward. This will likely include breaking big goals down into smaller steps, and working with a Growth Mindset to develop new capabilities over time in a way that supports and challenges you to make practical changes that move you towards what really matters to you.”**

If you’re going through a transition, and would like some coaching support, get in touch for a chemistry-check session by email at [info@withdiversity.com](mailto:info@withdiversity.com), or directly through the calendar link: <https://go.oncehub.com/willjames1>