

## How to coach yourself

### What is coaching?

Coaching helps someone to help themselves.

It's not about giving or getting advice or telling someone the 'answer'. It's about asking questions to unlock thinking and to get unstuck.

It's a process that helps you see things differently and takes reflection and thought.

### You need a Growth Mindset to coach and to be coached

- Are you open to learning?
- Are you open to getting better?

### 4 coaching tools for yourself and others

#### 1. Use the GROW framework:

Using this model will give a structure to your reflection and help to generate actions.

<b>Goal</b>	<i>establish the goal</i>
<b>Reality</b>	<i>examine your current reality</i>
<b>Options</b>	<i>explore your options</i>
<b>Way forward</b>	<i>identify the way forward</i>





#### 2. Create clarity by journaling:

Journaling helps you reflect on your situation and get distance from emotions that may be clouding your clarity.

*Experiment with 5 minutes of free-writing in the morning. Set a timer to write down how you're feeling and what would make the day meaningful and motivating for you.*

#### 3. Press pause and prompt your thinking:

Ask yourself some coaching questions to generate new thoughts about your impact and intentions.

-  *What's the biggest challenge you're experiencing?*
-  *What does time well-spent look like for you?*
-  *What do you want to be known for?*
-  *What are you saying 'yes' to that should be a 'no'?*


#### 4. Create a coaching circle:

Spending time with someone who can ask you challenging questions and give you the time to think your answers through (and vice versa) is a great way to develop your coaching skills.


*Who could be in your peer coaching community?*

### Coach yourself questions

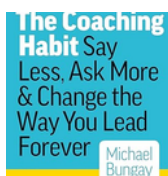
What career conundrum could you coach yourself on?



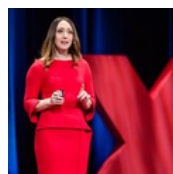
Where is the best place to be when you coach you?



### Recommended resources



**The Coaching Habit**  
Lots of helpful tools from author Michael Bungay Stanier



**Increase your self-awareness with one simple fix**  
TedX talk by Dr Tasha Eurich



**How to accelerate your self-awareness**  
Squiggly Careers Episode #246