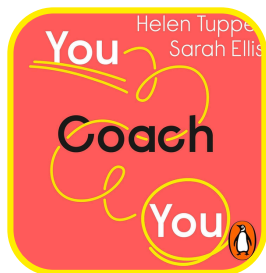


Day 4 Coaching Yourself

What is this squiggly skill?

Coaching yourself gets you unstuck. It increases your self-awareness and leads to action. It helps reduce dependence on others for your development and results in higher quality career conversations.

Recommended Resources



You Coach You
Helen Tupper and Sarah Ellis & **21 Coach yourself questions**

Recommended Listen



Squiggly Careers #84
How to Coach Yourself

Ideas for Action



3-minute mind map

Take a coach yourself question and create a 3-minute mind map with your reflections.

Example CYQs:

*What do I want to be known for?
Who do I need in my network?*



Thinker vs Doer default

Understanding whether you have a preference for thinking or doing is important to be able to coach yourself effectively:

For doers: Ask why and who questions to go deeper.

For thinkers: Ask how or what questions to move forward.