

THE COACHING HUB

Podcast Episode 10 - Live coaching call

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Hello and welcome to Conversations to Help You Thrive with me, your host, Ruth Kudzi. I am super excited to have you here. This is a place where we're going to challenge you to think differently, to have those difficult conversations, both with yourself and with others, so that you can thrive in your life, in your career and in your business.

+Intuition or gut feeling. It's something that we hear all the time, isn't it? I have a feeling, I always knew, I wish I had listened to my gut, and often it's that hindsight, isn't it? I always knew, I had a feeling about that person. I had a feeling about that thing. I knew it wasn't going to work out, but I did it anyway. And by tapping into our intuition, we're able to tap in to past behaviors and past patterns. So our intuition, that's feeling that we get, isn't anything out-worldly. It is really us recognizing a pattern from the past. So our brains are very, very complex. And to short circuit all of the decision making that we have to make, which we all have to make, we often rely on our intuition. And our intuition is all about our brain recognizing unconsciously, even those tiny details.

So the fact that our gut may be saying to us, "Is this person a good person to work with?" For example, it may have picked up unconsciously on something about that person that reminds us of others. And then if that ended up bad experience, it's flagging to us. It's giving us that feeling in our gut, "Something is wrong here, or something could be wrong here." This happened in the past, it's waving us a red flag. And the thing is because our intuition is based on past experience, because our intuition is based on patterns that we have observed unconsciously and consciously over time, it can be prone to error.

And this is a thing. So I am a huge fan of listening to our gut, because I think it gives us really valuable clues. It says to us what is and isn't going on, and it flags the unconscious pattern that we may not be consciously aware of. However, as it's based on our past experience, we know that there may be biases. Just because somebody shared these features or something happened in the past, it doesn't need to dictate our future.

Ruth Kudzi:

So this is what I'm going to talk about in terms of intuition. When we get that feeling in our guts, instead of going with it straight away, it's best to interrogate it and to say, "Okay, what is going on here? Let's make sure that I'm not unconsciously looking at some biases based on my past behavior. I'm not unconsciously discounting this as an option." And so we ask ourselves some questions. Okay, I've got a feeling. I've got a feeling that this isn't going to work out. Let's take a step back, and let's look at what's going on. Where's that feeling come from? What about this situation reminds me of past situations? How can I look at what is going on differently? How reliable is my memory when I'm looking at these past situations? How much do I trust that this is going to happen again?

And often when we're asking those questions, it may be that we're reinforcing that intuitive feeling, and we are recognizing that red flag is a danger sign. It's a sign for us not to go down that road. However, it may also be that when we interrogate it, we're realizing that actually there maybe more information that we need, more things to consider before we make a decision. And we're all acutely aware that we have unconscious biases. We all do. I will give you an example. Somebody's books a call to work with me, and they mentioned that they live in Leeds, and I say, "Oh, I went to university in Leeds, and my mom's from Leeds." So we then have a conversation about Leeds before we start. And unconsciously, I've already made a connection with that person, because my experience of Leeds has been positive. The people I know, my mom and some very good friends of hers from Leeds are people that I loved spending time with and people that I think highly of.

So I have unconsciously given that person the halo effect that I like them, because we share that similarity and that commonality. And because of that, it may cloud my judgment of them. Can you see that we unconsciously... I have a pattern that says people from Leeds, people from Yorkshire are good people. I'm not saying that they're not, but obviously say we can see that that can cloud my decision making. And this can be in both a positive and a negative way.

So unconsciously, I hear the Yorkshire accent, my ears pick up, I get that positive effect, and therefore, my gut feeling may well be positive. If I'd had a bad experience with somebody from there, it may be negative. Now this is quite a crude way to look at things, because obviously we have even more detailed nuances than merely where somebody is from. However, we do need to be aware that our intuition, as it is based on passing recognition, that in our brains, which comes from our past experience may be biased.

And that is why if you are having a gut feeling, if you are experiencing that red flag feeling, it's important that you interrogate it, because it may be a red herring, not a red flag. It may be that because of past experience that is clouding your judgment. So Gary Klein has written a fantastic book on intuition. If you want to read more, he's done lots of research on it, and he's got a great TED Talk.

But for me, with my clients and with myself, it's about feeling the feeling, and then exploring it more, making sure that we're not limiting ourselves to those patterns and those feelings of past behaviors, and making sure that when we do feel that feeling, we acknowledge where it has come from. And that enables us to build our intuitive muscles even more, because they have a place. I'm a firm believer in intuition having a place in decision making. It's the signal. It's a way of getting you to stop and look at what is going on.

I would love to know where you have used your intuition, and how tapping into it has helped you make better decisions and avoid things that you think might be harmful and where at times you feel that your intuition may be biased. Feel free as always to join my group, The Coaching Community, and we regularly talk about this kind of thing. We have the power inside us, but we can challenge ourselves to come out of those old patterns of behavior and experience and look at things differently.

Thank you for tuning in to Conversations to Help You Thrive with me, Ruth Kudzi. I hope that you have enjoyed this podcast. If you have, please remember to give it a rating and to share it with others. I would love you to continue the conversation over in my Facebook group. It's called The Coaching Community with Ruth Kudzi. I would love to see you there.

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