

THE COACHING HUB

Podcast Episode 25 - How to get in the right mindset to coach

Ruth Kudzi: We need to be looking after ourselves. I always think the way that we look after ourselves is a representation of how we feel about ourselves. If we value ourselves, we look at what we're eating and what we're drinking. It's about tuning into what you need and doing things in a way that works for you.

Ruth Kudzi: Hello, and welcome to The Coaching Hub Podcast with me, your host, Ruth Kudzi. If you're a coach or you're coaching curious, this is the place for you. We're going to be talking all things coaching, personal development, and business development, in a really fun way. You're going to hear live coaching sessions and you're going to come away with tools and techniques that you can practically use and take away.

Ruth Kudzi: If you enjoy this podcast, I would love you to subscribe, and if you really enjoy it, give me a review.

Ruth Kudzi: One of the most important things, if not the most important thing that we can do as a coach, is work on our coaching mindset. This is so important that the ICF have now made this one of their distinct competencies, and it's something that I've spent a lot of time talking to my own personal coaching mentor and coaching supervisor about because actually, by saying how important coaching mindset is, it puts it at the forefront and the center of what we as coaches do.

Ruth Kudzi: It's so easy to think that when we qualify as a coach, that that's it, or to say that our experience in doing something is sufficient. I'm going to talk today why I believe that coaching mindset has a massive impact on our ability as coaches and the results that we get for our clients and the experience that they have, and why I think it's imperative that as coaches, we really focus down on this.

Ruth Kudzi: So, for me, it's about what we do between sessions that impacts how we show up as coaches in sessions. I've talked about energy hygiene before. I'm going to touch on that very briefly now, but actually, energetically, it's that we're in the right space for those sessions so that we can be clear of our own shizzle... I'm not going to swear... of our own shizzle, so we can be clear of that, so we're not coming projecting what is going on for us.

Ruth Kudzi: We're not coming to get into an energetic tussle around transference and countertransference with our clients, and we're not bringing our own baggage and our own things that are going on. We know that if we're able to do that, we can have much cleaner sessions, we can listen at a much more deep level, we can leave our judgment at the door, and we can be more curious. And our clients, let's get real, owe it to us.

Ruth Kudzi: I remember a few years ago speaking to some coaches and they were saying, "I don't know why people talk about the importance of diet, or why it's not great to drink lots of alcohol as a coach." I'm going to be really honest here. If you are giving somebody a great coaching experience, and if they've paid to have your attention, then they deserve that attention. So turning up hung over, or not feeling great because of your diet, those are things that we can change.

Ruth Kudzi: This doesn't mean that you need to be a saint. Let's always take this with a pinch of salt. I'm talking about your habitual ways of doing things. Of course, many of us are going to have days that we fall off the wagon. That does sound like it's alcohol. It doesn't need to be alcohol. It may be a day or a few days or a week where we don't exercise, or our diet isn't as good, and we're not looking after ourselves as well. We're human. That's okay.

Ruth Kudzi: But what I'm talking about is having that consistently, because really, as coaches, if we're able to deliver really great sessions, we need to be performing. We need to be at our peak performance. We don't need to be able to run a marathon, but we do need to be performing cognitively at our best. We know that things like sleep, alcohol, they dumb our cognition, they make us less fast. So, as coaches, surely we want to be as quick and as fast and as on it as we can be for our clients.

Ruth Kudzi: So, of course, we have the exercising, journaling, reading, silence, diet, sleep, water, debate, and we've got that list. We all know. We all know what we need to do there. Let's be honest. This doesn't need to be extreme. We don't need to be running marathons. We don't need to be only drinking green juices. We need to be looking after ourselves.

Ruth Kudzi: I always think the way that we look after ourselves is a representation of how we feel about ourselves. If we value ourselves, we look at what we're eating and what we're drinking and how we're moving our bodies. It doesn't mean that there's one way that is the right way. It's about tuning into what you need and doing things in a way that works for you.

Ruth Kudzi: Your exercise might be dancing around the house. It might be running. It might be swimming. It might be tennis. It might be yoga. It doesn't matter. The most important thing is that for your mindset and your mind, that you take care of your body. So really tune in to what you need, and give yourself time and space to look after yourself. If you do that, you're also demonstrating to your clients how important you are and they are, and we learn through seeing what others do, social learning theory. So if

your clients see you demonstrating these behaviors, you're giving them permission, even on an unconscious level, to put themselves first and to make sure that these are a priority for them too.

Ruth Kudzi: But what else? Well, I believe that having time off social media each week, switching off our phones, having that digital detox, and, for me, having somebody else answer my emails or taking the apps off my phone, they really help me to unwind and disconnect, which means that I can access my creativity, which means that I can be more present and in the moment with my family, which I can then be more present and in the moment with my clients.

Ruth Kudzi: I also read. I do read self-development. I do spend time on that. I think my professional development is really important. But I also read fiction. I also do other things that stimulate my brain, which are non-personal development and coaching-related: speaking to my husband, speaking to friends, reading things, watching things. When I can, going to art galleries. Giving myself different experiences that enrich my world, that make me happy, and these may be different for all of us.

Ruth Kudzi: So I'm not saying that you all need to go to an art gallery to be a great coach. What I am saying is tune in to what you find nourishing on a personal level, tune in to what you find enriching, and add these to your diet, add these to your brain, and that will help you with your coaching mindset.

Ruth Kudzi: And alongside this, we need to be really clear. If we are showing up as professional coaches, then we need to be modeling what we would expect from our clients. That's developing our knowledge, our skills and experience through training, reading, coaching practice, talking about what we're doing in safe spaces, such as supervision, or obviously in my new Coaching Hub membership we have that opportunity to talk about what is going on in a confidential and safe space.

Ruth Kudzi: But if we are not demonstrating, if we are not prioritizing our own personal and professional development as coaches, I would say that we don't really have that coaching mindset. To be a great coach, it's about what we do outside of the sessions so that we can show up. I want to be really clear again. This is not berating you if you don't do these things. This is giving you an opportunity to reflect on what you do do and to think about what works for you, and to think about what you want to bring in.

Ruth Kudzi: I talk about him a lot, but Stephen Covey would say that this is all in our quadrant too. It's about building our capacity, making sure that we are energetically there for our clients so we can serve them to the best of our ability and we can hold space that's clean and non-judgmental. When we're able to do that, we're able to give them an amazing coaching experience.

Ruth Kudzi: This is exactly why I built my coaching membership, The Coaching Hub, which is a sister membership to this podcast. We are opening very, very soon. So if you're

interested in being in a space for your coaching development, your professional development, your personal development, and your business development, the membership starts at £47 a month for new members, only in November 2020. So if you're listening to this later, it will have gone up. But if you're listening to this now, and you're interested in joining, check out the links below. Take care.

Ruth Kudzi: Thank you for listening to The Coaching Hub Podcast with me, Ruth Kudzi. If you enjoy this, I would love you to join my Facebook group, The Coaching Community, for more of the same.

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