

THE COACHING HUB

Podcast Episode 3 - Asking for help is a sign of strength

The seems to be this idea in the UK, that why we asked for help would missing weakness. And I want to blow this meth out the water. Why don't we ask for help it's sign.

Hello, welcome to conversations to help you thrive with me. Your host, Ruth could say, 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. Wonderful things

Has helped me throughout my career and in my businesses is doing something really simple. And that is asking for how I do it in my personal life. I do it in my professional life and it's a conversation we can all have. That's going to make us thrive. When we ask for help, we had met that. We don't have all the answers. We admit that we can't do everything. I know for me, I'm a mom of two gorgeous, somewhat cheeky, little girls. I also have got two businesses. I've got a husband and we've got a house with a garden. Sounds great. Doesn't it really idyllic? And my life is pretty damn good, but there's a lot of things to juggle that. And if I didn't ask for help, I wouldn't be able to do what I do now. I wouldn't be able to have a house that didn't look like a bomb site.

99% of the time let's settle for about 50% of the time. I wouldn't be able to manage the childcare. I wouldn't be able to run my businesses and travel and do all of those things that are important to me and all of those things that will move me forward and move me towards that life, where I'm thriving in all aspects. So how do you do it? Well, first of all, this seems to be this idea in the UK, that why we asked for help with missing weakness. And I want to blow this myth out the water. When we ask for help, it's a sign of strength. It's a sign that we understand that we don't have everything. We don't have all the answers. And actually we can't do everything. The superwoman is not a reality. The superwoman meth is not a reality. In fact, we are a community of superwoman and Superman who can support one another.

We don't get to the top by being on our own. We don't live successful lives. If we're solitary. In fact, it's about building up these people around us that can support us, but asking for help can be a hard today. It goes against what we've been taught and what we learned as children and many of us will have a belief structure that says that it's not okay to ask for help. We would have sat in those lessons. Oh my gosh. I can remember so

many lessons sitting there, especially my math gear, 11 class. And I have no idea what was going on. I definitely had not paid attention and I didn't know what the teacher was talking about, but rather than ask for help, I sat there. I sat there and I let her talk and I got the lousy test results to prove it because I wasn't okay to put my hand up and to say, I don't know.

I felt that by doing that, I would be missing that. I've got a weakness and none of us want to look weak, do it. But I want to ask you this. Is it better that some people think you're weak and that you'd get the answer or better that nobody thinks you're weak. And you never know what the answer is. I know which I would prefer to have the answer to have that support. So it's about letting go of our ego. And as you taking a step back from what other people think to look at, what do we need, what is going to help us move forward? What's going to help us actually live the lives that we want to live both past and they, and professionally, and that isn't about staying silent. That isn't about accepting when we don't know and accepting that we have to do everything.

In fact, it's about taking our ego out of it and saying, can you help me? I need some help. I can't do this on my own. And having those conversations gives you power. It shows that you've got self-awareness. It shows that you are prepared to learn and you're prepared for others. Not to think that you've got all the answers and the more that we can do this, the more that we're able to move forward. And I'm going to share something from coaching. So I'm working towards my master coach level with the ICF. And as you progress through the ICF, the international coaching Federation standards, they actually say, when you're moving towards a master coach, therefore you are not afraid of not knowing the answer. You're not afraid of not knowing everything. And for me, that's incredibly powerful for somebody growing up, thinking that I needed to know everything.

And if I didn't, it was a sign of weakness. Now I'm judged by having that humility to say, I don't know all the answers. And imagine if we're all that humble, I'm actually, if we're all able to say, I don't know everything that isn't my expertise I'll find out. And when we get that, it is an incredibly powerful place to be. None of us have an Island. None of us are experts in every single thing. None of us always gets it, right? So why are we striving for this perfection, where we know everything and why we're scared to actually be honest and have those open conversations where we ask somebody to help us in my professional life, asking for help has been the game changer. It's meant that I got to work in New York. It's meant that I was able to change career paths. It's meant that I've been senior in two different careers and I've run two successful businesses.

And the reason be that I'm self aware enough to realize that I've always got limitations. There are things that I don't know, that there are things that I'll never be good at. That there are people out there who can help me much more quickly than I can help myself. So it's another flexing episode. I recommend that you start flexing. You're asking for help muscle. And again, like anything, if you're not used to this, it might take a bit of flexing. So we start small, small, consistent steps, help us build a habit. They help create new

neural pathways as our brain is plastic. So I want you to consider how can you ask for help every single day over the next 30 days, I want you to start small. Maybe you ask somebody to open the door, maybe ask your partner to look after the kids. Maybe you ask somebody to help you that machine in the gym, that you have no idea how you use it. Maybe you ask in a Facebook group, maybe you ask your boss or your colleague at work to help you. I want you to let me know after 30 days, how it feels and what you've learned from making yourself, taking that ego out of everything that you do make yourself more humble. So you can move forward. If we want to thrive, we can not do it on our own. We're not an Island.

Thank you for tuning in to conversations. To help me thrive with me. Ruth could say, I hope that you have enjoyed this podcast. If you have lays, 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 Betsy. I would love to see that.

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