

# THE COACHING HUB

## *Podcast Episode 41 - Power of the group*

[00:00:00] The people that we spend time with both in our personal life and in our business impact how successful we are and the way that they do that is they impact our thinking. And we know that it's not about modeling what people do. If we want to be super successful. We model how successful people think hello, welcome to the car coaching half for costs.

We've made your host. Ruth could fee if you're a coach or your [00:00:30] coaching. Curious, this is the place for you. We're going to be talking office coaching. Pastoral development, business development, and I've really fun wine. You're going to have live coaching sessions and you're going to come away with tools and techniques that you can practically use and take away.

If you enjoy this podcast, I would love you to subscribe. And if you really enjoy it, give me a review. Hello. Welcome to the coaching hub [00:01:00] podcast today. I'm talking about. One of those secrets to success. And guess what? This is not a 10 step formula. I'm not going to get you to download something. This is really what I believe has made me successful and makes lots of other people successful.

I think it was Jim Rowan. Who said you are the product of the five people that you spend the most time with. And actually the people that we spend time with both in our personal [00:01:30] life and in our business impact how successful we are and the way that they do that is they impact our thinking. And we know that it's not about modeling what people do.

If we want to be super successful. We model how successful people think. So in today's podcast, I'm going to be talking to you about how other people are really that secret weapon. So you didn't need to download anything. You didn't need to have a [00:02:00] secret magic unicorn dust that is going to make you successful.

This is really about understanding how you can access. The knowledge, the experience, how you can access, how other people look at things in order for you to move forward.

And let's be honest in this last year, connection has been so important. I know that for my business, being a member of. A mastermind and online communities [00:02:30] has really helped me no end over the last day, because without that, especially with everything that has happened, I would have been feeling quite lost.

So we know in corporates. And I know that back when I was a deputy, had I got a mentor, somebody who was. Ahead of me. He was able to give me support when I came up against blocks or situations that I hadn't encountered when I needed to think about things differently. I went to [00:03:00] them. And actually, when I first started as a deputy head, I asked someone who was way ahead of me, who was a very experienced deputy head is now a head teacher.

I asked her if she could also mentor me because I recognized that I didn't know a lot about the job. I didn't know a lot about lots of different scenarios recognize that her experience could help me. Equally how outlook could help me. So getting mentoring support has long been one of those things in [00:03:30] corporate that people do.

It's really given the in corporate people who are higher up mentor and support those people who are newer in order to help them accelerate their progress. So if we know this in corporate. Why do we not use this in our own lives? When we've got businesses, we know that mentoring can be effective. We know that somebody else who's walked on that way, that we want to walk.

We know that that can be effective, but also [00:04:00] coaching, which is a different modality to mentoring, which is where we look at helping our clients explore what is going on inside them, looking at what they. No, what they think, what they feel, how they're being, looking at that connection between them as a person and the situation that is going on for them looking at that connection between them and others.

We know when we help in a coaching relationship to help people to [00:04:30] really understand who they are, then that able to move forward and they're able to move forward more quickly. And if we're really thinking about not only moving forward more quickly, but also moving in a direction that feels good meeting in a way that feels aligned.

We know that both coaching and mentoring as interventions can help. And I would say that for both of those, I have both coaching and mentoring support and it's something that I. Yeah, I [00:05:00] used to think, and I'll get really, really honest here when I first started in the online world, which is nearly five.

Well, I got my first client five years ago. I've been around a bit longer than that. But when I first kind of five years ago, it was really getting into what the online world was about. I

saw loads of coaches saying, Oh, Yeah, every coach needs a coach and I was thinking, Hmm, yeah, miss cynical hair. Of course.

You're going to say that your coach, but [00:05:30] actually, what is interesting is that if we really understand the power of coaching and the power of coaching is to unlock what is already in you to help you to think better, to help you to make better decisions, to help you feel better. Then why as a coach, would you not have a coach?

And that is what I asked myself now. I definitely am not a coach beat have coaches, don't have coaches because sometimes a different intervention might be working for them. [00:06:00] But if we truly believe in the power of what we're doing, Why are we not walking that walk? Why are we not modeling it? So we know that coaching can improve performance and can help people get enhanced results.

There's some ICF research from a few years ago where they found that only about 25% of small business owners had a coach. And those that did were in the top 25% performance wise. Now, obviously this is averages is always going to be differentiations and obviously it might not be a causal [00:06:30] relationship.

We know that it's correlation, not causation. However, if we know the evidence, both, when you look at individuals and you look at case studies and you look at more of the global picture is that, then we know that that's a really strong premise for coaches and getting coaching. In addition, what I would say is yes, we know coaching and mentoring.

We know there's interventions. We know that I talk about this a lot. So pretty [00:07:00] obvious that I'm going to say that this is a great intervention to have, but for me, there's something else that we can do. It's not only about having that person that's in front of us. It's not only about having that individual support.

There is power in the group. Back in the noughties. I did a piece of research for my master's into, in psychology and education. And I looked at the power of group work. Now I was doing this with primary aged children, but bear with me, we were looking at how [00:07:30] group work helped young people actually feel more confident, feel more motivated and how.

Using group work, rather than individual worked, created synergies where people were actually able to get better results. This is where 10 and 11 year olds. However, when I did that research, I also looked at lots and lots of other research with people, all different ages, people who were in their teens, people who were in their twenties.

And I would say [00:08:00] that from looking at that, with that. And from my past experience, it is very clear that there is a power in the group. There is a power in being part of a group, especially part of a group where you are working towards a similar goal

or outcome, because the synergy of being together means that you're able to access different ways of thinking about things, different perspectives.

And because of that, you're able to accelerate your progress. This [00:08:30] whole idea that being in a group with like-minded people helps you. And what I would say is like-minded is an interesting word because when we go into like-minded, we can have people that are very, very similar. And I actually think that the groups that I have been in, which are most effective are more diverse.

Because the diversity brings a diversity in the way that we think. So when you're creating or creating a group or even thinking about a group to join, [00:09:00] you want to think about the big, different people, different viewpoints, so that you are able to learn. From all of those different ways of thinking. And it is the thinking that really accelerates.

If we are around people who see success as a no brainer, and this is not an option. And then we start to look at how they think about problems. If we're in a group of people [00:09:30] who are sharing their experiences and their knowledge, then we can start to absorb this. And this is why I believe that masterminds are one of the secret weapons of business owners, because being in a high level mastermind where you have people who are on a similar level means that there is synergy.

It means that you learn from others and it means that you can up [00:10:00] level as a group rising ships together. I've been part of a high level mastermind since 2017. And the one that I am in now really has given me so much. And it hasn't been about learning, you know, how to build a funnel or whatever that may be.

Although we do have sessions on that. In fact, it is been about challenging my thinking and how I look at things and about learning different perspectives. [00:10:30] So I'm able to model better. Decision-making, I'm able to model better leadership because I'm around people who maybe. Do elements of leadership better than me.

And part of being part of this group is actually leaving your stuff at the door while you realize that you do not know everything and learning from others. So I wanted to share this because I really think that one of the ways that we can [00:11:00] accelerate our progress is to be part of a group of people who are at a similar level to us in a mastermind.

Now it goes without saying, well, it probably doesn't, but you know, I'm not opaque. I'm very transparent that I run my own mastermind and I am running a very, very special new mastermind for people who are really established in business. That at that six figure Mark already, and they want to accelerate their progress and they want to be around like-minded people.

[00:11:30] So it is a group that is going to be heavily curated. So lots of people I've had to say no to, but it's going to be heavily curated with people who are at that level where they really want to go to that next stage, because I know. That I have got the ability to take them that I've done it with people one-to-one and I equally know from being part of a group like that, myself, it has been so instrumental in my journey.

Now migrate may not be right for [00:12:00] you if you're at that level and you want to chat, please feel free to email me at Ruth. Ruth could see, but if you're not at that level, if you're at the beginning, start to think about where you are spending time and who you're building relationships with. Because if you're able to build relationships with people who are at a similar level to you.

Who can challenge your thinking. He can challenge what you're doing and you can do so in a supportive way. So you have that community and connection around you. Then I would [00:12:30] say, do that as a priority in your business, because if that is in place, it means everything else will take care of itself much more easily.

And, you know, I say easily, I never promised this is going to be easy. The power of masterminds to accelerate our thinking and the power of others to really help us build and grow is not to be underestimated. And that is our peers. And those [00:13:00] around us as much as it is those who lead us. I hope you've enjoyed this episode.

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