

THE COACHING HUB

Podcast Episode 44 - Thinking differently

[00:00:00] If we're wanting to move through life and be more successful and curious, and open and happier, in fact. Then surely we need to start with the brain and understand how that powerful ness of all thoughts impacts everything. Hello, welcome to the coaching hub podcast with me, your host, Ruth could feed. 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, pastoral development, business development, and a really fun way. 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. And the wall was often live in echo chambers surrounding. So I was with people that [00:01:00] think the same as ours that echo our beliefs and our values. Coaching allows us to have a space, to really challenge how we think I was reading a fantastic book by Adam grog called think again over the last couple of weeks.

And what really struck me is that. Part of the way that we help people be successful through coaching is that we get them to get out of their head and to examine what is going on with their thoughts and why these thoughts come from and how valid those thoughts are. And if they can look at things in a different way.

And I think it is becoming increasingly important that we. Allow ourselves that space to really examine what is going on in our heads, because we can so easily go through life on autopilot, [00:02:00] thinking that we. Oh,

doing things in the way that we've always done them. And that should therefore be the way that it needs to be and feeling under threat or under challenge.

When somebody thinks something different to us or somebody has a completely different way of viewing things. And actually I've always felt that when we want to model success, We don't want to model the actions of somebody who is successful. We want to model their thinking, their curiosity, the way that they approach problems and the way that this applies to coaching, I think is.

Really starting to consider how, as coaches, we're able, not only to challenge the thinking of our clients, but we're also able to challenge our thinking so that we can [00:03:00] stop going into situations, believing that we always have the answers and we can step away from this need. And this need of our ego to always be right when we're really going into the cognition behind thoughts and thinking.

And when we're supporting our clients to look at things in different ways, then we're encouraging them to grow. We're encouraging them to really consider what are those thoughts and how can they look at different perceptual positions, different viewpoints of others, and come out of that head. So they can look at that richer context without having to even speak to people, but by actually being so curious and so interested in what is going on in their heads, that they want to come out of it and they want to explore that richness.

And [00:04:00] that they're aware that really. It's merely a thought and that thought may be true or that thought may not be true. And the only way that they're going to really examine their perception of the truth. And if that thought is true, is by coming out of their hat. And I believe that this is why coaching is so powerful because it allows people an opportunity to really verbalize those things that they have been thinking often on also leap.

Groundhog day again and again and again, we know the more that we think of certain thought, the more that we're reinforcing that neural pathway. So we're making that thought even more probable to prop up

again. So as a coach, part of the scale is to help people examine those thoughts, examine those ways of thinking.

And to challenge them to really see things differently. And I believe that in this [00:05:00] world where we believe that everybody thinks the same as us, we are on social media. And because of the algorithms, we see people who say the same as ours. I have been in so many situations where people who challenge. What they believe to be true and what other people are thinking then they're just ditched because it seems to be that we're moving towards this place where it's not okay to challenge somebody.

Else's thinking we have to think the same. And I believe that when we are changing the way that we think that opens up lots of possibility, it also means that we're able to build better relationships with people. And it means that we are going to become more self-aware. So, not only do we examine what is going on in our heads.

Coaching can also help you tap into deeper thinking and make better decisions. So we know the big debate and there's some [00:06:00] great videos on this from Gary Klein and Daniel Conaman. Well, that's a basing intuition. And also slower, more deliberate thinking. And I am not discounting intuition. If you follow me and you listen to me, you know, that I'm a big fan of actually tapping into our intuition and learning to really build an interrogate, our intuitive muscle.

So we know what that means. And so we can really move forward. But if we are able to help our clients actually slow down their thinking. To tap into positive effect to tap into feeling good before they're making a challenging decision and to actually be more deliberate and rational in the way that they think in a way that Daniel Kinnaman proposes, then we're able to really give our clients the opportunity to make better [00:07:00] decisions.

Decisions are more holistic and inclusive. So my challenge to my coachees is always, how can they think, how can they be? How can they feel differently and how can they take that forward? How can examining that thoughts and their feelings really allow them. To move forward and

to do things different in the future, because coaching is merely a snapshot.

It isn't an episode, an interlude in your day and in your week where you get that opportunity to step out of the doing. And into the being and the thinking. So you can really examine what is going on and a skillful coach will then allow you to integrate what you've loved back into how you live your life.

[00:08:00] And then you're able to really start to think differently and build those new neural pathways and challenge yourself. And be open to others, challenging you. I think that is something that's so many people struggle with right now. They believe that they need to always get things, right. Well, what if you let go of that need to always be right?

What if you allowed yourself to think that you didn't need to have a lot of the answers. And you allowed yourself to see your thoughts as something that could be easily malleable. And that could change when you got more, a new information information that was more up to date. That is exactly what Adam Grant talks about.

And think again, having this mindset, like the scientist, where we're constantly updating our hypotheses and we're constantly looking at okay, what is a different [00:09:00] way of thinking about this? And we update our hypothesis with new information from testing the old information from maybe realizing that the things that we thought were changed, well, maybe not change.

And then you context and allowing ourselves to let go of this attachment to always having to be right, to always having to have the answers. And for me as a coach, we can help our clients with this because if we're wanting to move through life and be more successful and curious, and open and happier, in fact, then surely we need to start with the brain and understand how that powerful ness of our thoughts impacts everything.

If you haven't realized I'm a huge fan of examining the way that we think and helping our clients explore how they think and how that thinking impacts everything that they do. [00:10:00] If you enjoyed this podcast, I

would love you to hop on over and join me in the coaching community. If you like it, please subscribe and shop.

Um, have a look at those books. Thank you for listening to the coaching hub podcast. We've made worth could say, 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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