

THE COACHING HUB

Podcast Episode 57 - What I am learning from coach training

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Hello, and welcome to the coaching hub podcast with me, your host, Ruth Kid feet. 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 and 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. Welcome to the coaching hub podcast. I am here with

Shanti. Kirk is a company director, both for a financial planning firm. And as we to say then for a butchers farm as well, and she's on my current coach training cohort, she's going to be talking to me today about how the training has helped her think about her own. Self-care how important it is to be in the right mindset and how reflection can be a real tool for growth. So shoddy welcome. Thank you, Ruth. So I'd love to know, why do you want to start? Do you want to start talking about self-care? Oh, actually let's start with what made you decide to add coaching to what you're doing

Last year? Just prior to 2020, I decided to do a lot of self-development and I started doing an NLP course and I became an NLP practitioner and I absolutely loved it. And from my business of running a financial planning firm, I've always worked really closely with clients. So listening to what they want and us helping them to achieve whatever their goals are. And hadn't done the NLP course, I really developed an interest in coaching and being able to help people and to have an impact on their lives to help them achieve what they actually want to achieve. So really getting them from a to B and just over the tail end of 2020, I started to look into stuff and then I came across your course, which seems really, really appealing. And I did quite a lot of research, but what really attracted me to your particular course was not only the accreditation that we can get. And I think it is important

for people to be qualified, but also it's the community that you have. What really appealed to me was this, that you said you are training coaches and that's what really, really appealed to me. So that's why I'm here.

I love it. And it's great to have your hair. So we're going to talk now about how training has helped you in terms of self Kat mindset and reflection, which one do you want to talk about first?

Well, I think the first one is probably about self care. That's given the circumstances of what we're living in at the moment. No, I think that self care should be a priority for a lot of people because we're busy, we're coping with something that we nobody has had to cope with for generations, you know, and everybody's affected in different ways by what's happening with COVID, but with self care, I think it's so, so important over the past year. I've just taken some time out for me and not felt bad that I've got three young children, a five-year-old a seven-year-old and an eight year old who are currently on sale by the way. So if anyone is interested, even if it's priced at free, but not might, but yeah, and so it was just really nice for me to be able to take some time out for myself.

I'm a morning person. I love getting up early in the morning. I love doing stuff in the morning. I love doing my exercise. I love doing some reading. I love doing some journaling and it has been having done it consistently for such a long period of time. And I guess this is the silver lining of COVID. If we were in everyday life, I wouldn't have been able to do that because it would have been rushing to the office, but working from home. So I've been able to do that. And I think that's so, so important. And especially doing the course, obviously, you know, I know we had once a week, but there's reading to be done, you know, go through things that we've learned and things. And it's just important to just give yourself a wee bit of time to do that and not feel bad about it.

I love that and not feel bad about

It. Yeah. You know, it's small changes that can have a big impact. We all think, Oh, we've got to make these big changes in our lives. But me just being able to get up 45 minutes earlier has totally made me start my day in a completely different way. And I feel much better for it. So I don't do it every day, but when I can, it's lovely.

And I like that as well that it's, you know, you do it, it doesn't have to be every day.

No, because then you'd get, you know, if you set yourself this target of getting up every day, you kind of like get a bit disappointed, not disappointed, but then it becomes, you know, sort of like, Oh, I have to do it every day, but just through default, I've probably ended up doing it three or four times a week. And it's lovely. So that, that kind of self-care has really helped me. It's the mornings that I'm really, really loving at the moment. And I

think that's just helped me and I feel a lot fresher. So I'm doing the Monday course, so I'm doing it during the day and I feel quite alert when I'm doing it, which is lovely, which is really good.

Yeah. But it's amazing how that time can have such an impact. Isn't it?

Yeah. It's not long. It's probably about in total about maybe an hour and 15 minutes or an hour and a half, but it's great. It's my time. And then I have a nice cup of tea just in peace and quiet. And it's just lovely. Before the day starts, I found that's really helped me and also, you know, the phone. So I stopped taking my phone, but to my bedside at night, I'm on the other side of the room because I just found that in the evenings or, you know, when I get into that, I'd go, well, let me just have a quick browse at best would, let me just have a quick look at that. So the fact that I'm not doing that anymore has, uh, I feel that I'm also sleeping a lot better. Yeah.

Sleep is so important. So we talked about that, the self care the morning. What about the mindset piece? How does that link in?

So the mindset piece, I think I'm learning more and more, but whatever you come to do now, it could be a session with the clients. Or you could just be sitting down to do a piece of work. It could be anything. And it's so, so important to be in the right mindset to do something. And if you're not in the right mindset, it will never work. And certainly when you're sitting down, you're going to be sitting down with a client where you're doing a coaching session with a client, even in my financial planning business, if I'm not in the right mindset to sit down with a client, it doesn't work. And I think it's just about sometimes taking 10 or 15 minutes before doing what you're meant to be doing and just taking some time out and just thinking about what you're going to be doing and how you're going to do it.

It makes such a big difference. I find when I'm prepared for things, and if I've just taken a little bit of time out and thought about what I'm going to be doing and how I want that session to go, it really makes it has a huge impact just by reframing your mind or just taking that time out to think, what am I going to be doing during the session? It can, you know, I think it becomes much more enjoyable and you end up having a much better session with whatever you're doing. So it's not just, you know, like a coaching session, as I said, it could just either when you sit down with the client or it could be anything, anything that you're tackling, if you think about mindset and you think about why you're doing something, it makes a massive difference. And I think that's the key thing, not just doing things for the sake of doing things, understanding why you're doing it and constantly reminding yourself of why you're doing this.

Yeah. It makes such a difference. Doesn't it like that? Even asking yourself that question, why?

Yeah. The wine every now and again, reminding yourself of the why, why am I doing this? Why am I doing this? And I think that that mindset I've, I've come to realize just over time, because we're all rushed. You know what it's like, you know, you're a mom you're trying to fit in work. You're trying to do this. You're trying to do that. Actually, if you just take even five or 10 minutes out to just sort of come back down, you know, as I say, come, I say, come back down to earth, but just kind of just sit down and just think about what you're going to be and just get your mind in the right state of mind. And it's so, so important. Even something city is environment where you're sitting to do something makes a huge difference and just making sure, you know, I know we're all, you know, people are struggling to work from home, not everyone's got their own office and stuff, but even just trying to have the correct setup that you feel comfortable in makes a massive difference.

It makes such a difference. Yeah. So what about reflection then? So the other part was reflection. I feel that that, that links into what you're saying about mindset, but what, what part of reflection, how does that help you with your clients?

Oh, I mean, I mean, you're constantly learning. I don't believe that, you know, you're ever, if you, if you go into a career or a job where you're helping people and you're working closely with people is going to be a continual learning journey, you never stop learning. You can never learn more. And every session that you have with a client is going to be different. Taking that time out. What I find really helpful is just taking that time out afterwards, just again, five or 10 minutes, it doesn't have to be three hours, but just five or 10 minutes. And I've got a little notebook and I jot down a few things that I think, do you know what that was really good? I'm really happy that I asked that I can't always remember exactly what, but I can remember when, you know, something's changed by a question that I asked and sometimes it's not bad thing to just take a step back and think, you know, what, what could I have done better?

You know, just reflecting on what you could have done or what you could have said, or even praising yourself and thinking, you know what, that was actually really, really good. You know, I felt that that went really well. And just to take some time back and just reflect and even just to go through a few things and think if you could have done that again, what would you have done differently? And it's not, it sounds like it's not criticism. It's just feedback, giving yourself some feedback. And there's nothing wrong with doing that because feedback is always a good thing because you only improve on it and then you can be even better the next time.

Yeah. And I, I love that, that it's not criticism. So it's about, it's about having the frame that this is about improving rather than that critical eye that some people can sometimes give themselves, whereas it's making you feel bad for, for not always guessing it. Right. Well, you know, I keep, I mean, of course in front of my husband, I'm always right. So I just like

To get,

And I think that's why I speak for a lot of women though. We are always right. But when you're working with people, you know, of course we all do our best and sometimes it's just good to just take a step back and just think, what could I have done differently? And sometimes there's nothing, anything, you know, what I did the best that I could. And that's absolutely fine. And I mean, that's reflection with clients, but reflection on the course. So obviously we're doing the course every week and what I have found, and I didn't do it in the first few weeks on, but behind, but what I am doing is just on that day, I'm just spending an hour off to the course and I'm just going through stuff that I've jotted down. And I do the print offs of the weekly sessions and I, and I've jotted down notes and I just take a separate piece of paper and I just write down in different colors because I like colors.

And I like it. And I just write down the main points I've taken from the session. Obviously I'm not going to remember it, but I do believe in subliminal learning. So the more I, I sort of, you know, do that, and then it's fun to go back and look back at it because it's nice and colorful. And it's just a page with all the highlights of that session. And I do a kind of like mind-map, and it just gives me some time to reflect back on that session. And then gradually I then go back and look at what we've done over the past few weeks. And that's quite nice. And there's actually, it's a really nice sense of achievement thinking, you know what? We have done all of this and we have learned all of this, and it's nice to know that, you know, eventually we'll be putting it into practice or we are putting it into practice when we sit down with the clients. So that's reflection on your own learning, but it's also reflection when you sit down with clients. And as I said, it's feedback and feedback is always good. And he surely is be able to give yourself some feedback.

Yeah. And sometimes it is the most difficult situations where we learn the most. We wouldn't have ever been in that situation unless we challenged ourselves to go in there. And I think that we need to acknowledge that domain as well.

Yeah, definitely. And actually, that's, that's true. It's, you know, when you, when you, when you're working with people, I think that you are constantly challenging yourself because no, no two people are going to be the same. No two sessions are going to be the same when you sit down because everybody's got different needs or desires and that's it. But

yeah, that's true. So we are challenging ourselves. That's a good one. I like that reef, that strain

Constant challenge and feedback is part of that grace.

Absolutely. Definitely. So, yeah. So it's those three things mainly that I have, um, quite handy, self-care being in the right mindset and reflection.

I love this episode because I love the fact that it's about those other things that maybe you're not, you're not thinking, Oh, I'm going to do a training course. I'm going to get this out of it necessarily. So it's like that kind of periphery stuff that is actually really strong because it helps embed into routines. And that helps you day to day.

Yes. Yeah. That's true. I mean, not once during this, since we've been doing the course and to be fair, even when I did the NLP course, I never once thought, Oh no, you know, I've got my session. I've got to go to my training. I didn't think of it like that. I've just thought of it as this is something for me and I'm doing it because I love it. So I look forward to Mondays when I'm going to sit down and I'm going to do the course sign. I genuinely really look forward to it and I'm excited and I've actually scrapped my daughter out from half nine. So I can again, get in the right mindset that I'm going to be doing. And it's lovely. And it's, it's really, really nice, but I think those three things have helped to be able to enjoy it the wee bit more as well. I think that's, that's a good way of putting it because if you're not in the right mindset, you're not doing self-care and if you're not reflecting, then none of it really, it doesn't, it's kind of, I think it's all encompassing the whole thing. All of it is important to get the end result, which is to be able to be,

Yeah. And, and getting these, getting these things in, it just makes such a difference. So what is going to be next for, you talked a lot about this, but what about for, how are you going to use coaching in the future and in what you do in your business?

Well, actually Reed, I'm in the process of setting up my coaching business. I say who I am very, very, very excited about it. And I I'm going to be doing is I'm going to be working with professional women and helping them achieve the life that they want. Brilliant. And that's what I'm going to be doing. It's something that I have wanted to do for ages. And it's actually opposite. As I said, I've always worked quite closely with clients and our financial planning business, but I think, and I've seen it that women can make small changes in their lives, can have a massive impact. And that's why I'd like to be able to help people do

So you're in the process. So if people want to find you online now, where could they find you?

Well, the thing is reef, I'm a bit of a technophobe, so they could contact you reef and see, where is she there? Where's the picture, financial planner, coach, lady. They could be contact you, but no, I'm, I'm in, I'm in the process of doing research and trying to find the right people to help me go out there into the big online world. That's what I'm looking to do. And I think I've almost cracked it, but I've given myself a deadline until the end of June. So that's what I'm working towards, right?

So if you're listening to this after June, we will have contact places where you can go and find Shadi. If you're listening to this before June, and you want to, you want to connect your shoddy, just drop my team a message and we will get that message to her. So we will find a way tack or tag. We can make it work. Thank you so much for being on the podcast. And thank you for talking about these things I think are so important for all of us and actually a part of, one of the ICF. I would say, relating to the new ICF competency on coaching mindset. I'm really looking forward to finding out more about your new businesses.

Thank you very much. Thank you for listening to the coaching hub podcast with me. Ruth 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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