

THE COACHING HUB

Podcast Episode 59 - Coach training has made me feel more confident

I've said to a few friends, I feel like a powerhouse right now. I feel like it's not all going to be easy. It's not all going to come to me, but I've realized that idea that actually, if I really work for it, I can achieve those things. And I'm breaking down those kind of limit. There's still some limiting beliefs there, but I'm slowly. Now I'm still worried about creating a business mind. I can do this bit.

Hello and welcome to the coaching hub podcast. We've made your host Ruth kid feat. 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, business development, and a really fun way. We're going to have live coaching sessions, or 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 podcast.

I'm really excited to have Angelina hint, Tosha, who is a teacher, and she is currently studying to be a coach. If you know my story, I used to be a teacher TSA. I love the fact that we have lots of teachers on here who are studying to be coaches T so Angelina is going to be talking to us all about how coaching has helped her find herself and become more confident. So welcome, Angelina. Thank you so much for having me. I'm really excited. I'm really excited as well. I love, I love having this space to speak to so many people on the course. So let's start that. What was it that drew you to coaching? Oh, I have, um, I've been teaching for a very long time and we had some that came in to did some coaching with an education years and years. Probably about like 15 years ago, but lots of teachers in the room game, what on earth it is and how we can use it.

And I was buzzing because he was saying things like I understood it and I got it and it made sense. And I sort of thought, I wonder if I could do this in the future and then just license things to Clover. And I'm currently working in, uh, an art, uh, additional resource provision with children who are on the verge of being excluded. So there's a lot of violence. There's a lot of bad language and there's lots of things that go on and we've had an educational psychologist come in and work with us and I'd always consider going down that route. And when she's been working with us and she did some training and

coaching, she went and she and I were just sort of talking about stuff. And I just thought, I understand this. I get it. It makes sense. I wonder if I could do this and then spoke to a friend who I didn't realize it'd been coaching for years and just thought if she can do it and she's enjoying it, she's loving it. Just look into it. So I did, I just, I just explored it when a lot of webinars and each time just thought, this is me, this is me. You could do this. And then just thought one day, I'll just do it. So I found you and I was very excited.

How did you find me? I should ask this more. I would tell people, I ask everyone that. And obviously I don't.

Yeah, I think Marissa Gordon who's been on night, so she's, we went to university together. We studied together. So we've done lots of things previously. We've always been really good friends and we're just talking about our lives and just where we'd been and how this year has been manic and, you know, finances, just children, partners, all that sort of stuff. And she just saying about her coaching and I was like, she's done so much stuff. And I was so inspired by her. It was a real light bulb moment because I've always been inspired by her university. I've always looked at reach and gone. This is a woman that could achieve great things, but I know life happens. And sometimes you don't fulfill your potential and she transformed her life and she taken control. And I just want, I know her, I know who she is.

And I just thought, I think I can do that. And so she said, check out these. And she was like, Oh, I keep seeing this lady Ruth come up. She's looked at her stuff. It's amazing. And then when it was all the neuroscience stuff and all the psychology stuff that a lot of courses don't do when I looked at other ones, it was a bit that really intrigued me. And I thought I can't do a course in coaching that doesn't have that element to it. Cause that's, I want to talk about the brain. I want to talk about how people function and how we move on and our habits and our choices. So I was like, when you've got it on your course, I was like, Oh, I think this is really, really good. And so I was just, I just kept being drawn back to your course. And I am so glad that I, that I chose to do your course. It's been amazing. It really has.

I'm really glad as well. Cause the app see, and I need to say a thank you to Merissa who's gorgeous. And she's, it's always so interesting how people find you. And I think that the right people find you at the right time. Yeah, definitely. So I was going to ask you, so you've been on the course now for, wow. You've done two weekends on weekends. Cause obviously you're working full time. Yeah. What's been your experience so far. How has it helped you to increase your confidence?

I thought I was quite a confident person to a degree. I knew that I had some limiting beliefs, but didn't know that's what they were. Yeah. But reading the atomic habits by James fare, I've really got this sense of I'm someone who's perpetually in motion and

doesn't always take action and definitely doesn't take action for myself and there's doing a lot of things for other people, but when you stop and go, what you can do for yourself and could you do this? There was lots of, Oh no, I could, but I probably wouldn't be that good or, Oh, don't worry. It don't need to. And when I stopped and thought I want to do something for me and just choosing to do this course and actually choosing to pay the money for me was huge because it was an investment in myself and I don't do that.

And it's not some kind of really thought about, and then as we've been going on the course and having coaching as well as being a coach is the most empowering, amazing experience ever. There's nothing like coaching, having somebody just listened to you and not embed their story into yours, not put their spin on your truth or your feelings and just have someone almost like mirror back to you. Yeah, it is a really, it's a really powerful thing. And then the other aspect of it is that accountability and we've talked through the things and now you're going to do things to make changes. And that's where, you know, motion gets to action. And I think the whole process has, you know, you push yourself with that. You push yourself with each client, you see you push yourself with being tired and still reading the books. Cause it's really exciting.

It's really interesting. And you push yourself to think deeply about who you are and what you want. And I think to gain confidence, I've had to strip right back to understand who I am and then make harmful changes. And it's made me feel, I I've said to a few friends, I feel like a powerhouse right now. I feel like it's not all going to be easy. It's not all going to come to me, but I've realized that idea that actually, if I really work for it, I can achieve those things. And I'm breaking down those kinds of limits. There's still some limiting beliefs there, but I'm slowly now still worried about creating a business mind. I can do this bit and I can make changes and I can get better. That's been a massive impact, massive thinking in my head.

And I want to just come back to one thing. I don't invest in myself. You didn't invest in yourself. Now you do.

Yes. And I will continue to cause I'm thinking about beyond this, what else do I want to do? So build it up. And it still Gary thinking about, you know, I do get worried enough with people about some going to build a business and I still go, yes, I I'll probably just do it at the weekend or maybe in the evenings because there's a part of me that is still frightened to kind of go whole hog.

You just do it at the weekends, in the evenings. What are you saying? What would you love to happen?

I love teaching and I don't want to completely come out of that. I think in the first sort of that big goal is to think about branding myself and reducing my hours at work when it's

appropriate to do so, so that I can actually have a set time where yes, there's some weekends just as some evenings, but there's whole days that are set aside for coaching. And then eventually maybe have a bigger split. It's more coaching and teaching and maybe going in and doing some coaching within schools, really thinking about young people. Because obviously I work with a lot of children who need to understand that they are worthy and the things that they do now have impact on their future. But they're too young. And I think we, we miss a trick predominate in this country when it comes to education, we don't involve our parents enough.

We don't support our parents enough. We don't nurture our parents enough. And a lot of our parents need coaching because they love their children. But don't necessarily recognize that, you know, discipline, isn't a bad thing. It's about holding space for your child, having your child be heard, but recognizing that you also, there are rules and there are consequences and you do that because you love them. And it's not the little things. And so, you know, I would love to eventually sort of go and do workshops with parents on accountability, on, you know, on habits, on structure, on goal-setting for them after their children, which is a huge thing. Cause it's, it's changing how we talk to parents within schools and children and how we, we, there's so many things in coach that can go. So one is that concept of partnering. And I've always talked about in education, partnering for parents.

And we do it very well where I work because you're having to tell them very difficult things. And they, I ran out, literally ran out in front of a child. So they say, I'm going to speak to your mum first because I want you to tell her how amazing he'd been today. And the other flip side, I was having to talk to a parent about how difficult that child had, but there are no gaps. It's all transparent. I tell that parent absolutely everything so that you can move forward. And then I say, right, what could we do together? And I think we just need more of that. I do.

I think that that is a piece that we miss, isn't it? Because we're like, okay, supporting the children in school, but actually supporting their parents because their parents, every parent I'm sorry, or that like 99.9% of parents want to do well by that if they don't, it's not because it's not because they didn't want to, they didn't love their children. It's often because they don't feel like resources or confidence or there's other stuff going on for them. I mean, it's so hard right now for so many people. And I think that if parents had access to coaching and good quotes where they could feel hard, actually it would have such a massive impact. So, so it's not just going to be evenings.

No, cause I just, I feel, Oh, it's just the most incredible thing. I just, I just love coaching. I just love it. I love being coached. I love coaching. And I love talking to these people. I've only, I've only coached with women and I'm really excited to kind of get some guys to coach and see their experience. But the women that I've coached so far where they've

been a bit cautious about it, a bit worried about it, and then we've done it. And I've said, you know, we can do it as often as you want, if you want it every other week, if you want it once a month and let's just see, and then at the end of it, right? So when are we booking next week? And you can hear that. I w because they can feel that they've had breakthroughs and saying to them, when they thank me, it's not, this is your breakthrough coaching means that you can, that the client can have ownership of their triumphs, because I was just taking that process. And I think that's a really beautiful thing that it's about them. And I'm just here to listen and to be curious. So yeah, more of that in schools would be wonderful. And I definitely think, yeah, there's lots. I want to do. I think there's lots of people that I can help. So yes, we can. There's not enough, not enough to do that.

I saying, so if people are listening to this and they're thinking like, maybe they're working, full-time, they're thinking, okay, do I really have time and capacity to do training on top of that? What would you say? Because you're, I know that lots of people have that, which is why I'm going there with you. What would you say?

It's definitely doable. I said the same thing to Claire Bramble when I was coming on the coach, when I was thinking about the course and she was talking to me about all the things she did and was very honest about, you know, the bits that were hard and the bits were fine. I worried about the reading. That was my big concern. We don't have time to fit reading in. You will love coaching and the reading becomes a minor, but it's, I think you set out very clearly what it is we have to do and move very clear from the beginning, stop panicking people. This is what you have to do. Some will do more. Some will do less given your circumstances, but yeah, I'm working full time. And I have work when I come home, I've got bags of planning to do assessment things to, right. I've got two young boys that give me the run around 24, seven, like mad.

And one of the things that I really thought it came through my coach, my coaching session was about organization and it was more than doable. And you will do as much, or, you know, the moment I've got seven clients that I'm working with. I don't have to have that many, but I want my hundred hours. I want to go for the diploma. I want the next level up. And it's just about planning it out and owning, you know, I need to be, I know I need to be very honest with myself and own those barriers. So yes, to some days, I know some days it is more than doable and I know everybody's situation is completely different, but I listened to audio books on the driving to work. And when friends of wanting to I'm like, I don't want to talk to anybody. I want to listen to this because once you get into it, you will love it and makes it

It's your mindset. If you can listen to motivational things on the way to work as well,

It did, it completely sets you up. And I, I think the thing that for me with shows is that it will be about my children, a future. But right now this is about me. It's not my mom, my dad, my sister. It's not about anybody else. It's about me. It's about investing in yourself. So people who are listening and thinking about all the things dive in, because actually, I mean, you're so supportive on the course as well. We had some mentoring and you were talking to one of the young ladies there and you were just so supportive and we're here for you. You send a, sorry, whatever you need, we're here for you. And you can see that resonated with everybody that was on that zoom call, but actually in this course, whatever support you need, as much as you can, you will be. And that we all felt that.

So it's more than doable. You've taken at your own pace. You read, some people have read all the books. Some people are just, I mean, I only got a group where we say, we're going to read for 20 minutes. And like, that's all I do. Some days I don't read that 20. And sometimes I'll do 30 the next day and try and put it up. But it's just little and often, and that's all you need here. And the more coaching you do, your bet you're, you'll become, so is a hundred percent doable even with my crazy life. And I wouldn't go back for a minute. Yeah. I love that.

What I want to do is I want to come back and we visit this with you a year from now and see like, how fun would that be? Yeah,

Yeah, yeah. Yeah. Cause it is mad to think. Cause it's been so much has happened in such a short period of time, so much has happened. And I have told a lot of the girls and you know, Jonathan, the course as well, we've only been doing it for a short period time. So it's an on Saturday I said, but we've only actually technically had two lessons, really two lessons you've had, you know, one weekend. This is just our second weekend. Look how much we've grown. Look how many clients people have seen look how much learning and how we're talking differently. So it's a magical process. It really is.

It's magical to have VA. Is there anything else that you want to add before I let you go back to your crazy life? And I go back to my crazy,

Yes. I would only say if there's anybody that's thinking about it a hundred percent do it. And just having looked fine. I mean, I went on four webinars. I went on one, I went on a six hour webinar to decide whether that was a coaching Academy or place that I wanted to go with and yours completely set up. But now being on it, the support from you and your team is fantastic. The actual support from the other coaches, when we're in the zooms together, you know, we've got a WhatsApp group, you've got your hub, you've got your face with there's so much, there's so much wealth that you can tap into or not depending on where you are. So I feel really supported on this journey. And I know I've got my feedback today. I'm looking at the bits I need to work on. I'm looking at the bits that were positive and thinking moving forward.

So, you know, this is the poem that one of the best things I've ever done for myself. So I'm so excited to think about what the next few months are going to hold for me and for my clients. I am too. Oh, I'm bursting with happiness for you. Yeah. It's just wonderful. Thank you. Thank you. Everything you guys do. And the multiple emails that I send them, did I do this right? Did not do that. Right? Cause I'm a panicky person, but no, we have. And we know that that's the thing that we know that some people like, just depending on who you are, some people need more support. So we get that. We don't give any judgment. We're like some people would need this. Some people will need that. Some people will find this easier. And yeah, we, we make sure they, yeah. Th that we have that. So at the beginning where there's like five people in the background, making sure that everyone's got the zoom link and by the second time, it's okay. But it's, it's, it's really about fit. Like, what we want to do is we want you to have the best experience. So everything, everything that you need is brilliant. I love, absolutely love it a hundred percent. Well, thank you so much. Obviously, when you're listening to this, the professional coach deployment is open for enroll

Wednesday. Please drop me a message or look at the links live and you convert the lovely clap. Thank you for listening to the coaching hub podcast with me, Ruth, Kathy, if you enjoy this, I would love you to join my Facebook group, the coaching community for more of the faith.

© ruthkudzi.com 2021