

THE COACHING HUB

Podcast Episode 69 - The Power of Self Awareness - How Knowing Yourself Makes Your Life Better!

Self-awareness is our greatest gift. When we're aware of self, we can be aware of others, but on top of that, when we're really aware of who we are and how we operate and all of those things that go on underneath our behaviors, then we can change them.

Hello, 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 over the last few episodes. Well, probably over the last

20 ish episodes, you've been hearing from lots of people. Who've been doing my professional coach to diploma, and you will notice that one of the things that people talk about and they talk about as consistently is not the fact that they have a piece of paper saying that they are an accredited coach. And obviously that is something that is important to many people, that credibility and that professionalism. However, the big thing that people get is that they get the actual gift of self-awareness and self-development, and that is something that will stay with you forever. So I find that self-awareness is the biggest gift that you can get from coaching. And I'm going to be talking about this a little bit more on the episode. So what does self awareness mean? Well self-awareness is really understanding who you are, because the only way that we're ever going to change anything is if we understand our sounds, if we're aware of what our needs are and what needs are being met and what needs are not being met, how do you know where you're at?

If you don't actually assess it, how do you know what you need to change? If you don't assess it, if you don't have that reflection time, self awareness awareness of the way that we operate, what our needs are, what our values are, all you super clear on, what you

stand for. Are you super clear on what is most important? Do you know when you're in a conflict with values, do you understand how that feels to you? What about your strengths? Do you really know what they are for many years? When people ask me my strengths, I have no idea. And I'm not even saying that as if I'm like, you know, this amazing person. Definitely, definitely not. I have no idea because I didn't stop to ever reflect and I didn't have the language or the capacity to really look at who I was. So it's so, so powerful to really understand who we are and how we operate, where we operate from like what our needs are, what our strengths are, what our values are, and even going beyond that.

So if we're looking at going beyond who we are and how we operate, it's all about underneath the iceberg and coaching helps us as coaches understand how we are and how we communicate and what our preferences are, what our stress responses are and when we're triggered, um, what for us is that red flag and how can we actually react a little bit differently to that red flag? There were some things for me that, you know, despite years of self-development and coaching and being coached and coaching supervision, all of those things, there were still times when I see red, of course there are because I am a human, but actually it's about reflecting on and working through, what those triggers are. And sometimes I actually think it's a completely okay response. It's something happens in my business and I was like, I'm really not happy about this.

And is it okay to respond with a significant emotion? Yes. As long as you're not hurting anybody, as long as you're doing so in a way that is compassionate to others. When we know who we truly are, uh, what really motivates us and what is important to us, we can design our lives around that. And guess what? Newsflash, this may not be money for all of us. You know, many people. And I have a theory that for most of us, we are motivated by money. The most when our basic needs are not being met, when we are in a place where we are having to think about food and water and shelter, we all going to be focused on money. It is very difficult to focus on anything else, but for most people, when they get to the stage where maybe their basic needs and above are for failed, they start to have that realization.

Well, okay. More money equals what does it really equal? Cause that's when your values come in. And that's when it's like, okay, yeah, I'm at this level now where I don't have to worry about those basic needs, but that being Matt. So where do I go next? What happens next? Is this about more? Or is this about what I do with my money? Or is this about how I can be more aligned with my values? And these are the kinds of conversations that we have in coaching, and there isn't any right or wrong. I'm not saying that, you know, financial goals are not relevant for some people, they are super relevant for some people they're massively motivated by those, but it's always about what it means to you. So understanding what really makes you tick, what switches you off and

being really clear in your own head, what your red lines are and what you can do actually to step out of toxic situations.

And when you know that your energy has been drained by somebody or a group of people, or some things you can start to think about, okay, well, what can I do differently? Self-awareness is our greatest gift. When we're aware of self, we can be aware of others. But on top of that, when we're really aware of who we are and how we operate and all of those things that go on underneath our behaviors, then we can change them. The only way that you can change sustainably is by digging down. It's not about the behavior. Behavioral change only works on the surface level. We have to look at why that behavior originates, that behavior originates in the mind off thoughts, our beliefs. If we want to make a change, we need to understand fast. What are we saying to ourselves? What's that daily diet of thoughts that is going through our heads.

How are we being, how do we fail? What's going on for us emotionally, what's going on in our bodies? What are we feeding that? What sensations, what was the distance? And then from knowing where we're at, we have a baseline and we know where we need to focus and repeat and focus and repeat. If we want to change something. There's so many ways and programs that I see which talk about people changing behavior. But for me, behavior is what changes when we change, where there's underneath. So self-awareness is often the gift that we get from not only being coached, but by doing the work to be a truly confident and competent coach. And when I talk about that, I'm saying, doing the work, understanding how we interact with others, understanding how we build relationships with others, understanding how we are motivated by everything that is going on for us and for others, understanding exactly where we sit in the world.

And if we don't like why we're thinking about how we're going to change that from the inside out, I can not talk enough about how self-awareness has allowed me to change the way that we're thinking and feeling about ourselves. Change. The way that we believe will change our beliefs, change everything and change it in a positive way. If you want, the gift of self-awareness coaching is a way together. And if you want to really grow, I highly recommend that you come and join us in the professional coach diploma. And guess what we start next week. So your time is kind of running out to join the may cohort. Although of course you can join for September tea. I would love to know how you raise your self-awareness and what you do with that information and why you go from it because it's great to know it's even better

To change and develop. So you can be the person that you're meant to be and shine in the way that you're meant to shine. 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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