

THE COACHING HUB

Podcast Episode 71 - Investing in yourself and the power of personal development

If we want to truly step into what our purpose is, if we want to truly be the person that we want to be, then we need to start to build our sample land.

Hello, and welcome to the coaching hub podcast. We've made 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 in 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. One of the real benefits of coaching

Being coached and of study coaching is that it Fastly increases your self-awareness. And this is probably one of the secret things that many people don't experience, because they believe that coaching is more about a scale for others. But actually the truth is that coaching is the secret to us being able to develop our own self-awareness and our awareness of who we are and how we operate a lots and lots of people that I have worked with have said to me, from the professional coach diploma, that they've realized that a huge, huge part of the diploma and being part of the group and being part of a cohort has been about developing that own South, really starting to understand who they are on a basic level, understanding their needs and their values and what is important to them, but also what their strengths are and why they're playing to their strengths.

And when they're in flow state and what they're not, and what they really want to do that bigger vision and goals are, and understanding how their brain works cognitively and how neuroplasticity works and how they can actually reprogram that thoughts and their beliefs and change aspects of themselves that they want to coaching really helps you to know who you are, and it allows you to change elements of who you are. Now. I really believe in the growth mindset. I believe that nothing about us is fixed. I believe that if we want to change elements of our personality, if we have the motivation to de say, which will allow

us to focus on doing that, then we can do that. But often we don't want to, and often we don't need to. And I really think that alongside self-awareness there is self-acceptance for me for many years.

And actually when I used to work, I remember someone saying, Oh, a race is so full of ideas and so ambitious. And they said it in a bad way. Like, I shouldn't be that way. And I remember hearing people saying that to me, and it was more than one person and shrinking back and thinking, okay, well I have to change because the way I am is obviously not okay. I have to be different. Maybe I have to be quieter. Maybe I don't have to share that. I want to achieve all of these things because maybe that's bad. And actually through coaching, I've realized, well, these are some of my strengths, my creativity, the fact that I am, you know, always having loads of ideas is a strength, but actually realizing that I need to take a step back and I need to give myself space and I need to, you know, write down these ideas and then decide the ones that are actually going to pushy has come from coaching.

So it wasn't the fact that there was something wrong with me. It was more that I needed to really consider how I was going to channel some of my strengths, so they didn't become overdone. And so they worked to my advantage of what I was doing. So coaching is like having a mirror and really seeing not only the light and the things that we're good at, but the shadow, gosh, part of my shadow was an obsession. And I would say obsession because it felt like that with what other people thought of me now, obviously being online and having an online business and persona and you know, sharing about who I am on social media meant that I didn't have any control over what people thought of me. I meant that some people didn't like me, of course they didn't. And I had to have a lot of coaching around that because I found it incredibly difficult that I would have people who didn't like me and over time now, when I have people who send me emails or tell me about things that they believe about me from seeing maybe one or two posts online, I'm able to take a step back cause I'm able to realize and have that self-awareness and self-belief that this isn't about me.

And of course, if I've sometimes acted in a way that is unclear or that people think isn't great, then I will actually go inwards and on is what last saying true. What can I learn from that? And this is so much from coaching because it's very easy. If we feel backed into a corner to fight or to run, but actually coaching has allowed me to sit with those uncomfortable feelings to take on board. When I have feedback that is unsolicited from people that I do not know and to think about, okay, what do I believe is true here? What can I learn from this? So for me, having coaching has enabled me to really step into who I am, but also to acknowledge that I am far from perfect and that I am on a journey. Now, I always think like it's such a cheesy word.

I can't think of another word that I want a journey of self-development but equally, unless it's a thing that, where I am right now is exactly where I need to be. I honestly believe that if we want to achieve what we want to achieve, and if we're really clear about why we want to achieve it, I say this all the time. I see people with these me-too goals. I want a six figure business. I want a seven figure business. I want to work 10 hours a week. Okay, great. But what is it that makes you want that? Yeah. Having a seven figure business doesn't mean that you make seven figures. It means that you're managing a team and it means that you have responsibility. And I have responsibility to pay my team every single month and to ensure that they feel supported and they feel safe and they feel nurtured and that they have coaching and support and mentoring from me and from my business manager to ensure that they are in the best place.

So having a seven figure business depends on your motivation, like is your motivation to grow something big and to have that responsibility, or is your motivation different? And who is saying that one motivation or one type of business ownership is better than another? Again, this is where coaching comes in to help us recognize what we really truly want, because it's very easy. And it's very easy. If you're in the online space to get these me-too goals. It's also easy to do that when you're working, because people seem to think that the way to progress is to climb up the ladder. But maybe that doesn't work for you. Maybe there were different things that you want to do. And it's about knowing yourself and really understanding what is important to you right now, because this will change the way that I wanted to live. My life in my twenties is different to the way that I'm living my life in forties.

It doesn't mean that one of them is right. And one of them is wrong. It is about acknowledging who we are, where we are. I honestly believe that the more that we are able to do the work on ourselves and to understand who we are, the more that we're able to really step into our purpose and what we're meant to be doing and what energizes us. I'm recording this as an example for you guys at seven o'clock on a Sunday morning, my family was asleep, I've got my coffee and I'm motivated to work. And I am, I would say, you know, I've, I've gone through these motions where, Oh my gosh, I shouldn't want to work at the weekend actually, where my family were asleep at the weekend, it's a great time to do some work. And I think that understanding that for me, my work motivates me.

My work makes me feel good. And you know, being in a space where I can get support to be the person that I want to be rather than being the person, I think I should be. It's been a game changer, our context, who we are, our beliefs, how we show up, all of these have super, super important. And the only way that we're going to be truly aligned with what we do is by knowing who we are. I think knowledging ourselves for all of the things for maybe the things that we don't finish for, maybe the things that we start and we realize

aren't for us for every little bit of who we are, the self-awareness is the start. Even if we're thinking about something like our thoughts, the more that we know, what our thoughts are, the more that we acknowledge, what we're thinking and feeling, the more that we're able to then change it.

And this is the power. The power of coaching is not only about knowing who we are, but it's also about really starting to think about who we want to be and what we need to change. If anything, about the way that we show up and the way that we think and the way that we act. So for me, if we want to truly step into what our purpose is, if we want to truly be the person that we want to be, then we need to start to build our sample awareness. We need to acknowledge when we are triggered and when things are good and when things are bad, um, what we're gonna do in response to this. And I would say that this is one of the secrets of my professional coach diploma. The people on the professional coach diploma get great results for themselves personally, as well as growing as fantastic coaches, because they do the work.

We go through all of the tools and techniques and skills together, and then they practice, they do it on themselves and they have coaching in nearly every session. And that coaching enables them to really know who they are. And the more that we know, the more that we can reflect, respond and change. If you want to increase your self-awareness, the best way is to get a coach. And an even better way is to train as a coach because that training not only enables you to go through the coaching experience and enables you to understand what is underneath all my training does anyway, where we understand and acknowledge, okay, what are our strengths? Who are we? And how can we use this in wherever we are doing? I hope you've enjoyed this. If you want to train as a coach, we are nearly closing the doors on the may cohort. So drop me a message, collect the link Booker call and beyond that journey

To really, really rave yourself away. Thank you for listening to the coaching hub podcast with me, Ruth Cathy, if you enjoy this, I would love you to join my Facebook group, the coaching community for more of the thigh.