

QUOTES, QUIBBLE, QUESTION

1ST EDITION

FROM
THE
COACHING
GUY

WELCOME

Weekly you can expect a round-up of what has been playing on my mind in the last 7 days. Likely to be driven out of the conversations I am having with my clients. As with all coaching, it is about helping individuals to find their own way forward, what works for one does not mean it will work for everyone. So just take this as a starter for 10.

QUOTES

“If people haven’t laughed at your dreams, then you aren’t dreaming big enough, just keep pushing forward” [Daymond John](#)

“When you feel like quijñing, think about why you started.” [Anonymous](#)

“The pain you feel today will be the strength you feel tomorrow.” [Stephen Richards](#)

“When nothing is sure, everything is possible.” [Margret Drabble](#)

Everyone needs dreams, a great network of people around them, resilience because life is just hard work, and a belief that you are where you are supposed to be right now. Tomorrow things can change.

Q U I B B L E

I genuinely think that social media has a place in our lives when used in the right way. I do however have a quibble with some of the content. For example, getting yourself up early around 5am will make you successful? Will it? Not on its own it will not. The root cause of this is those who are actors, elite sports personalities, and those who create a platform on social media that does not tell their full story.

But having read the book by Robin Sharma waking up earlier, creating new habits, and being more productive and purposeful will obviously change your trajectory. It takes time and it is not a silver bullet. But that is not what they say... I also wonder how many people try to follow the advice and it does not work, this being likely because one size does not fit all. If you like the principles and wonder how it might work for you, go to the source, not someone else's version of the truth.

This brings me back to coaching, it should not be one approach that shows people the way forward, it should be bespoke for the individual enabling them to understand their situation, create opportunities to think differently, and ultimately manifest the changes they want to see.

Q U E S T I O N

I was thinking about the Brian O'Driscoll documentary about sportsmen and women who struggle with their identity at retirement, which generally happens earlier between 30-40 years old. Leading to struggles with mental ill health. As a sufferer myself and recently left a senior leadership role last year, I too struggled with my identity, it had been my life for 10 years, overnight everything stopped, no contact, emails, calls, no messages, NO PURPOSE... You forget how consumed your life is when everyone else's needs must be met. I imagine the same could be said for those at retirement age also. So, my question is...

How do you prepare for the next phase of your life, and what should you consider?

So having lived through this my thoughts are:

- Life will play out in chapters, this is just another one in the book
- Plan for your financial future independently of your job.
- People you work with are co-workers so don't get caught up in thinking they are friends.
- Lead others with empowerment and trust so that they become interdependent.
- Prioritise your friends and family now, not sometime in the future

Here is the summary:

1. Find inspiration in quotes that mean something to you.
2. Take the principles of what you hear on social media and adapt them to your life, after all, who knows you better than yourself?
3. Take steps to adjust your own life now so that it becomes more fulfilling. As the CEO from Coca Cola said 'work is a rubber ball and if dropped it will bounce back up.'

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

matt@thecoachingguy.co.uk