

What direction do you want to move in?

My approach to coaching

I like to start by focusing on what you want to get out of being coached and how you want to feel in your future life. I then try to tease out the underlying thoughts that are blocking you from getting where you want to be. I turn this into practical, useful strategies you can use going forward. The following questions can be used as self-coaching exercises or as a tool to work through in our coaching sessions.

Your future feelings

How do you want to feel?

If you could wake up tomorrow and feel anything you wanted, what would those feelings be? For some it is a feeling of calm, for others excitement, for many it is a mixture. What feels right for you?

How do you want to behave?

How do you want to see yourself acting in the future? What behaviours would make you proud of yourself?

What kind of relationships do you want to have?

What kind of relationships do you want to welcome into your life? What would be the qualities in those relationships that you would value?

What do you want to stand for in life?

What would you like to be known for in life? Try to think of the attributes you'd like associated with yourself, perhaps it is kindness, or a hard worker or a good parent.

What goals do you currently have?

What are you currently trying to work towards? Don't worry if you don't have anything specific - we can work on that!.

Your current feelings

What thoughts, feelings, memories or urges are you trying to resist or get rid of?

We often get stuck with our negative thoughts or feelings – what are you spending energy trying to ignore, resist or remove?

Things you are doing that are restricting or worsening you life?

Can you identify any of the things you are currently doing that are not helping you?

Can you identify any unhelpful, negative thoughts causing negative feelings or actions?

Our feelings and therefore our actions and results are entirely caused by our thoughts (yes, that's 100% true, I promise!). What thoughts are you having that are causing negative emotions to come up for you? What thoughts are you having that are causing you to either act in ways that are not helping you or causing inaction?