



Miles Mather

from

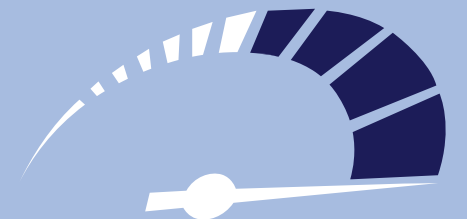
TRANSFORM

COACHING *presents*

Six steps to ultimate Self-Awareness at work

The six steps:

1. Thinking better
2. Being Calm
3. Being aware of my emotions
4. Choosing how I interact
5. Working true to my values
6. Building my personal purpose



TRANSFORM COACHING
CREATING HAPPY PEOPLE

Stages of Development

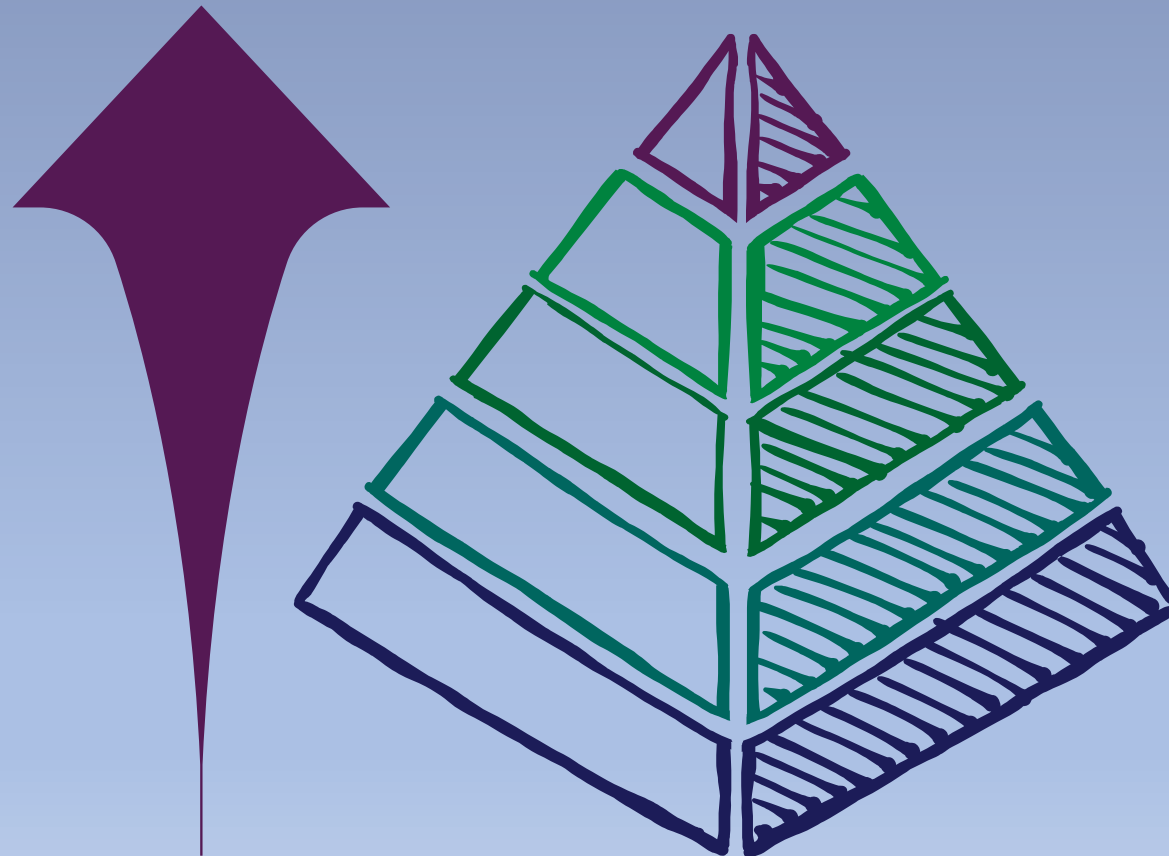
Fulfilment

Contribution

Interacting well

Self-Regulation

Self-awareness



From reflection we can better understand ourselves and increase our ability to manage ourselves more effectively.

Only then, once we have grasped a greater level of self-regulation, do we enable stronger consistent and positive communication.

As we develop and grow as people we tend to gravitate towards and make time for more meaningful contributions, which are increasingly rewarding.

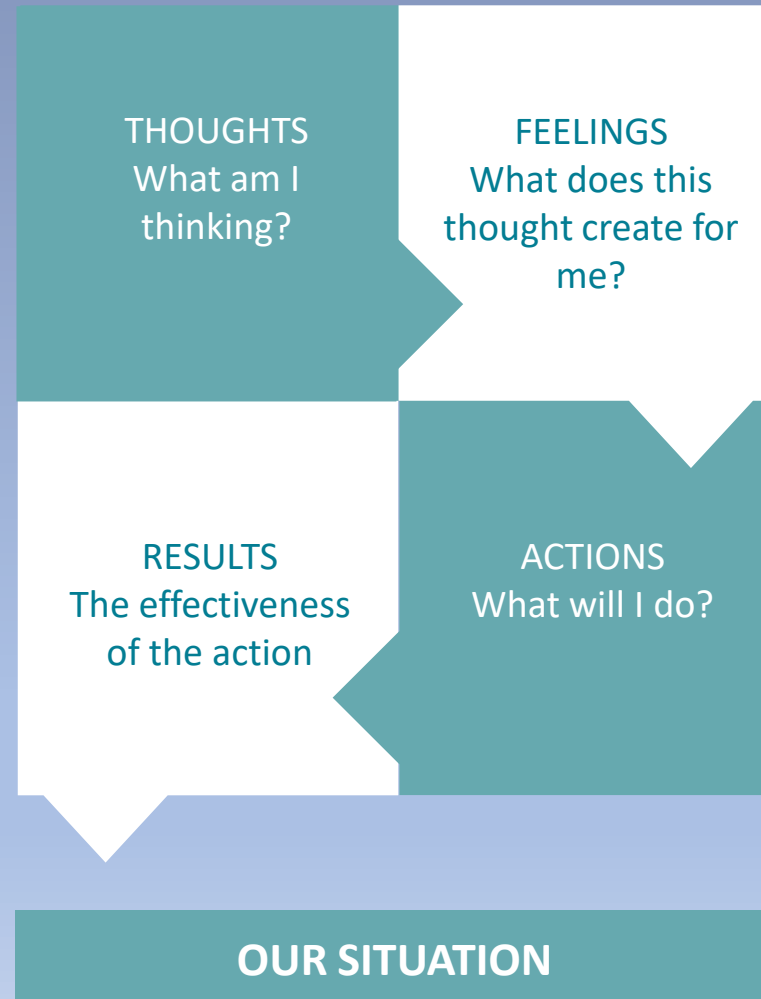
Step one - Thinking better

One of the biggest lessons I have ever learnt is how available more resourceful thinking is to us all.

Our brain has developed to look to the worst case as a survival mechanism.

Fortunately as conscious beings we can interrupt, rationalise and choose more helpful thoughts.

To be honest we make up useless negative stuff in our heads all the time much of the time it is nonsense. We aren't thinking clearly, and we can choose something better to think! Look at what happens next, it changes the very situation of our lives – cool huh!



Step two - Being calm



Our world is full of distractions and interruptions, of demands obligations and noise.

We are always going to be less stressed more effective and happier if we take time out. The best proven activity for this is meditation. It isn't about emptying your mind, just breathing, slowing down and having a break from all the noise.

If it isn't meditation, get outside in nature. Be with your thoughts, find yourself and perspective away from it all.

Do at least once every day, simple yet truly a huge benefit.

Step three - Being aware of my emotions

Regulating yourself is not easy. I discovered this recently when I found my four year old spreading marmite with his fist all over puppy's head and the sofa. It turns out marmite is very sticky.

Our emotions can really stick with us too. In this case #ifeelangry, and my thought #icantbelieveihavetocleanthisup

Sometimes we can stop and breathe and choose a different response. More rational response than automatic reaction

For me in this situation I chose laughter, this turned out to serve me better than anger or disbelief.



The first step is always thorough self-awareness. Without awareness there can be no consideration.

If we notice as specifically as possible the thoughts and emotions we are experiencing in the moment we can choose to slow and interrupt it.

We can be resourceful and turn our attention towards wider aims beyond reacting and validating.

If you would like a reflective exercise to increase your emotional breadth and depth feel free to email me directly miles@transformcoaching.co

Step four - Choosing how I interact

As we become more aware of how we are feeling and thinking we have an increased ability to manage ourselves.

At first this is not all going to happen fast enough. In that case don't speak..

The phases to practise are:

- i. Create calm
- ii. Notice your thoughts and 'story'
- iii. Notice your feelings
- iv. Accept the emotion
- v. Pause and reflect focusing on pragmatic and rational
- vi. Respond in a relationship building way



This doesn't look good



Together with self-awareness, social skills, empathy and motivation self-regulation is one of the 5 elements of emotional intelligence or EQ.

Having strong EQ has been proven in research across separate studies by Harvard, Yale, Columbia and Google to be the most effective route to success for leaders, teams and individuals.

We can all develop our self-regulation skill. It may take a little time but it is likely to make you feel greater composure. You may come across as the most mature and present person in the room.

Step five - Working true to my values

We all have personal core principles which matter to us more than other things. These values are part of our nature.

Sometimes we feel irksome and uncomfortable in our lives and our work when we are in conflict with our values. It's an unpleasant and unwelcome feeling. This can be mostly avoided if we are more aware.

Knowing 'our values set' and what to surround ourselves with is the best way to feel more positive and connected to yourself.



If you would like a reflective exercise to find you own core values feel free to email me directly miles@transformcoaching.co

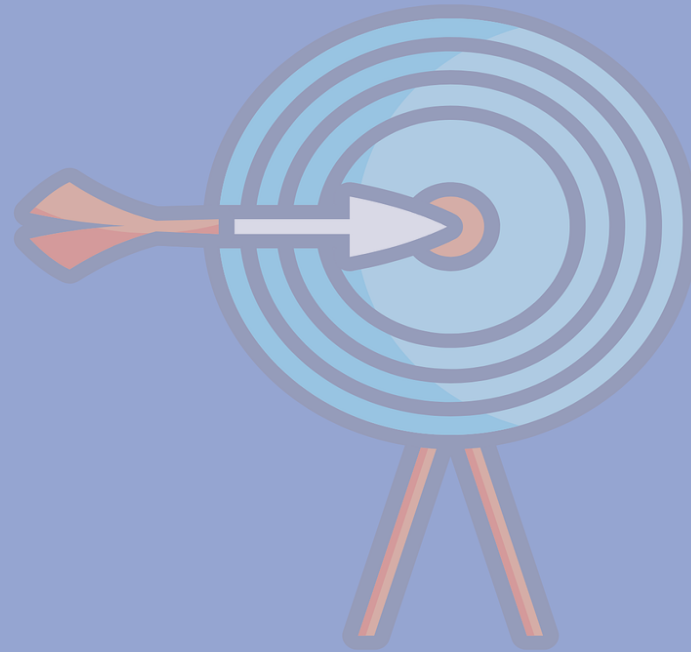
Step six - Building my personal purpose

If we reflect back to the pyramid of development I shared above, we explored a move upwards from interacting well to contribution to fulfilment.

The theory is that once we have developed the skills to interact we have greater time, patience, and mental capacity to look at what we might give back to others and the world.

I have a personal mission to help 100,000 people to feel proud of bold positive changes they have made.

Like you I am still working on awareness, regulation, interacting and contribution. It's not a five minute journey.



Whatever we are doing at work and wherever we are on the continuum of motivation and job satisfaction there are always improvements we can make from reflection on purpose.

I invite you to make time for yourself. To get out a pen and paper and write down a few sentences about your connection to your role, your thoughts about the value the product or service offers people.

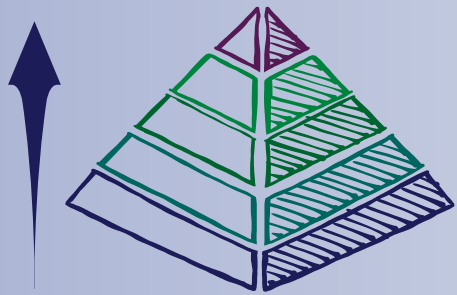
Consider your unique combination of skills and personality. Bring up the way in which you might find relevance in the company mission and consider building your own.

Who are we?

Transform coaching are a small group of 5 passionate professional coaches and trainers.

We offer private career coaching and 121 executive coaching.

We can deliver training on the following areas and more:



- ▶ Well-being
- ▶ Team work
- ▶ Leadership
- ▶ Employee engagement
- ▶ Planning and organisation

We would love to have an quick chat to explore how we can support you.
Call Miles on 07973 490471 or email miles@transformcoaching.co



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