



DEFYING CHALLENGING TIMES

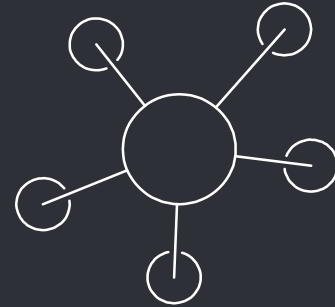
7 ways coaching is used to
defy challenging times.



1

DEFY *ISOLATION* WITH **CONNECTION**

What could you do to reach for more connection?



● DEFY ISOLATION WITH CONNECTION

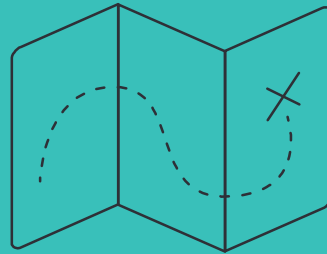
I've heard it said that isolation is a snake that eats its own tail. It seems cyclical and self-defeating. We've had to wrestle with the inner battle of isolation in a really tough year. We've felt separated, disconnected, and alone. Coaching defies isolation, by establishing connection. It enables clients to reach out, think clear, and dream big. Despite pandemic shutdown, coaching relationships have been an anchor for so many leaders who have reached out for connection instead of fighting these inner battles alone in isolation. Feeling isolated? **What could you do to reach for more connection?** Reach out to a Coach and let's defy these challenging times with connection.



2

DEFY *LIMITS* WITH **POSSIBILITIES**

How have you let limits define you?



○ DEFY *LIMITS* WITH **POSSIBILITIES**

I recently noticed a poster in a school that grabbed my attention --“No one can put a limit on me without your permission.” We’ve all had to wrestle with limits amidst the pandemic and it can be frustrating. Sometimes we allow others to place limits on us--sometimes we even put limits on ourselves. Coaching conversations help clients discover and then deal with the limits that we’ve allowed. Then the collaborative focus is one that is centered on what’s possible.

How have you let limits define you? Your future? Your potential? Coaching conversations that defy limits with possibilities are so powerful!



3

DEFY *OVERWHELM* WITH **SIMPLICITY**

What impact would a simpler life have?



● DEFY *OVERWHELM* WITH **SIMPLICITY**

Life can be so overwhelming! Responsibilities and expectations of work and family collide with a busy calendar and a phone that seems to never stop making noise. “Wait, I’m supposed to feed my family and even try to find time for rest and “downtime”-whatever that is.” We all can become so overwhelmed by the busyness of life and we long for simpler days. Coaching conversations are great because they create a simple space for much needed time for focus, perspective, and clarity to move forward in your story. Coaching gives you the opportunity to consider this question: **What impact could a simpler life have for you?**



4

DEFY *REACTION* WITH **RESPONSE**

What in your world needs your well-thought-out response?



○ DEFY *REACTION* WITH **RESPONSE**

There have been times when my reaction to impending danger has been spot on, but I've also blown it many times just because I reacted negatively. In the never-ending noise of social media and news, so much is centered on the REACTION of the crowd, the leader, or the media. A reaction in medicine is BAD. The goal is rather for the patient to RESPOND and to get better. We all have times when instead of strategically responding, we opt for a quick and emotional reaction that usually makes things worse. Coaching conversations can help press the pause button and sort out an appropriate response to the unique challenges of life and leadership. **What in your world needs your well-thought-out RESPONSE?**



5

DEFY *CONFUSION* WITH **CLARITY**

How would clarity make a difference in your situation?



● DEFY *CONFUSION* WITH CLARITY

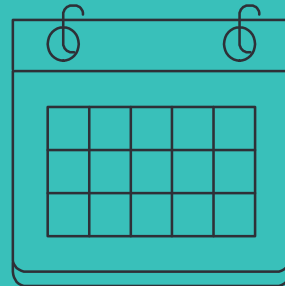
So many times we are faced with complicated problems and confusing situations where there is just no clear path forward. This makes us feel stuck, frustrated, and confused. It feels like we're walking out on a footbridge where we see nothing but fog. We feel alone and honestly, a little scared. It's hard to admit we don't know what the next move is or even the next step. Bringing that confusion into a coaching conversation is a great move. Coaches help draw out new awareness, insights, and actions that are under the surface of all the confusion. Worst case scenario, pursuing a coaching relationship will at least put someone with you in the middle of the confusion that is focused on you moving forward, even when you can't see it yourself. **How would clarity make a difference in your situation?**



6

DEFY *HURRY* WITH **FOCUS**

What needs to change?



○ DEFY *HURRY* WITH **FOCUS**

Full schedules, to-do lists, projects, traffic create such a loud hum of hurry. It's hard to focus or even think clearly when there's so much going on in the background. It's not all bad noise or wasted motion, but it still can be so overwhelming. Many leaders try to eliminate hurry by creating long to-do lists that keep them busy all day long. The problem is that there's always something else to add. While list making is a powerful tool in organizing busy lives, FOCUS can do far more than a list of 57 tasks. Clear focus on the big picture or the main goal helps align your action list into what's most important. One strategy is to define top 3 goals for the week and then break those down into top 3 goals for each day. Coaching conversations are great spaces to help clarify your focus and connect that to relevant action steps. Overcome with hurry?

What needs to change?



7

DEFY *INDEPENDENCE* WITH **ACCOUNTABILITY**

What progress could be made with consistent structure?



● *DEFY INDEPENDENCE WITH* **ACCOUNTABILITY**

We love independence and the freedom to do what we want when we want. We need to also remember that we were designed for connection and community. Leaders make a mistake when they isolate and live their lives blindly independent. Coaches help leaders draw out renewed purpose, check blindspots, rethink strategies, and develop relevant action. Ongoing coaching relationships also give the accountability leaders need because actions created are implemented and tested between appointments. Ongoing appointments offer a rhythm of accountability because they provide the necessary structure needed for consistent success.

What progress could you make with consistent structure?