

Coach yourself through challenge and change

Mercian Collaboration Conference

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Topic overview

- Setting the scene
- Developing a reflective practice
- Improving self-awareness
- Choosing how we respond to challenges
- Preparing for future obstacles

Adaptation and growth in times of adversity



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Benefits of coaching

Coaching gives you the space to step back from the rush of everyday life, to gain some perspective and really think about what's going on.

A coach can help you to:

- clarify your thoughts
- make sense of the situation you are in
- take responsibility for your decisions and actions
- identify and overcome obstacles
- make progress on the things that are important to you

“I believe my role as a coach is both necessary and modest. Necessary in the sense of helping clients know how to get started. And modest in the sense that the goal is for clients to be able to coach themselves after.”

— Ed Batista

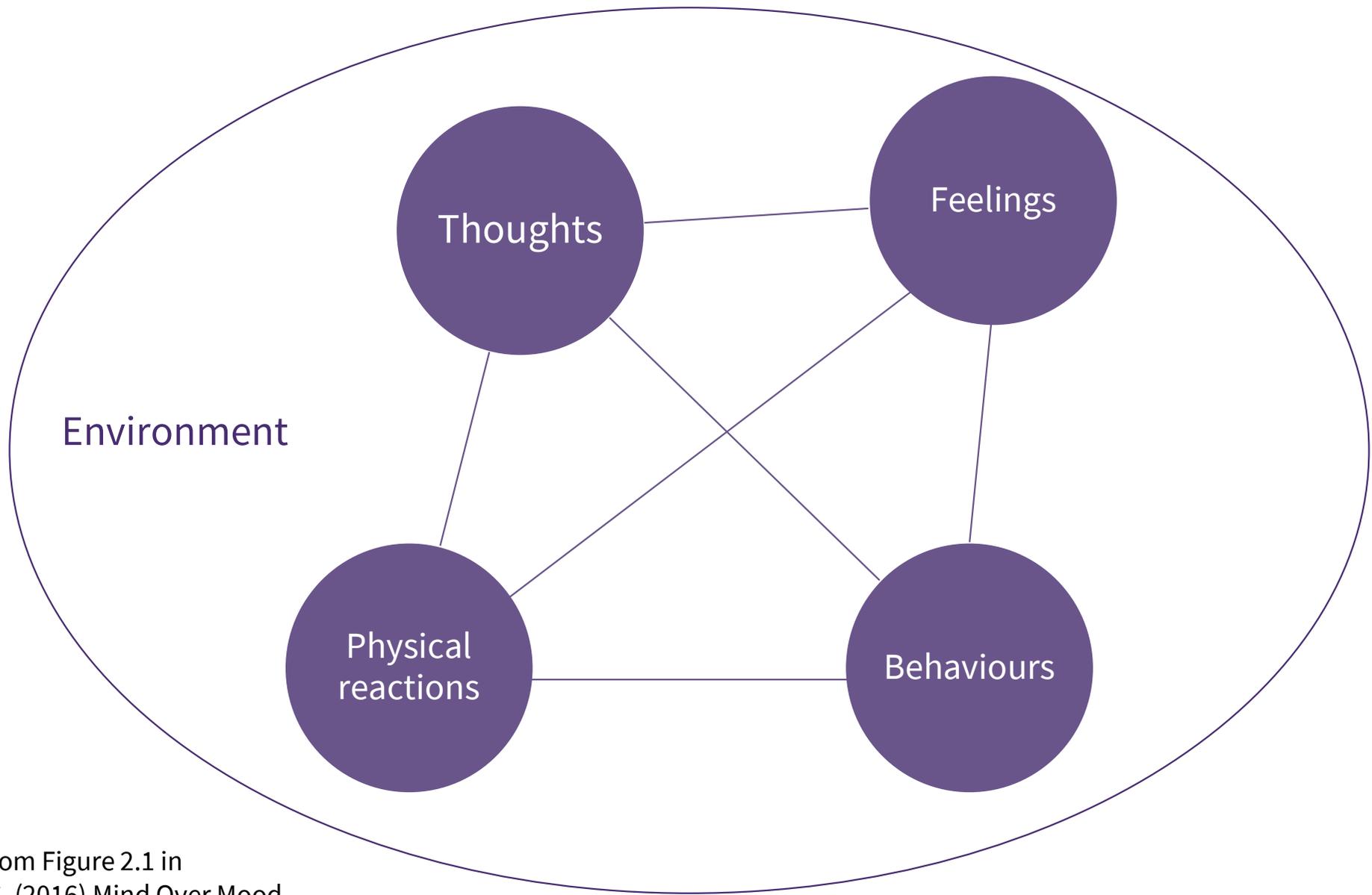
“Reflection gives the brain an opportunity to pause amidst the chaos, untangle and sort through observations and experiences, consider multiple possible interpretations, and create meaning”

— Jennifer Porter

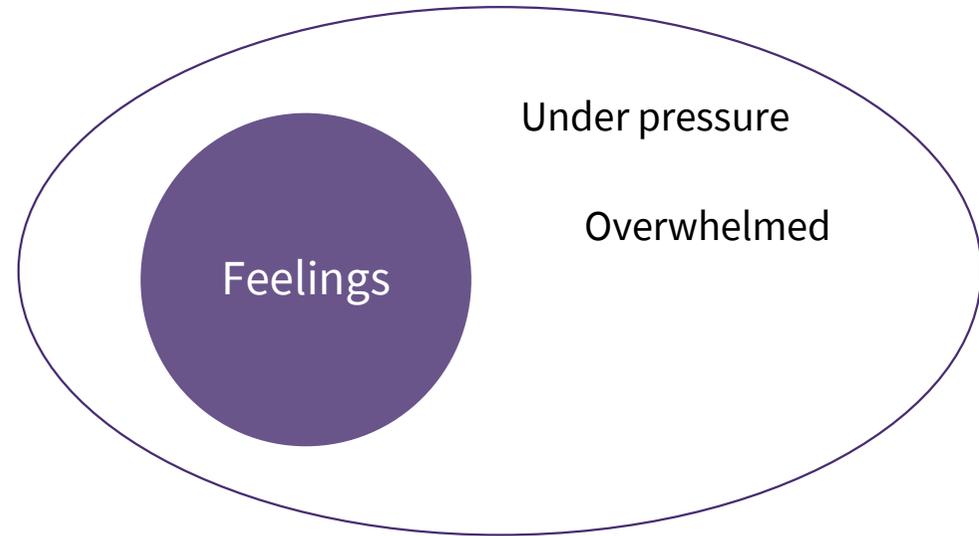
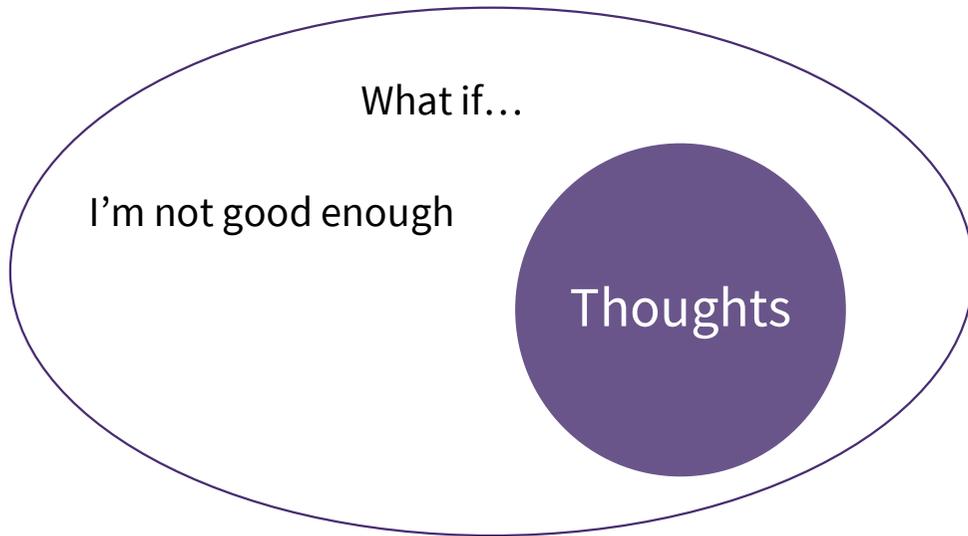
What?

So what?

Now what?

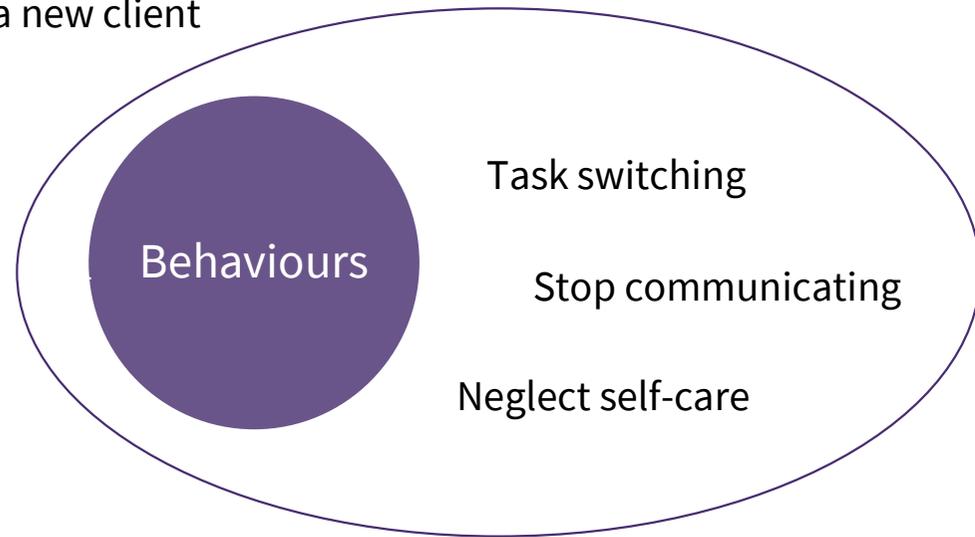
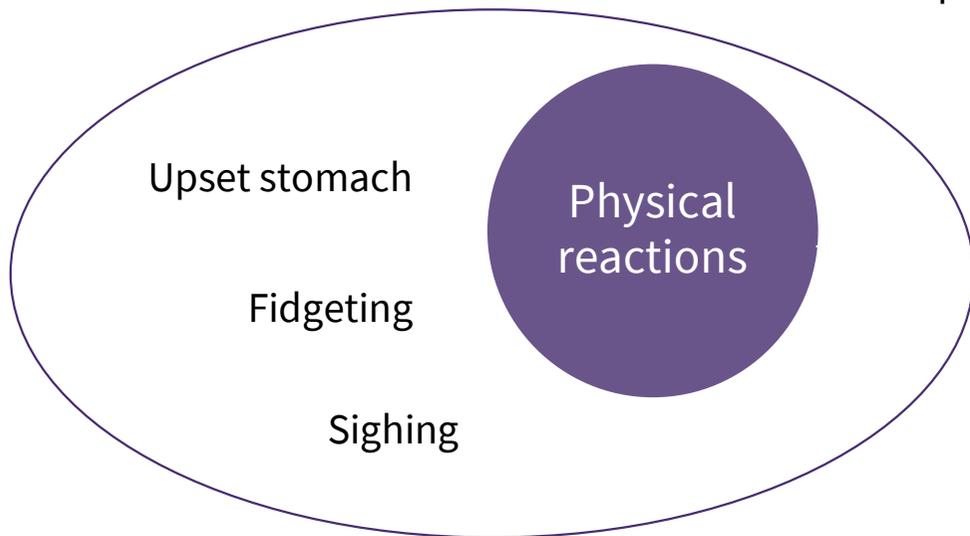


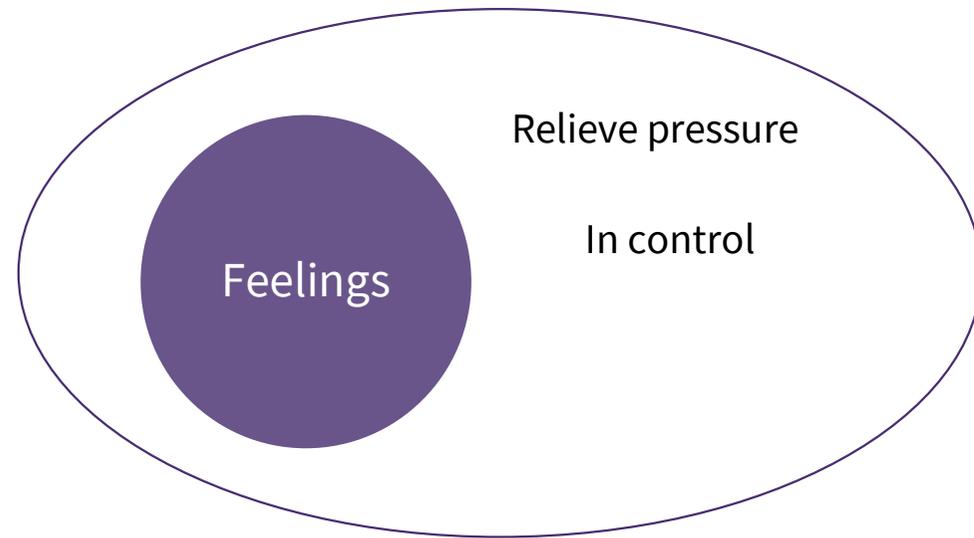
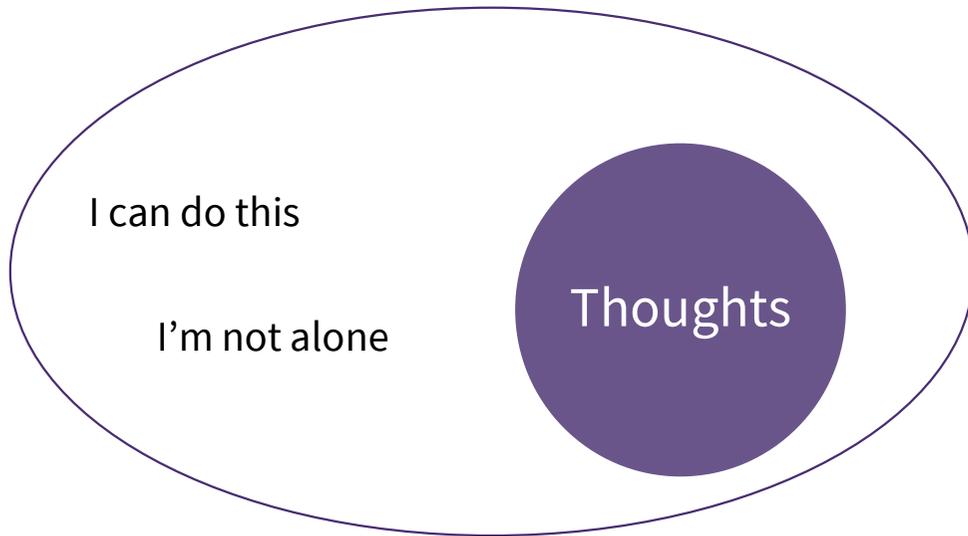
Adapted from Figure 2.1 in Padesky, C. (2016) Mind Over Mood.



Environment

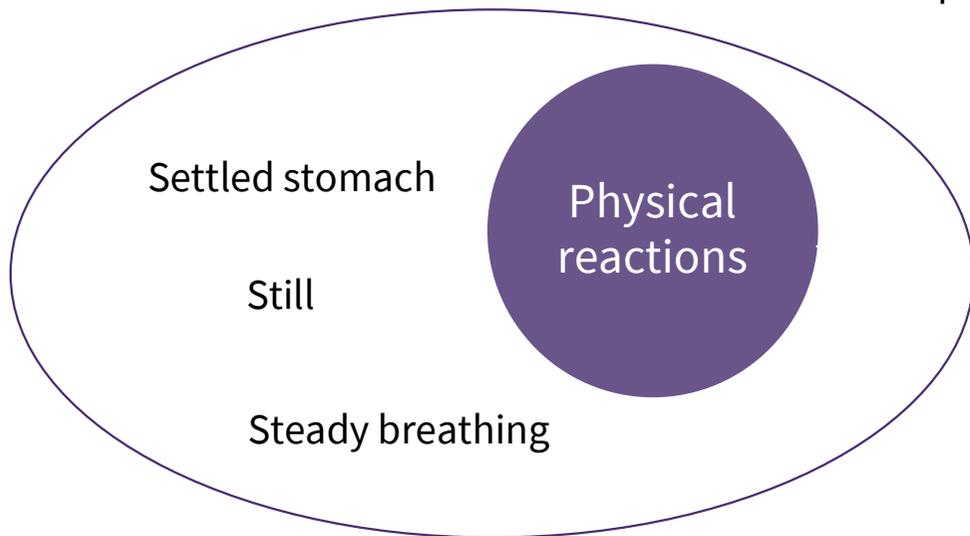
Deadline to deliver a piece of work,
especially for a new client





Environment

Deadline to deliver a piece of work,
especially for a new client



**“Self-awareness is the master key
that unlocks many doors.”**

— Shane Parrish



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Tips to help you observe what's going on

- 1) Stay free from judgment
- 2) Ask what, not why

Activity – observing the five areas

Environment	Feelings	Physical reactions
Thoughts		Behaviours

Activity – observing the five areas

<p>Environment</p> <p>What recent changes have there been in your life? What have been the most challenging events? The pandemic is an obvious answer, but what about it specifically?</p>	<p>Feelings</p> <p>What single words describe your most frequent moods or emotions?</p>	<p>Physical reactions</p> <p>What can you feel in your body? What physical changes have happened recently?</p>
<p>Thoughts</p> <p>When you experience strong emotions, what thoughts do you have about yourself? About other people? About the future? What thoughts interfere with doing the things you want to do?</p>	<p>Behaviours</p> <p>What behaviours or actions are associated to your thoughts or emotions? Think about your answer to this in different contexts; at work, in your personal life, with family or friends etc.</p>	

The ABC model

Activating events

Beliefs

Consequences

**“The mind is its own
place, and in itself can
make a heaven of hell,
a hell of heaven.”**

— John Milton, *Paradise Lost*

Photo by [Nick Owuor \(astro.nic.visuals\)](#) on [Unsplash](#)



Irrational beliefs

- **Catastrophising** – worrying or ruminating on the worst-case scenario
- **Discounting** – minimising any positive in favour of negatives
- **Labelling** – attaching negative labels to ourselves
- **Mind-reading** – making assumptions about what someone else is thinking
- **Unrealistic expectations or limitations** – I should / must / can't

Activity – learning your ABCs

Part one

Think about a recent situation you would like to have handled differently.

- **Describe what happened**
What? When? Where? Who?
- **Record how you felt and acted**
What were the consequences of what happened?
- **Record the beliefs that led to these consequences**
What were you thinking or telling yourself in the moment?

Activity – learning your ABCs

Part two

- For each belief ask yourself:
 - a) **Is it true?** What is the evidence? How reliable is the witness?
 - b) **Is it helpful?** What are the positive or negative effects of this self-talk?
- For each belief choose whether to:
 - a) **Keep it**
 - b) **Discard it**
 - c) **Rewrite it**

Preparing for future obstacles

1. Identify early warning signs or challenging situations
2. Describe how you would have previously responded
3. Make a plan for how you want to respond in future

Whenever I... receive negative feedback or criticism

And notice the early-warning signs of...

- an increased heart rate and feeling flustered
- thinking I've done something wrong

Instead of responding by...

- taking it as personal insult
- firing off a quick reply to offer an excuse or defend myself

I will practice...

- telling myself it's not an attack on me personally
- pausing before I reply to identify what is constructive and what isn't
- responding with consideration to the constructive comments only

Activity – preparing for future obstacles

Whenever I notice these early-warning signs or find myself in a challenging situation like this...

Instead of responding by...

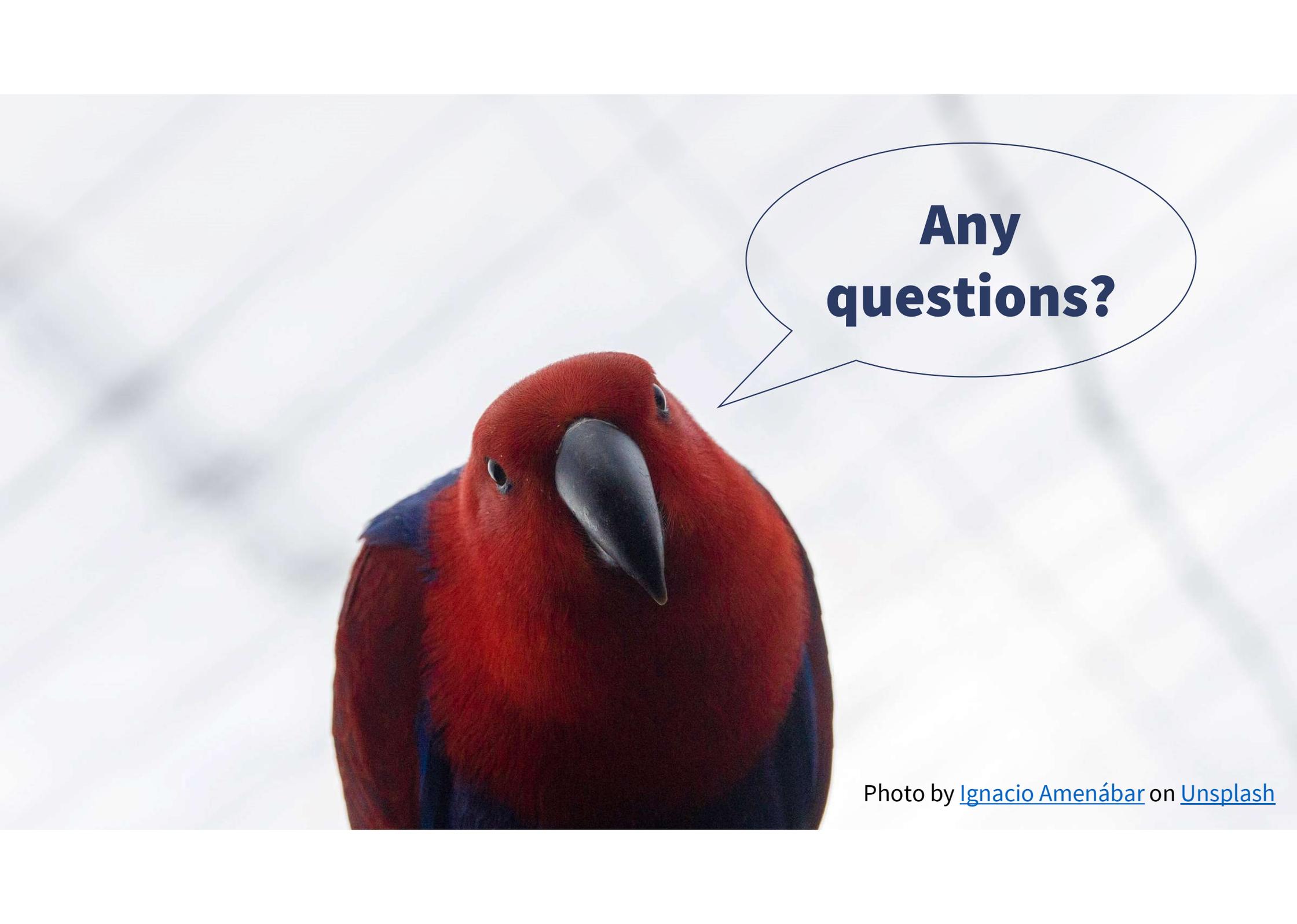
I will practice...

Summary

- A framework for reflection: What? So what? Now what?
- Five areas model and check-in activity
- ABC model for evaluating beliefs and monitoring self-talk
- A structure to plan for future challenges

Access activity template and further reading at:

<https://ekcragg.co.uk/mercian>



**Any
questions?**

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*Always a breath of fresh air with something new to think about or explore. **Cari***

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