

THE COACHING CAST™



TOP TIPS

A collection of all of our top tips shared in Season 1 of The Coaching Cast

Episode 1: Remote Working

Make it work for you

1. **Create an inspiring work space** in your home - use objects, pictures, fragrances to make it yours
2. **Structure your day** to include clear start and end times, and breaks. Build into your diary.
3. **Go outside for your breaks** to give yourself a rest and a change of scenery
4. **Make time for fun** and non-work conversations with your team

Episode 2: Connectedness

Build strong relationships remotely

1. Have **consistent intention**, and take **consistent action**. Diarise time each week, be curious and ask questions, invite people to share
2. Just **pick up the phone!** It doesn't have to be a video call.
3. **Don't overthink it** - just do it. What's the worst that can happen?

Episode 3: Motivation

Motivate yourself & others

1. **Create new beginnings in your day** - change your routine, workspace, where you take your breaks, what you eat. **Newness rejuvenates.**
2. Explore what motivates you and your team - **find out the 'why'** and tailor work, and development plans, to satisfy.
3. **Don't assume** everyone is motivated in the same way
4. Top up your energy tank - **get proper sleep and prioritise rest**

Episode 4: Resilience

Be kind to yourself to nurture resilience

1. **Identify unhelpful patterns** - work, relationships - and break them
2. **Avoid unhelpful comparisons** with others - be inspired, not intimidated
3. Remind yourself of **what you have achieved**, not what you haven't
4. **Build tailored plans** for yourself and others to nurture resilience

Episode 6: Change

Managing change when your changes keep changing

For Individuals:

1. Identify the **role and responsibility** you can take within the change
2. **Seek clarity** and understanding
3. Find a **safe space to react**

For Managers:

1. **Over-communicate**; reinforce verbal communication with written word
2. **Tell a story**; why, what, how, when
3. **Get people involved** - give them a purpose and a sense of control

Episode 8: Managing Performance

Managing others performance remotely

1. **Don't be afraid** of having a conversation - just go for it!
2. Give your full attention to the other person and ask **'Is there anything else?'** to invite them to share more; to build trust
3. **Be curious**, ask questions and explore, to enable you to understand better. Do not assume.

Episode 7: EQ in Leaders (Empathy)

Grow your self-awareness

1. **Acknowledge others realities** and seek to understand them
2. Empathise with others by trying to **'wear their shoes'** to see it from their perspective.
3. **Be kind**; don't fake concern
4. Take responsibility for your environment and for yourself to support building trust; **prepare, consider, respond**

Episode 9: Boundaries

Understand & set your own

1. Take time to consider and identify what your boundaries are - **What is ok? What is not ok?**
2. **Set clear standards, responsibilities and expectations** for you and your team - prioritise and manage
3. **Communicate and gain mutual agreement** for your boundaries to gain support to implement them effectively



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Want More?

If you want to learn more about these topics or coaching, and how it can support you with your personal development and achieving greater success, you can contact Suzy and Lisa at hello@thecoachingcast.co.uk

You can also find us both on Instagram [@the_coaching_cast](https://www.instagram.com/the_coaching_cast) or connect with us individually on LinkedIn.

Season 2 of The Coaching Cast launches in May 2021

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