

TOP TIPS

A collection of all of our top tips
shared in Season 3 of
The Coaching Cast



Episode 1 Part 1 & 2: Imposter Syndrome

1. **Break the Silence** - encourage individuals to share & explore their feelings
2. **Identify the Triggers** - be specific, provide details, & highlight the facts for to you to explore & challenge your thoughts
3. **Show Patience**, warmth, and give steady reassurance to yourself & others
4. **Support** - be others cheerleader to boost their confidence & self-belief
5. **List Strengths & Successes** as a reminder of your capability & achievements

Episode 2: Juggling Work & Motherhood with Dr Sally Hanna

1. **Stop.** Create the space to think. Start with 30 minutes - it's enough
2. **Think About What You Want** & what good looks like - for you at work & at home
3. **Be Assertive** - start by setting boundaries and saying what you think at home with your family; practice!
4. **Enjoy It!** Make time to have fun - as a parent & at work

Episode 3: Prioritising Effectively

1. **Define the Objective** & the outcome. Think about the 'Why'. What is important about this? (Work & Home)
2. **Use Urgent & Important Criteria** to break down the actions in order of completion to create clarity & aid progress - short, medium, long-term
3. **Add Timings** to your actions
4. **Write It ALL Down**
5. **If You Have to Do It, You May As Well Enjoy It!**

Episode 4: Coaching or Mentoring? Which is right for you?

1. **Define How You Want & Like to Work** -what is your preferred style? What gets the best out of you?
2. **Be Clear About Your Commitment** for yourself - time, energy, space, cost. Is now the right time?
3. **Find Someone Who Suits You** - who fulfills what you want to achieve & how you want to work

Episode 5: Changing Your Career

***Special Collaboration with
Mark Crossfield***

1. **Treat It As a Mini Project** - create a plan with actions & timelines
2. **Ask Yourself** 'What if?' & 'How?' to deepend and widen your thinking
3. **Build Your Network** to support you in your career change
4. **Have Patience**
5. **Your Career Choices Are Not Fixed** - they can change and evolve. It's up to you!

Episode 6: Managing Your Manager

1. **Remember; Your Manager is a Human Being.** Seek areas to connect
2. **What Are You Asking of Them?** What are you offering in return? It is a partnership
3. **Manage Expectations**
4. **Don't Just Manage 'Up'** - your Manager is one of the relationships that is important for you to grow

Episode 7: A Tale of Small Business Ownership

1. **Prioritise Time for Self-Care** - look after yourself and replenish your energy tank
2. **Look at Implementing Tools** or disciplines e.g. Asana to help you track & manage your business
3. **Seek Out Support for Yourself** to gain additional expertise and different perspectives
4. **Support other small businesses** where you can

Episode 8: Choosing the Right Coach for You

1. **Due Diligence Is Important** - A matching service like **Credible Coach** can help you find the right coach
2. **Host A Number of Initial Discovery Calls** with different coaches & include a 'Wild Card'!
3. **Be Open & Honest** with a potential coach. Don't hold back on your fears, worries, & insecurities. You'll get more out of the experience by being honest.

Episode 9: How to Lead Inclusively

1. **Invite Everyone to Speak & Share** - your role is to facilitate and include everyone
2. **Demonstrate That You Have Listened** - acknowledge & show appreciation
3. **Cultivate An Environment Where You Cannot Fail By Sharing** - There is no wrong answer
4. **Be Aware of Your Conscious & Unconscious Bias**

The Top of the Top Our Fave Tips of Season 3

1. **Juggling Motherhood - What Does Good Look Like at Home & Work?**
2. **Prioritisation - Write It All Down & Use the Urgent/Important Matrix**
3. **Career Change - View the Change as a Mini-Project for You to Plan. Remember That Decisions are Not Fixed & Can Be Changed**
4. **Managing Your Manager - What Are You Asking For? What Are You Offering in Return?**

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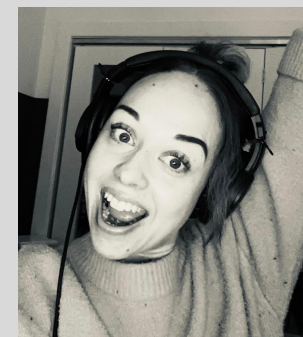
Finding a Credible Coach

If you're interested in learning more about coaching and if it's right for you, but unsure how to find the right coach, visit crediblecoach.co.uk to be matched with a suitable individual fit for your needs

THE COACHING CAST™

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is Coming Soon!

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updates



Suzy Hunt



Lisa Wood

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. Don't forget that you can also watch The Coaching Cast on YouTube.

Season 4 of The Coaching Cast launches in 18th January 2022!

THE COACHING CAST™