



TOP TIPS

A collection of all of our top tips shared in Season 5 of The Coaching Cast



Episode 1 Pt 1 : Values

1. **Invest time being curious** about what you cherish - what's important to you
2. **Note down what you enjoy doing** - at work and at home; all parts of your life
3. **Consider what is important about this** - make a note of what you come up with. Think about what word you can use to describe this.

Episode 1 Pt 2 : Values

1. **Check in regularly with yourself** about what's important and evaluate your priorities
2. **Question - How is this/are these being fulfilled right now?** Apply a scale of 1-10
3. **Make adjustments to fix** - what actions can you take? Small tweaks are ok!
4. **Be patient with yourself** - try again when you're ready and use your attempts as opportunities to learn

Episode 2 : Having a Good 1-2-1

1. **Don't be a dick about your diary** - make time for 1-2-1's regularly and protect it. Your own and your team's
2. **Be present** - listen, focus, remove distractions
3. **'How are you today?'** - ask questions and have a chat! It all starts with a simple conversation

Episode 3 : Friendships at Work

1. **Make an effort.** If you don't try, you won't make friends.
2. **Make the time for others.** This is especially important if you're working from home for the majority of the time. Schedule video and telephone catch ups with people.
3. **Connect, Chat, Coffee** - focus on the 3 'c's'!

Episode 4: Goal Setting

1. **Is the word 'goal' right for you?** If not, change it.
2. **Be brave and go for it** but also have realistic ambition and be kind to yourself
3. **Create a measurement** to assess your progress and identify your successes
4. **Select an accountability partner** to help you stay committed and focused
5. **Spice Girls it UP!** What do you want? What do you really want? What do you really, really want?

Episode 5 : Achieving Worklife Balance

1. **Stop.** Carve out time to assess your worklife balance and identify what is not working for you
2. **Put time in the diary just for you** every week. Start with just 30 minutes and build it from there.
3. **What are you prioritising?** Make sure to include yourself!
4. **What does good worklife balance mean to you?** Note it down and work towards achieving it

Episode 6 : 50th Episode! Women & Confidence

1. **Pick your people** - build relationships which support you and give you honest perspective
2. **Be yourself and proud of it** - no one is you and that's your superpower!
3. **Create a habit of reflecting, and reviewing** your progress. Celebrate your successes and acknowledge how far you've come
4. **Go for it!** Take chances, challenge yourself, and learn

Episode 7 : Failure & Setbacks

1. **Feel all the feels.** Sit with it, and just be with the emotions. It's ok to be upset, angry, frustrated.
2. **Talk it through** with someone who you trust
3. **Review the situation and identify the learnings.** Take action immediately to move yourself forwards
4. **Remind yourself of the bigger picture.** You are not your failures. They do not define you.

Episode 8 : CSR & BCorp Certification with Danielle Thompson

1. **What positive impact do you want your business/job/role to have?**
2. **What skills do you have** that can help solve that problem? Or that can support helping others to solve that problem?
3. **Start small!** All actions, of all sizes, are good enough!
4. **Share your experience** to inspire others

Episode 9 : Perfectionism

1. **What is good enough to get started?** Take action!
2. **Consider your must-have's and nice to have's** - prioritise
3. **Is what you're doing adding value?** if not, stop!
4. **Allocate specific time to all tasks** relative to the size of importance

Meet Our Guest:
Danielle Thompson
CSR & BCorp Expert from
Unthread Advisory



We asked you what you wanted to listen to us discuss in Season 5 and a big majority of you wanted to learn more about social responsibility. So we were super excited to welcome CSR and BCorp Expert and Consultant Danielle Thompson, founder of Unthread Advisory, to the podcast to help us unpick your questions and concerns, and help us all understand what being socially responsible means for businesses of all sizes today.

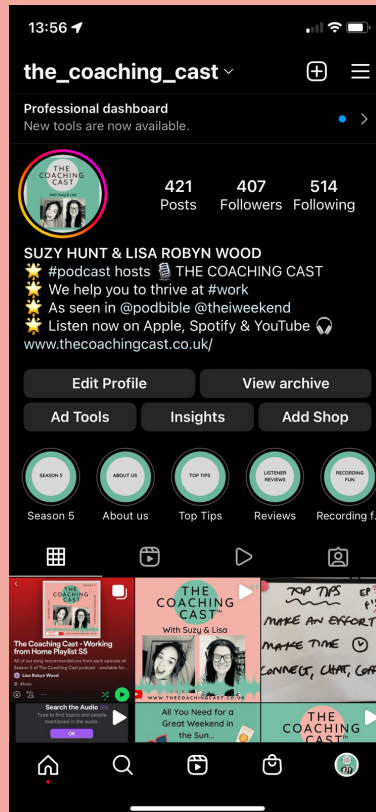
Danielle founded Unthread Advisory to help small and micro-businesses build businesses that are better for society without compromising on financial success. She achieves this by providing accessible advice and practical support in the form of group programmes and learning workshops. Unthread was inspired by building a better working world for her stepchildren, nephew and niece and the word 'Unthread' is made up of their initials because without them, Unthread would not exist.

Listen to episode 8 to hear Danielle share her knowledge, expertise, and top tips.



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Suzy Hunt



Lisa Wood

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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 or connect with us individually on LinkedIn. Don't forget that you can also watch The Coaching Cast on YouTube and via our website thecoachingcast.co.uk where you'll also find more information about all of our guests who've joined us on the podcast, and all of our top tips from each season.

Season 6 of The Coaching Cast launches in September 2022! Stay in touch by following us on Instagram and YouTube.

