

Squiggly Careers PodSheet

How to coach yourself



What is self-coaching?

“ Self-coaching is the **skill** of asking yourself questions to improve **self-awareness** and prompt **positive action**. ”

You Coach You



Your ability to coach yourself isn't determined by the level you've reached in your career, or how many years of experience you have. What matters is the time and effort you dedicate to continually improving your coaching skills.

Coach yourself through 6 common career challenges

Resilience



How you respond when things don't go according to plan

“ See every step you take to recover as a small win in your journey ”

- Lee Chambers



What have I learnt from overcoming tough times in the past that could help me in the present?

Time



How you take control of your time and increase your quality of work

“ Reclaim some of your time before you give all of that time, energy, focus to everything and everyone else ”

- Adrienne Herbert



What does a week well spent look like for me?

Self-belief



How you build the beliefs that help you to succeed

“ Why not give it a go, and if it doesn't work, then what's the worst that can happen? ”

- James Routledge



How have my self-doubts influenced the actions I've taken in my career?

Relationships



How you create the connections that you need for your career

“ Building your own network is really powerful, and if you don't have one go out and find those people ”

- Adrienne Herbert



What has helped me to build relationships in my career so far?

Progression



How you can be proactive and move forward with momentum

“ Track your performance over time but remember that success is not linear ”

- Drew Povey



How can my constraints be used to my advantage?

Purpose



How you develop a sense of direction and do meaningful work

“ Uncover purpose little by little. Chisel away. You'll gradually get a vision of what's underneath. ”

- Lee Chambers



What do I find most meaningful about my work?

Coach Yourself Questions

1 Which common career challenge do I need to explore?

2 What action am I going to take now?

Recommended resources



You Coach You Our book written to help you take control of your career



Mental Health at work from Sanctus founder James Routledge



Dyslexia is a Superpower A tale of resilience from leadership expert Drew Povey



Power Hour a motivational podcast series hosted by author and speaker Adrienne Herbert.

Amazing if