

Coaching Yourself

Assessment

- Consider where you want to be professionally
- Think about how you want to be remembered
- Inventory your tools (knowledge/skills/style)
- Identify the core values that matter most to you
- Strategize how your values & tools can help you grow

Discuss:

- Share a time when you acted on a core value of yours

Attitude

- Cultivate gratitude for where you are today
- Aim for consistency – not perfection
- Claim what you are really good at
- Be clear why your core values matter to you
- Expect success; reframe setbacks as opportunities

Discuss:

- What experience do you want people to have when they interact with you?

Action

- Be genuine in everything you do and say
- Build credibility through consistency (values & actions)
- Build and maintain good relationships with everyone
- Offer support for the perceived needs of others
- Celebrate both your small and big successes

Discuss:

- How do you develop mutually beneficial relationships?



Closing

“Self-compassion can lead to increased motivation, less depression, more optimism, greater happiness, more life satisfaction.” – Amy Cuddy

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Resources: Coaching Yourself

LinkedIn Learning

- Achieving Presence (~8 minutes) <https://www.linkedin.com/learning/learn-emotional-intelligence-the-key-determiner-of-success/amy-cuddy-on-achieving-presence-2?u=50844473>
- Coaching Yourself (~ 3 minutes) <https://www.linkedin.com/learning/administrative-professional-tips/coaching-yourself-2?u=50844473>
- Creating Your Personal Brand (~33 minutes) <https://www.linkedin.com/learning/creating-your-personal-brand/what-is-personal-branding?u=50844473>
- Learning to Be Approachable (~28 minutes) <https://www.linkedin.com/learning/learning-to-be-approachable/welcome?u=50844473>

Online Sources

- Affirm Yourself <https://www.psychologytoday.com/us/blog/redirect/201203/affirm-yourself>



More Resources: *Coaching Yourself*

More Online Sources

- How to Become a Friend to Yourself
https://greatergood.berkeley.edu/article/item/how_to_become_a_friend_to_yourself
- A Step By Step Process for Self-Coaching Yourself Towards Productivity & Success
<https://medium.com/thrive-global/a-step-by-step-process-for-self-coaching-yourself-towards-productivity-2547a5c85e3a>

JMU Talent Development Resource Collection Books

- *A Factory of One: Applying Lean Principles to Banish Waste and Improve Your Personal Performance* ©2011 by Daniel Markovitz
- *The 5 Second Rule: The Surprisingly Simple Way to Live, Love, and Speak with Courage* ©2017 by el Robbins
- *Life Matters: Creating a Dynamic Balance of Work, Family, Time, and Money* ©2003 by Rebecca R. Merrill
- *Stress Control for Peace of Mind* ©2005 by Linda Wasmer Andrews
- *Presence: Bringing Your Boldest Self to Your Biggest Challenges* ©2015 by Amy Cuddy

