



Sharpening your EDGE

EDGE Coaching Services Newsletter

October 2020 edition



“You are the best author of your own future. So, the next time you sit down to write your own story, remember that you are the creator of the best chapters that could ever be written.” — Catherine Pulsifer

Hi everyone and welcome to the second edition of **EDGE Coaching Services’ newsletter**. It has been a busy month October, I have managed to get my website updated, did a photo shoot for my marketing material, joined a fantastic group of coaches to enhance our business model and stepped up my social media footprint. I even did my first Facebook Live! It wasn’t very good, but hey, like most things, they’ll get better with experience. If you missed it take a look here [Facebook live video](#) Last months newsletter seemed to be very well received, I got some great feedback, I especially like the idea of adding “Tips of the week” to start your Monday morning. I will also be adding more visual stimuli to the newsletter and selling my services a bit more. Apparently, this is the point of a newsletter so make use of it. Still as I said last week, I am very keen to make this interactive so continue to send in your thoughts on all the emails and these newsletters, they are very welcome. But mostly, please share the information with friends and family you think may find value from it. As always, enjoy the ride.



October's emails



Here is a quick reminder of the sent emails for this month. Let me know if you missed any and I’ll get them to you.

Visualising your future. This was about how the power of creative visualization opens up opportunities to create positive outcomes. Picturing positive outcomes help you create this reality in your life.

Be who you are. This was talking about you being yourself and standing out from the crowd. What are you doing to ensure your light is burning bright?

Build life now, for the future. A fantastic poem, from which I got a lot of feedback, about how we build our lives in a distracted way, reacting rather than acting, willing to put up with less than the best.

Go Join in. This was about not being frustrated about things happening and actually pursuing ambitious goals and making great progress towards them. **I hope you got value from them**

Helping employees to help themselves (again)

The benefits of Virtual Coaching

This was very popular so I thought I would keep it as a feature.

We are all crazy busy at the moment, this Covid business is having such an impact on our lives that sometimes we don’t know if we are coming or going. **So how about a little self coaching.** This is about you making the most of each day, getting the best out of yourself, and giving yourself the opportunity to really stretch beyond where you’ve been operating. **This weeks Challenge will be to always remain positive with yourself and others around you.** **BE NICE to yourself and others, see if you can make the workplace a more positive spot.** Afterall you are there all day. This might help with you being part of a team and values as a person, it may help you stand out as an employer, leader or manager. **It will certainly make you feel better!!!**

So for the next working week, each day ask yourself one of these five questions:

1. Who can I help at work today?
2. What am I grateful for at work today?
3. Who can I thank for making my working day easier?
4. What will I recognise myself for today?
5. How can I make a positive difference/impact?

Remember, Self-coaching is the ability to see yourself as “in progress,” to learn and reflect in ways that will cultivate your own **self-awareness**, and to bring attention to yourself as an employer and a human being. **Have fun and let me know how it goes.**



The role of a coach is to facilitate the development, learning and performance of another individual through listening, questioning, promoting clarity and providing appropriate support and challenge. It is more common to do this type of work face to face. However, virtual coaching (online) has its benefits.

- It gives the client more flexibility of session times
- The client or coach need not travel especially in the current climate
- The coach can book a client anywhere in the world
- The coach can work across different time zones
- It also allows clients to get support when they need it, even last minute if the coach is available.

If you would like to know more about virtual coaching drop me an email or visit www.edgebarbados.com

Team leader, Manager or owner of a small business here in Barbados??

Give me an hour of your time to help me with some market research and receive 3 free 1 hour coaching sessions for a member of your team.

Click the link below, press send and I will email you my diary link

[Market Research Support](#)



Keep your dreams alive. Understand, to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe. -

Gail Devers

Coaches toolkit: The wheel of life

This is my No 1 tool to get clients started on their journey. This exercise will help you determine where you need to focus attention to make little improvements in your life. To start, you draw a wheel and split it into 8 even sections. (Bit like a pie cut into eight) You then title these eight sections to represent different aspects of your life. Then, seeing the centre of the wheel as 1 (needs improvement) and the outer edges as 10 (perfect at present), rank your level of satisfaction with each area of your life, by drawing a darker curved line on the chosen number to create a new outer edge. The new perimeter represents your wheel of life. How bumpy would it be? The second part to this exercise is where it gets really interesting.

If you would like more information and a template with instructions to have a go, please click on the link:

[I would love to see how my wheel looks](#)

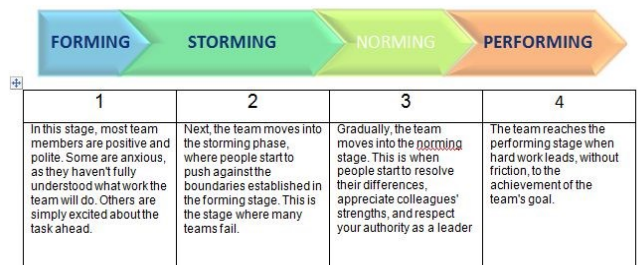
Favourite Quote From This Month

"If you spend too much time thinking about a thing, you'll never get it done." Bruce Lee



Helping Teams Connect

Last month I mentioned a model for supporting students called "The LEAP". This model can also be used for working teams but I prefer to use the tried and tested GROW model. However, with teams there is a dynamic that must be understood. Teams are formed or are adjusted as new people come in, they go through a developmental process. There are 4 stages to this process.



Parents: Try One Of These Questions

If you struggling to have a decent conversation with that little person in the house attached to the computer thingamajigs; this might help, or at least be something to try. As a coach, I find it best to find a child's likes before trying to go deep with them. Spending time finding out what they like most in life helps to break down the barriers that they create as we, the parent, apparently don't really understand them. So if you would like a few questions to ask, where the answer may give you a way into future conversations, try these:

- **If you could become friends with anyone in history, who would it be?**
- **What is your favourite sport or hobby and why?**
- **When you are older, who do you want to be like and why?**
- **Who or what makes you laugh the most?**
- **Who do you enjoy talking to the most and why?**

The particular reason I like these questions is because they have longevity at the time and in the future. Now let me explain, if you ask and they answer you can elongate the conversation with why? And then ask another question based on the why. However, what I like most about these is that in a few weeks when you are having a bit of an issue which you wish to resolve, you could ask, so what would your friend from history do, think or say about this? Or you don't seem to be happy at the moment, how would such and such make you laugh. Finally my personal favorite is explaining a challenge in the context of their favorite sport. They normally get it. Have a go and let me know how it goes. I have questions for most scenarios, if you have a challenging one, drop me an email.

Using this model is a useful tool as it allows the coach to see where the team are, how they are developing and assist them in moving through the process more swiftly. As a coach I sometimes share this with the team along with another tool "The Performance Curve" to help them understand that what they are going through is a natural cycle that they will work through along the way. If you would like to know more about team coaching send me an email.

The final word

I hope you found value in these words, don't forget, our website has been revamped and is back up; please come and have a browse. I am really proud of the work **Lena of Happi Consulting** has done. Press control and click here:

[Our new website](#)

We are at the end of yet another month, think of how many ways you can make next month better. Oh, and don't forget to follow your dreams. You own them. Thanks guys! Richie