

Coach yourself to a more dynamic life

Feeling worried that you are living life on a small scale? Hiring a qualified coach could be a fantastic way to help you begin to live bigger. Here, coach Katherine Darbyshire Evans gives a reader the tools to create her big adventure



The 'Psychologies'-endorsed 'Find a Coach' directory, with Barefoot

Coaching, provides readers with a choice of top coaches, all with postgraduate training accredited by the University of Chester and the International Coach Federation. Find a coach who suits you to help you navigate and transform your life – in the areas of money, work, relationships, parenting, health and leadership.

Suzy

Editor-in-Chief



ASK THE EXPERT...

Katherine Darbyshire Evans is a coach who specialises in helping female business owners build their resilience and remain adaptable when under stress



Q I used to travel a lot and do wild things when I was in my early 20s. But after a few years staying closer to home and laying foundations in my career, I've found I'm far more cautious and I get anxious about trying new things. I can't help feeling as though I'm missing out. How can I be a little more carefree and start to live 'big' again? Sarah, 36

A Real or imagined obstacles can stop us from doing the things we really want to and we become anxious about trying. Anxiety tends to direct our behaviour to where we feel safest, causing us to limit ourselves and avoid new experiences. There are ways to retrain our brains to respond when we feel anxious.

- **Reframe your unhelpful thoughts.** You can choose to change how you think about the situation that creates anxiety and put a more positive spin on it.

Replace negative and self-limiting beliefs with empowering ones.

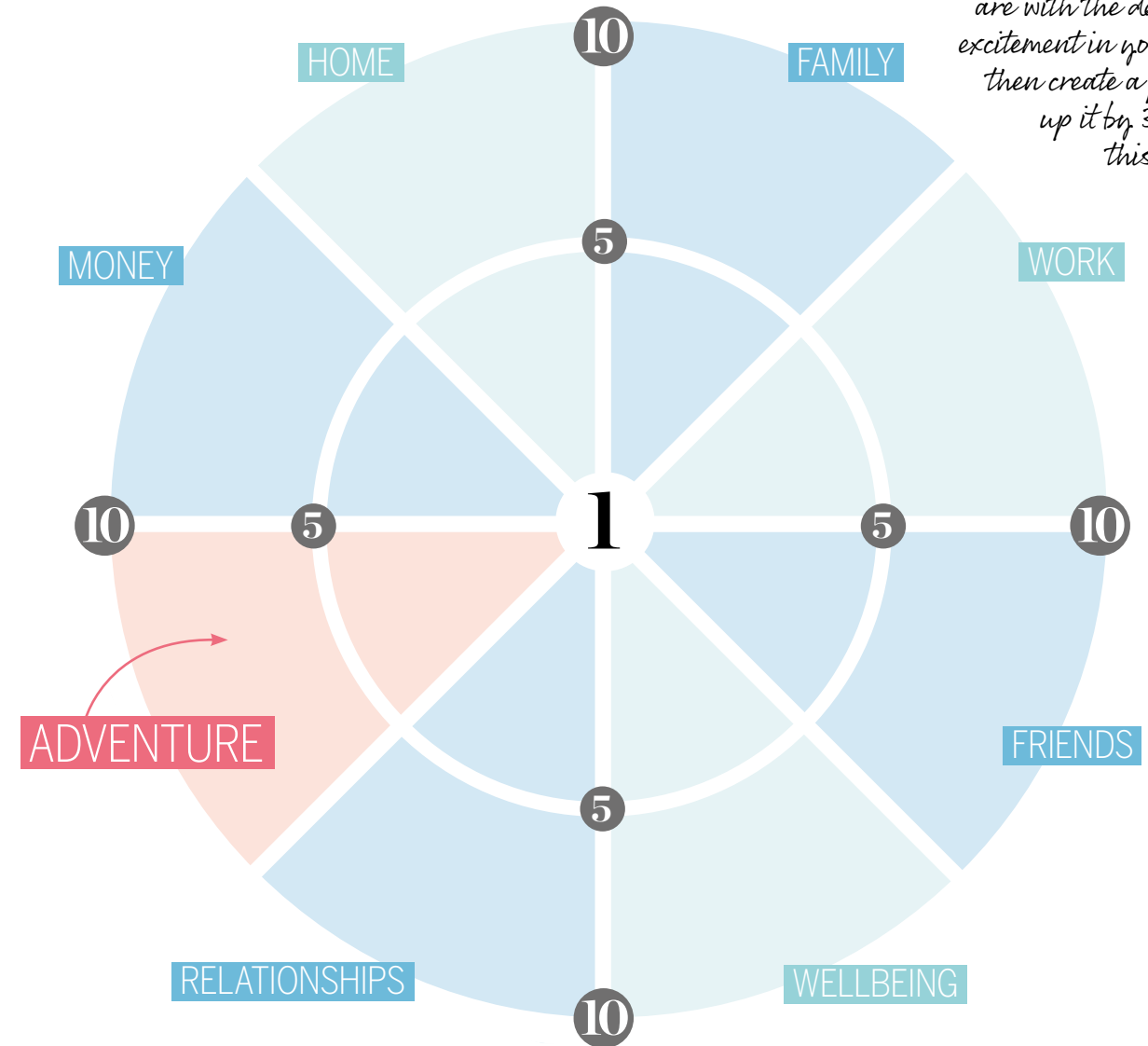
- **Picture yourself in a place** you'd love to be. Immerse yourself in that image using all your senses. Try anchoring the visualisation in a time when you felt confident doing things with no fear, and it will make the association stronger.
- **Turn anxiety into action.** Confidence grows by doing the things that are holding you back, rather than avoiding them. This will help strengthen your mental 'muscle' and allow you to happily do the things you really desire, in spite of feeling anxious. Choose something you want to do, then create a plan with small steps you can take to work towards your goal. finerthinking.com



Listen to the podcast:

Our monthly podcast with Kim Morgan and Suzy Walker discussing coaching dilemmas is on the 'Psychologies' podcast channel on iTunes and SoundCloud

Rate how satisfied you are with the degree of excitement in your life, then create a plan to up it by 3 points this month



The wheel of life

Cut out this page and put it somewhere visible. Use the wheel of life, a classic coaching tool, to inject more adventure into the life you are leading. The wheel allows you to focus on improving one segment of your life at a time, while giving you an overall picture of all the parts that comprise a happy life

This month, we're concentrating on living bigger.

- Write down your definition of what 'living bigger' looks like in your eyes. What do you require, and what is required of you? Now, focus on how you feel about your life in this area, then give it a score – with 1 being awful and 10 being brilliant.
- Brainstorm with someone you trust

or hire a coach to figure out ways that you can improve the score by 3 over four weeks.

- Break it down into baby steps. What would be a positive step towards improving your score by 1 point? What do you need to do to create that?
- What would improve the way you feel about this area by another point? And

another? What action can you take? Perhaps it's about thinking smaller; a new, more exciting routine, rather than adventure from travelling?

- Every month, we'll address different segments of the wheel – but feel free to work on all parts of your wheel of life at the same time. Refer to it frequently to track your progress. Good luck!

BAREFOOT COACHING

Psychologies' partnership with Barefoot Coaching gives you the tools to find a coach who meets your needs. Barefoot Coaching has been at the forefront of coaching and coach training for 25 years. It has a proven track record as a provider of high-level coaching and coach

training to organisations and senior executives, nationally and internationally.

Train as a coach with Barefoot Coaching The Barefoot Coaching International Coach Federation-accredited

Postgraduate Certificate in Business and Personal Coaching is one of the most well-established coach training courses in the UK. Barefoot runs regular, free introductions to coach training throughout the year. Visit barefootcoaching.co.uk/taster-morning to book.

CUT OUT AND KEEP