



Shire Coaching & Training Newsletter

Hello to regular and new subscribers. If you are receiving this e-zine in error, I apologise. You can unsubscribe using the link at the bottom of this page if you don't find any value. This newsletter comes out most months containing tips and motivational stories for your business and personal growth.

Reflective Practice

What is it, and how do you do it?

Last week I facilitated a 1 day workshop at a conference for 100 Youth Workers. The topic was Reflective Practice. Reflective Practice is: -

- The foundation of purposeful learning
- An active process of witnessing one's own experience
- Can be done in the midst of an activity or as an activity in itself
- Allows the possibility of learning through experience, whether that is the experience of a meeting, a project, a disaster, a success, a relationship, or any other internal or external event, before, during or after it has occurred
- Reflective practice is simply creating a habit, structure, or routine around examining experience
- Reflective practice is driven by questions, dialogue, and stories

So what do you do to Reflect on your day and on your life? There are many diverse ways from simple to deep methods; different frequencies (daily, monthly, annually) and numerous purposes. At one end of the spectrum there can be large organised group activities, and at the other end could be a quiet daily individual practice. The key is to do something. For example an individual practice could be at the end of a day to ask yourself - what did I do well today? and what could I have done better today? What have I learnt today? Remember to acknowledge what worked, as well as looking for the ways to improve.

A key point highlighted by the Youth Workers was that of Self Care. How do you look after yourself, so you can be effective in your work and in your home life?

Donald Schon (1983) suggests that *the capacity to reflect on action so as to engage in a process of continuous learning was one of the defining characteristics of professional practice.*

For further information or support in this area, or to attend a workshop on Reflective Practice **email barbara@shirecoachingtraining.com.au**
The workshop is very interactive including many activities, and is tailored to meet

your needs.

Ask and It Is Given

adapted article by Nana Yaa Larbi

A few years ago, in my attempts to manage my finances better, I started reading a number of books and one of them was called *The Richest Man in Babylon*, (which is said to be a classic) and I really enjoyed it.

To summarize it, the story or the fable is about two poor people who want to get out of their hand-to-mouth existence and so put their heads together to come up with a solution; they decide to go and see the richest man in their town for his advice. The rich man is kind enough to let them in on his secret and there I will leave that story.

The poor men reach a very wise decision to find out from someone who is rich, what his secret is. Who do you ask for things you are ignorant about or need help with?

I recently read an article about two young men who wanted to start a business and were audacious enough to write to a famous businessman, asking him to be their mentor. Their request was accepted graciously and affirmatively and the businessman said that in all his years of trading, not even one person had asked him for his wisdom and his know-how before. He was so honoured by these two novices that he invested so much into their business; just because they asked.

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Who are you asking from, who are you seeking from and which doors are you knocking on? The answers are there to be found. Just ask who for you is *The Richest Man in ___* and the answers will amaze and astound you.

note: the book of the month in our January 06 newsletter was *Ask and It is Given* by Esther and Jerry Hicks, which is still one of my favourite books of the moment.

Training Coming Up

COACHING ESSENTIALS FOR MANAGERS. Barbara is running this 1 day program running at the **Centre for Continuing Education, University of Sydney** on 17th August and 20th October. This course will show you how to use a coaching style that gets results. We'll explore the psychology of coaching, core skills, tools and techniques, putting it all together using the GROW model, using assessment tools to raise awareness of coaching needs, creating dynamic action plans, managing the coaching program, and current issues and trends in coaching. Through discussions and skills practice you'll receive plenty of opportunities to connect these skills to your job. I also run this program in house.

developing skills in coaching employees within a workplace environment. It is designed for Managers, Executives, HR professionals and Consultants who are looking to further develop their management skills, as well as those seeking a career as a professional coach, working within an organisation. This is also a great opportunity for organisations who: 1. want to trial the coaching process before deciding to roll out a larger coach training program. 2. have current budget constraints inhibiting a full training across a large number of managers. 3. are quite small in size and do not have the numbers to fill their own program 4. only want a small team of coaches trained. 5. want to take advantage of the broad dynamics of training with managers from other organizations. Program runs over three consecutive live training days followed by 8 weeks of telecalls. Upon completion, participants will join fortnightly mentoring calls for 2 months. Program begins Wednesday 6th September. This program is also tailored and run in-house.

PASSIONATE OUTSTANDING WOMEN (POW) IN THE SUTHERLAND SHIRE (south of Sydney) meet 1st Tuesday every month. Next meeting August 1st. Topic: Spiritually Relating

MENTOR COACHING - A NEW GROUP STARTING SOON - especially for coaches wanting to apply for Credentials with the International Coach Federation. contact Barbara for more information.

We provide training in many areas. More information at our website.

•
<http://www.shirecoachingtraining.com.au/workshops.htm>

Book of the Month

Quiet Leadership by David Rock

"Quiet Leadership will help you improve other people's thinking, which is the best place to begin improving performance". Quiet Leadership is for the CEO who wants to be more effective at inspiring his or her leadership team, but has just a few minutes each week to speak to them. It's for the executive who'd like to get a manager to plan more effectively, but who wants to inspire the sales team, but isn't sure how to do it. It's for the human resources professional who is ready to take on changing the culture of a whole organisation. It's for the parent or caregiver who wants to reach new levels of communication and understanding with their family members.

Quiet Leadership offers a practical, six-step guide to making permanent workplace performance change by unleashing higher productivity, new levels of morale, and great job satisfaction.

About Barbara

Barbara Anderson is a Executive, Business & Personal Coach, and a Trainer/Facilitator. She has many years experience, and holds the credential 'Professional Certified Coach' with the International Coach Federation, a Graduate Certificate in Coaching & HRM; Bach. Business (HRM/Psychology), and Cert. 1V

Assessment & Workplace Training.

- [Look at our website](#)

A funny to finish

Article Subheading

"Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, "It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver." ~ Jack Handy

and my friend Julie says "life is too short to drink bad wine."

email: barbara@shirecoachingtraining.com.au

phone: 612 9527 9396

new web site <http://www.shirecoachingtraining.com.au>

[Forward email](#)

 **SafeUnsubscribe™**

This email was sent to sailing1@bigpond.net.au, by barbara@shirecoachingtraining.com.au
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Shire Coaching & Training | 62 / 1 McDonald St, | Cronulla | NSW | 2230 | Australia