



Episode 117: The Surprising Power of Self Coaching (and How to Do It Well)

with Dr Claire Kaye

We all know that life always comes with problems — it's just part of the package. If you work a high-stress job, many of these problems can weigh you down and make you feel like there's no way out. In this episode, Claire Kaye joins Rachel to discuss self-coaching and how it'll help you achieve control, confidence, and fulfilment at work and in life.

Remember: there's no problem too big for you to handle. If you want to learn how to self-coach towards success, this episode and workbook are for you.

Podcast links

Sign up for a [free self-coaching toolkit!](#)

[The Self-Coaching Workbook](#) by Dr Karen Castille

[The 7 Habits of Highly Effective People](#) by Stephen Covey

[You Are Not A Frog Episode 62: Self-Coaching for Success with Dr Karen Castille](#)

Check out our [Permission to Thrive CPD membership](#) for doctors.

Find out more about the [Shapes Toolkit](#) training, talks, and workshops.

[Sign up here](#) for more **free** resources.

Join the [Shapes Collective FB group](#).

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).



Guest links

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Quote to remember:

'It doesn't have to be this arduous, exhausting piece of work. [There's] so much more to self coaching than this as well... [It's] people understanding their purpose and understanding why they get out of bed in the morning, because once you understand that, you can start to self coach yourself towards your purpose and this sense of understanding your values.'

What You Will Learn

Some problems are so trivial that you can easily breeze through them. Others loom over you and appear monstrous, intimidating you into thinking that there's nothing you can do.

However, even smaller problems can seem gigantic when they catch you on a bad day. There's no magic spell that can solve them with a snap of your fingers, but there's a way to deal with them productively. If you learn how to coach yourself through these sticky situations, many problems will become solvable – or at least, you'll be able to work out what the next step is.

Completing this exercise will help you consider self-coaching, and if you want a guided self-coaching exercise then sign up for the free download (link above) where Dr Claire Kaye will guide you through it.



Activity: How to Self-Coach Successfully

Q1. What issues do you regularly encounter which would be suitable for the 'self-coaching' process?

Q2: Is there any live issue that is troubling you right now?

Q3. How do you feel about this issue? Feel free to describe your feelings through words or scale — whichever you're most comfortable with.

Q4. Why are you feeling this way? Is there a specific aspect of the problem that triggers that emotion?

Q5. Write the internal and external noises that are bothering you.



Internal Noise	External Noise

Q6. What outcome would you love to achieve?

Q7. If you feel stuck at any point during this activity list six things you can do to get you started

- 1)
- 2)
- 3)
- 4)
- 5)



Now download the [Self Coaching Toolkit](#) and spend 10 minutes working through this issue yourself.

CPD time claimed:

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