

How to get **THERE**

YOUR PERSONAL
COACHING GUIDE TO TAKE
YOU TO THE NEXT LEVEL



Louise Podge

How to get **THERE**

YOUR PERSONAL
COACHING GUIDE TO TAKE
YOU TO THE NEXT LEVEL

How to get **THERE**

YOUR PERSONAL
COACHING GUIDE TO TAKE
YOU TO THE NEXT LEVEL

Louise Pode

**To all those who have
been courageous enough
to take the first step.**



About the Author

Coaching has always been at the core of Louise's work; over the years she has successfully coached a diverse range of personal and professional clients, guiding them to unlock and maximise their potential.

The motivation for this book is to share her coaching skills with the wider community. She believes passionately that everyone should have access to coaching strategies to reach their goals, developing a growth mindset and building their resilience along the way. In the book, Louise has drawn on her many tools and strategies to create a coaching journey accessible to all with the motivation to create change in their lives.

It is a clear guide demonstrating her conviction that we should all have the opportunity to live a fulfilled life and to feel valued and be valuable.

www.louisepode.com

Contents

| | | | |
|---|----|--|----|
| Foreword | 9 | Secrets of Success | 60 |
| | | • Visualisation | |
| Introduction | 10 | • Modelling | |
| | | • Comfort...Stretch...Panic Zones | |
| | | • Stop...Pause...Reflect...Reset | |
| Journey of Self Discovery | 12 | Significance of your Environment | 74 |
| • Beliefs | | • Creating an environment to thrive in | |
| • Values | | | |
| • Your map of the world | | | |
| • Creating your own reality | | | |
| The Art of Goal Setting | 30 | Using your Challenges to Learn and Grow | 80 |
| • Let's create your goal | | • What is resilience? | |
| • It's all about the journey | | • 5 key areas of resilience | |
| Fine Tune your Mindset for Success | 40 | This is just the Beginning | 88 |
| • Let's explore your mindset | | • Let's celebrate | |
| • How to change your mindset | | • Next stage of your journey | |
| Mind the Gap | 50 | Notes | 94 |
| • What is holding you back? | | | |
| • It's time to explore your self-limiting beliefs | | | |
| • Impact of distorted thinking patterns | | | |

Foreword

“It’s not the challenges that define you, it’s what you do next”

How to get THERE – where is THERE for you?

Being able to overcome obstacles that are holding you back from your aspiration creates a real sense of purpose and inner confidence. It can be so empowering and liberating. It could be anything from running 5km to dealing with a difficult colleague, to starting a business, or to romantic relationships. We all have different THERE’S but they are equally important in creating our sense of fulfilment.

Coaching empowers you to gain clarity about your present circumstances, set meaningful goals, identify and address barriers, and develop effective strategies to overcome them. Ultimately, it facilitates a journey of self-discovery, self-improvement, and goal achievement to enable you to get THERE.

But coaching isn’t accessible to all and in 2011 I took my coaching into the social enterprise sector to provide free support to charities, as part of my business. This has enabled others, who would not otherwise have access to coaching, to overcome their barriers to success. It is those stories and achievements that have been the motivator for writing this book and sharing those strategies with you. Coaching techniques can be life changing, and the aim of this book is to make them accessible to all.

How to get THERE is your unique personal coaching guide and the result of my journey of aspirations, achievements and setbacks.

From being a physiotherapist enriching my patients by empowering them to maximise their recovery to studying ergonomics to understand the impact our environment has on our performance and how to optimise it. The final

piece in the jigsaw was understanding you could be fit and healthy, with a great environment and culture around you but still not able to thrive. This took me down the path of understanding how our own internal narrative, self-limiting beliefs, lack of confidence, fear of failure, to name a few, hold us back from fulfilling our aspirations. My 25 years of coaching experience spans across a wealth of sectors with a diverse range of personal and professional clients, guiding them to unlock their potential, build resilience, and achieve their goals has been a joy and a privilege.

I would like to thank them all for their courage and triumphs in overcoming their barriers– without you there would be no book to write.

Through the stories, examples, and practical exercises within these pages, you’ll find your goals become clearer and more attainable. It’s about fostering a sense of self-belief, resilience, and resourcefulness, enabling you to overcome obstacles and embrace your true potential.

So, whether you’re someone who has never had the opportunity to experience coaching or this is another resource to add to your toolkit of techniques, this book is an aid to your roadmap to success.

As you embark on your journey to achieve your dreams, this book will offer you support and strategies to determine who you are, where you’re going and how to get THERE. It’s within your grasp. The path is open, the strategies are at your disposal, and the guidance is here to support you every step of the way.

Introduction

Have you ever felt stuck?

Frustrated with where you are?

Wish you could overcome those inner barriers and live your life to the full?

You're not alone – we all have aspects of our lives which we would like to develop and improve.

Knowing we want to change is not the problem here – it is knowing how to change that can be a challenge.

We see it all the time as we set goals but fail to achieve them, leaving us more disheartened than before.

Turning your dreams into reality, at whatever level, can be overwhelming.

'How to get THERE Your personal coaching guide to take you to the next level', explores how to align your aspirations with your core values to lead a more meaningful sense of fulfilment. Through the lens of the journey to your goal, we explore the key roles of mindset, resilience, and the remarkable ability to shape your own reality. This is a path of personal development, where the destination is not just a goal but a sense of purpose, and where the real treasures are the lessons learned along the way.

Throughout the book you will notice sections highlighted in green. These are designed to encourage active engagement and reflection as you dive deeper into the strategies and insights shared in this coaching book. Think of them as your personal journey markers, guiding you to unlock greater understanding and application of the principles. By taking the time to interact with these

sections you will take yourself on a transformational experience that goes beyond reading..

Now let's meet Alex, a character whose journey will parallel your exploration of the strategies in each section. Through Alex's experiences, challenges, and triumphs, you'll gain a relatable perspective on how to apply the principles discussed. Her story will serve as a guiding light, illustrating how these strategies can be woven into your real-life situations. So, keep an eye out for Alex – she is an integral part of your journey, demonstrating the power of these coaching techniques..

Alex has just completed three amazing years at university studying environmental science. It was a time of growth, adventure, and unforgettable experiences. She revelled in the thrill of studying a subject she was passionate about, making lifelong friends, and loved the vibrant social scene. Life felt like a whirlwind of parties, late-night study sessions, and endless laughter. She had truly embraced the university experience.

But now, as she returned home after graduation, the reality of post-university life hit her hard. Instead of embarking on her dream career right away, she found herself settling for a poorly paid job to make ends meet. The job was far from what she had envisioned after earning her degree, but Alex knew she had to start somewhere.

The biggest adjustment, however, was moving back in with her relatives as she confronted her student debt. After living independently, amongst great friends, and enjoying the spontaneity of her life, it was a humbling experience.

Although Alex would have previously described herself as confident, she was starting to feel stuck and fast losing her sense of purpose. The abrupt change in lifestyle was taking its toll as she was missing her friends and the freedom she had only a few months ago.

But how does Alex even begin to overcome these challenges?

Alex's circumstances are unique to her, we all have our own journey with aspirations and obstacles to overcome, yours and Alex's first step will be recognising that you both would like to create positive change in your lives.

Next for Alex, comes her journey of self-exploration, understanding her values and view of the world and exploring how to create her own reality. This will take her on to developing a powerful goal which is aligned with what really matters to her. She will explore strategies that amplify the volume, intensity, and brightness of her goal, so she can visualise her success.

Alex will be carrying a backpack on her journey, for the coping strategies she acquires to support her along the way. These strategies will give her the energy, motivation, and resilience to overcome challenges and reach her goal.

An essential part of her journey will be understanding what holds her back. Those metaphorical 'ball and chains', her self-limiting beliefs which stop her progressing on her challenging journey.

Next, Alex will explore the impact her mindset has on her ability to succeed, focusing on developing and

nurturing her growth mindset. This will prepare her to embrace diverse opportunities that pave the way toward her goal.

Inevitably, there will be setbacks along the way; this is where her resilience comes in. Alex will focus on building her resilience, so she grows stronger from her challenges rather than being overwhelmed by them.

Remember, success is not a one-size-fits-all concept. Alex's backpack of strategies will reflect her unique aspirations, experiences, achievements and values. It will be a constant support on her journey for guidance when decisions seem daunting, and motivation when challenges arise.

On completing her journey Alex will reach her goal knowing that along the way she has created a resilient, growth mindset that encourages her to seek out new challenges with confidence.

Are you prepared to embark on your journey and discover how the strategies she employs can help you unlock your own potential and craft your path to success?

Don't wait for the perfect moment, take the first step now, grab your backpack and step this way



JOURNEY OF SELF DISCOVERY





“Let go of who you think you’re supposed to be; embrace who you are.”

Brene Brown

Your first step takes you to the heart of who you are; your beliefs and values, which shape the very essence of your aspirations. They serve as guiding lights, illuminating the path you tread.

Knowing your beliefs and values enables you to be yourself and align your actions with what truly resonates deep within you. This harmony between your inner convictions and your outward actions brings about authenticity.

This first section of the book will take you on a personal journey exploring your beliefs and values, giving you insight into how you view the world and how you can create the reality you are looking for.

People often talk about personality types, behaviours, and strengths but your beliefs and values are less common in conversation. Yet they sit at the heart of who you are on both a personal and professional level. They are your “Why?”

Why do you do what you do?

Knowing your “why” is essential because it uncovers the core reasons behind your actions and aspirations. It represents your deepest values, desires, and purpose, serving as a compass that guides your choices and propels you forward.

Where do you want to get to and why is it important to you?

Living to your beliefs and values provides a strong foundation for your goals, actions, decisions, and overall well-being. They shape your perspective on the world, guide your choices, and influence how you navigate challenges and opportunities.

They provide the platform for your future success and are the first thing that should be recognised, acknowledged, and packed into your backpack to take on your journey.

Let’s explore them in more detail.

Beliefs

“Be brave to stand for what you believe in, even if you stand alone.”

Roy T. Bennett

Beliefs are the convictions, opinions, and assumptions you hold about yourself, others, and the world around you. They influence how you perceive and interpret information and how you make decisions. They influence your mindset and outlook, determining whether you approach challenges with optimism or doubt.

Your beliefs are formed through a complex interplay of various factors including:

Culture and religion As you grow up you absorb beliefs from your immediate environment and cultural context. For example, a belief could be that 'hard work is key to success' or 'life is not a dress rehearsal so make the most of every day'. These early beliefs can be deeply ingrained and may influence your thinking and behaviours throughout life.

Personal experiences Life experiences that have a significant impact on you can shape how you view the world and yourself. For example, if you lose a parent at a young age or become homeless.

Education and Learning Education and informal learning contribute to the formation of your beliefs and can influence what you believe to be true or false.

Media and Influencers Normalising specific ideas, values, and information can shape your beliefs.

Your personal beliefs can be positive and empowering, such as believing in your abilities and potential for success. For example, you may believe: -

- *The world is full of opportunities, and you have the potential to achieve great things.*
- *Hard work and dedication lead to success.*
- *The importance of treating others with empathy, compassion, and respect.*

You can also have negative beliefs, often referred to as limiting beliefs, which impact your personal growth, well-being, and resilience. These metaphorical 'ball and chains' hold you back in life. They can influence your behaviour, emotions, and decisions in ways that are detrimental to your overall happiness and success.

For example, you may believe: -

- *'I'm not good enough' which can prevent you from pursuing opportunities, taking risks, and achieving your goals.*
- *'My setbacks define me as a failure' leading to a fear of trying new things and a reluctance to face challenges.*
- *'I can't cope with rejection or criticism', causing you to avoid situations that involve potential rejection, limiting your personal and professional growth.*

These are often deeply ingrained and can be challenging to overcome. Recognising them is the first step toward building resilience and fostering a more positive mindset. By actively exploring and reframing these beliefs, seeking support, and practicing self-compassion, you can work towards replacing them with more empowering and resilient thought patterns.

In Alex's situation her beliefs encompass a range of thoughts, attitudes, and values that shape her perspective. Some of her personal beliefs include:

- 1. Belief in Personal Growth:** The importance of personal growth and self-discovery, demonstrated by her positive experience at university and pursuit of her passion.
- 2. Belief in the Value of Independence:** Prior to moving back in with her relatives, Alex valued her independence and self-sufficiency, which she is now missing.
- 3. Belief in the Importance of Friendships:** Given her longing for the social scene and missing her friends, she holds a belief in the value of relationships and connections.
- 4. Belief in the Pursuit of Purpose:** Although she's feeling stuck, Alex still believes in the importance of pursuing her sense of purpose, which she is in the process of rediscovering.

These beliefs, along with her experiences, will play a crucial role in shaping Alex's mindset and decisions as she navigates this period of change in her life.

By recognising and living to her beliefs, Alex can develop strategies that align with her values and aspirations, helping her to break out of the cycle of uncertainty and move closer to the life she yearns for.

However, Alex is experiencing several self-limiting beliefs that are contributing to feeling stuck and uncertain about her future. These include:

- **I'm not good enough:** Alex believes she is not qualified enough to secure a job in her field of study. This belief leads to a lack of confidence in her abilities and hinders her job search efforts.
- **I'll never pay off my student debt:** The burden of student debt leads Alex to believe that she will never be able to pay it back, which creates a sense of hopelessness and prevents her from taking steps to manage her debt.
- **I'm a failure:** Landing a low-paid job and moving back in with relatives leads Alex to believe she is a failure and has disappointed her family. This belief is eroding her self-esteem and making it difficult for her to envision a brighter future.

These self-limiting beliefs creates a negative cycle of thoughts and emotions that reinforce her current situation. Overcoming these beliefs with a more positive mindset is an important step towards regaining confidence, setting goals, and creating a more fulfilling future. It's important to recognise that beliefs are not fixed or static. They can evolve and change over time, influenced by new experiences and perspectives.

Values

“Be yourself, everyone else is already taken.”

Oscar Wilde

Your values are fundamental to your identity because they serve as a guiding compass, directing your choices and actions in alignment with your beliefs. They provide authenticity, purpose, and stability in your life, shaping your sense of self and driving personal growth.

Values are deeply personal and can vary widely among individuals. They influence your relationships, motivation, and resilience, impacting both your happiness and the positive impact you can make on society. Ultimately, understanding and living by your values are key to living a fulfilling and meaningful life true to who you are.

Let's consider Alex's values:

1. Independence: Prior to moving back in with her relatives, Alex valued her independence and self-sufficiency.

2. Personal Growth: Alex values personal growth and self-discovery, as she had a positive experience at university, where she was passionate about her subject and embraced university life.

3. Friendship and Connection: Her longing for the vibrant social scene and missing her friends demonstrates that Alex values friendships and social connections.

4. Purpose and Fulfilment: Even though she's feeling stuck, Alex values a sense of purpose and fulfilment in her life and is searching for ways to regain it.

5. Adaptability: Given her efforts to adjust to a new job and living situation, Alex also values adaptability and the ability to navigate life's challenges.

These values are integral to understanding Alex's motivations, decisions, and actions as she strives for personal development and fulfilment.

Let's explore your values

As you work through the following steps to identify your values, make notes of the ones that emerge:

- **Reflect on past experiences** - Think about significant experiences in your life, both positive and negative. Consider why these experiences are meaningful to you and what values are involved. For example, if volunteering brought you a sense of fulfilment, the value of “social responsibility “ maybe one of yours.
- **Consider your close friends** - Reflect on the people you admire or look up to. Consider what values they possess that you find inspiring. These same values will be reflected in you as you seek to be with people similar to you or people you would like to be similar to.
- **Reflect on great moments in your life** - Recall moments when you felt truly alive, fulfilled, or proud of yourself. Think about what made those moments special and the underlying values they represent.
- **Consider what you stand for** – Consider the issues and causes you feel strongly about. Your passion for certain topics can give you clues about the values you prioritise. What news articles are you drawn to? Which inspire you and which irritate you? Those that irritate you will be crossing your values.
- **Observe your emotions** – Reflect on how you feel in different situations. Your emotions can provide insights into your values. For example, if you feel upset when

you witness injustice, the value of “fairness” might be important to you.

- **Reflect on past choices** - Examine past decisions you’ve made and the reasons behind them. Consider the values that influenced those choices.
- **Ask friends and family what they think your values are**- it can be enlightening to hear someone else’s perspective.
- **Prioritise your values** - After identifying potential values, prioritise them based on their importance to you. Rank the values in order of significance. Your top 5 values should reflect the very essence of who you are.

Examples of Values:

| | | |
|-----------------------------|---------------------|----------------|
| Integrity | Education | Punctuality |
| Respect | Adventurousness | Simplicity |
| Empathy | Independence | Generosity |
| Compassion | Creativity | Kindness |
| Authenticity | Health and Wellness | Tradition |
| Accountability | Gratitude | Perseverance |
| Equality | Friendship | Patience |
| Diversity | Optimism | Excellence |
| Environmental Consciousness | Creativity | Humour |
| Family | Responsibility | Sustainability |
| Community | Loyalty | Curiosity |
| Courage | Collaboration | Contentment |
| Ambition | Innovation | |

Understanding your beliefs and values provides a solid internal foundation for building success. This empowers you to set meaningful goals and fuels your journey towards success with focus, authenticity, and self-belief in your capabilities.

Ask yourself ‘How do you know you are living up to your values?’

What behaviours underpin those values. For example, if ambition is a key value how do you demonstrate it daily?

Write down your top 5 values and underlying behaviours down.

Are you living to your values?

Give each one a score out of 10 so you can see which ones you need to focus on.



BELIEFS / VALUES

SUCCESS

KINDNESS

FAMILY IS EVERYTHING

PERSONAL GROWTH

LIFE IS NOT A DRESS REHEARSAL

LOYALTY

HARD WORK IS THE KEY TO SUCCESS

**“Your values and beliefs
are the bedrock on which you
build your achievements”**



SUCCESS

**“When you reach your goal,
it is not the end but
a new beginning”**

‘How to get THERE; Your personal coaching guide to take you to the next level’ serves as your transformative guide, illuminating your path to personal and professional growth. It lays out a comprehensive framework that empowers you to keep fulfilling your potential. By exploring the core themes of values, beliefs, goal setting, visualisation, modelling, resilience, and the growth mindset, you will embark on a journey of self-discovery and empowerment.

It is not the size or magnitude of the goal that matters, but the way you approach it that will define your success.

Often it is having the courage and inner motivation to take the first step which is the hardest part. Once you have decided it is time then you are already well on your way to achieving it.

Ultimately, by describing Alex’s remarkable journey, you should now see the profound impact of aligning goals with your values, fostering a growth mindset, and embracing resilience. This will ultimately lead you to unlock your boundless potential.

These principles will equip you with the strategies to break free from those self-limiting beliefs and create a life of purpose and achievement. The book emphasises the importance of creating your own backpack of strategies to support you along your journey.

Let’s celebrate

Your success isn’t solely reaching your destination but is also about recognising and valuing your progress and growth that occurs throughout your journey. Celebrating the small wins and significant achievements is an essential part of your experience. Every triumph, no matter how minor it may seem, reflects your determination and effort. These moments remind you of the progress you have made and give you a sense of accomplishment.

Celebrating these milestones and embracing the lessons learned from your setbacks gives your journey meaning and purpose. Your experiences serve as building blocks for your confidence and resilience, making you better equipped to tackle future challenges and uncertainties with determination and a sense of achievement.

Next stage of your journey

‘How to get THERE; Your personal coaching guide to take you to the next level’ is a call to action, an invitation to dream big, and a reminder that the power to create a life of purpose and fulfilment rests firmly within your grasp and is achievable.

This is just the beginning, so pick up your backpack and continue your journey. Your ambition and imagination are the only limiting factors, so dream your dream and make it your reality.

**Your next journey starts here,
and the possibilities are boundless.**

**YOU'RE THERE!
WHERE NEXT?**





Feeling stuck and don't know what to do?

“How to get THERE” is your personal coaching guide to take you from where you are now to where you want to be. Whether it's your career, relationships, or personal growth, this book is your companion, empowering you to make the changes you've been looking for.

It will take you on a coaching journey, to create that shift, by exploring:

- The values and beliefs that motivate you.
 - How to create your own reality.
- Goals which inspire and motivate you.
- The barriers which are holding you back.
 - Fine tuning your mindset for success.
 - Creating an environment to thrive in.
- Great strategies to build on your success.
- Turning your challenges into opportunities.

If you're motivated to achieve your goals and open to gaining valuable insights to boost your resilience and foster a growth mindset, then this is the book for you.

Your next level of success is just a decision away – are you ready to get THERE?

£18.00

