

PRAESTA

Where Can You Find Fresh Energy?

Many of our coaching conversations are about how to find fresh energies for the challenges ahead. Can you find a quiet moment to reflect on what sustains you, and what resources you have within you?

What sustains you?

Might you keep a list of the things that give you joy, or bring a sense of purpose to your life? If you put the list somewhere where you can see it, you may find it helps you to connect with what you really care about, especially when you feel drained. Examples we often hear include:

- Doing work that makes a difference in the world
- Experiencing the thrill of discovering new ideas or connections
- Basking in the company of the people who matter most to you
- Feeling a strong connection to the natural world and/or doing physical exercise
- Feeling confident in a spiritual dimension to your lives.

What resources do you have within you, that allow you to face new challenges?

We all know the feeling of going into work with a plan for the week, to find it is thrown into disarray by events. Seasoned leaders know that even if a situation is outside of their control, they can choose how they react to it, and resist being constrained by their stock response.

It can help to imagine a typical interruption to your day's work and write down the different ways you are likely to respond, emotionally as well as practically. You could then explore questions like:

- Who do I know who would respond differently in this situation? Is there anything to be said for trying their approach?
- Have there been times in my life when I have used a response outside of my habitual range? What happened?
- What different response could I experiment with in this situation, and what stops me from trying it?

These questions can be particularly helpful when you feel unable to make headway with another colleague or organization. Can you access a dormant part of you that would open up new possibilities? We all have more resources within us, if we can tap into them.