



Tips to keep you airborne!



4 questions to ask when you're feeling stuck July 2019

Listening to a fascinating interview with Jerry Colonna the other day...by the way he's an American venture capitalist who played a big role in the early development of Silicon Valley...he's also an executive coach to many in C-suite positions and is also known as 'The CEO Whisperer', I suddenly scrambled for a piece of paper and a pen to jot down a couple of great questions that he said he puts to his clients.

Interested?



First up, let me create the context.

Leaders often get their heads stuck in the 'how' to do things...the practical aspect of doing business, whereas they should really be looking at the 'why' of what they do and ultimately who they are (by the way, Simon Sinek's Ted Talk on the Golden Circle supplies a nice backdrop to the 'why' of business if you have time to check it out.

This takes a bit of radical self-enquiry...not just looking at what your natural strengths and talents are etc., but also looking into dark corners, at those vulnerable aspects of self that tend to get overlooked.

Having a peek at the why takes emotional courage.

Why?



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

Because when we bring old patterns of behaviour that don't serve us into the light and zero in on the why of our fears, we often get stuck.

Here's Jerry's unique formula for helping you in times of trouble:

Practical Skills Development + Radical Self-Enquiry + Shared Experiences

Enhanced Leadership + Great Resiliency

Whether you are a leader or not, and you're game enough to dabble in a bit of self-introspection when things aren't going to plan and you're feeling stuck, check these out:

- 1.If you look back at..... (what's not working/going to plan), how are you complicit in creating the conditions in your life that you would have said you didn't want?
- 2.What are you not saying that needs to be said?
- 3.What are you saying that's not being heard?
- 4.What's being said that you're not hearing?

Aren't those great questions?

If you're struggling to unpack them however, don't panic. Reach out.

A key component of resilience is being able to reach out to ask for help.

Call me. I'll have 4 great questions up my sleeve if you do.

Till next month, here's to indulging in a bit of radical self-enquiry and to shining the light in dark corners.

Caroline

IPS - Whenever you're ready, work with me directly to see how you, and/or your team can boost your resilience.

Hit the reply button to this email with "yes, more information please". Spread the word...



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259