

SHARING LEARNING by Jan

WBECs pre-summit sessions June 2021

WBECs Mission: To raise the global standard of coaching across the world, bring together to top thought leaders in coaching worldwide.

Michael Bungay Stanier

Michael is featured in our Leadership Edge Master Coach materials as author of “The Coaching Habit.”

“How coaches let themselves down.”

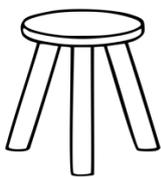
- We unlock our greatness by working on hard things.
- Answer the question: “How am I letting myself down?” Once identified, this is not a stone to weigh you down but opens possibilities. Another focus question: “Who do you need around you?”
- What ambitions do you have for yourself and the world?

What is your worthy goal?

Michael suggests we should have three strands to any worthy goal.

1. It should be THRILLING (makes you very excited and speaks to your values) This counteracts *obligation* (your internal and external voices)
2. It should be IMPORTANT (serves someone other than you, makes the world a better place. What if we can give more to the world than we take? A worthy goal has a *service* element. It absorbs your thinking.
3. It should be DAUNTING: it feels challenging, takes you to the edge of your comfort zone.

These are like the 3 legs of a stool! A worthy goal will have all three.



Try your first draft of this worthy goal: It may be about a project, about people (relationship based, committing to, moving on from) or it might involve breaking a pattern that doesn't serve you well.

Now verb it! Redraft starting with an action word. This shows the importance of commitment rather than outcome. We can be seduced into thinking that the outcome is everything. We win by taking on the hard thing, success is in the doing.

There are three elements to consider: Does this worthy goal:

1. Have a clear focus?
2. Do you feel 'lit up' when you think about it?
3. Does it give you momentum?

Rate each of these 3 out of 7. Michael suggest we should aim for 18 + (my score was 17!)

He then went onto suggest we should identify which 2 coaches in the WBECS line up we want to learn from.

I am starting with 4 + Michael!

Peter Hawkins, Martin Seligman, Marcia Reynolds and Marshall Goldmith (no Blanchard this year!) In my 5 years with WBECS I always find new speakers I feel connected to!

Jan