

# Stepping Out, Stepping In

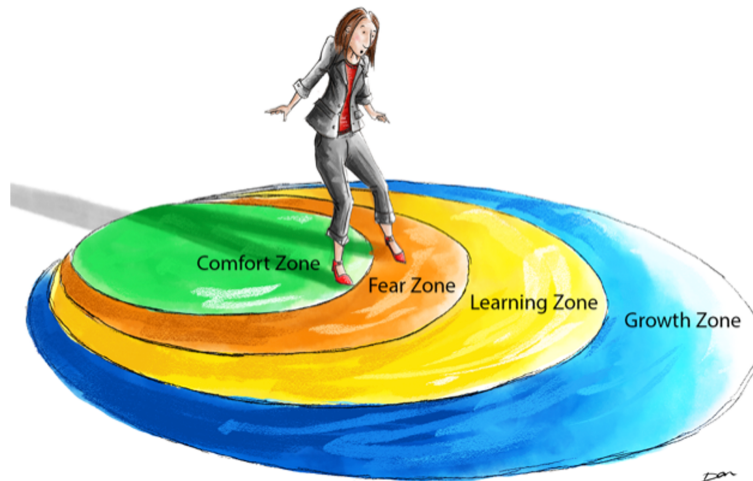
## The Monthly Coach - September 2023

Welcome to 23-24! We hope you have been able to switch off 'work' mode and reconnect with your 'not-at-work' self, and now feel rejuvenated for the new school year, which is full of bright hopes and promise.

Many of you will be stepping into new roles, possibly within a new organisation. This month, we explore why taking on fresh challenges, whether in a new or existing role, helps to bring your best self to school.

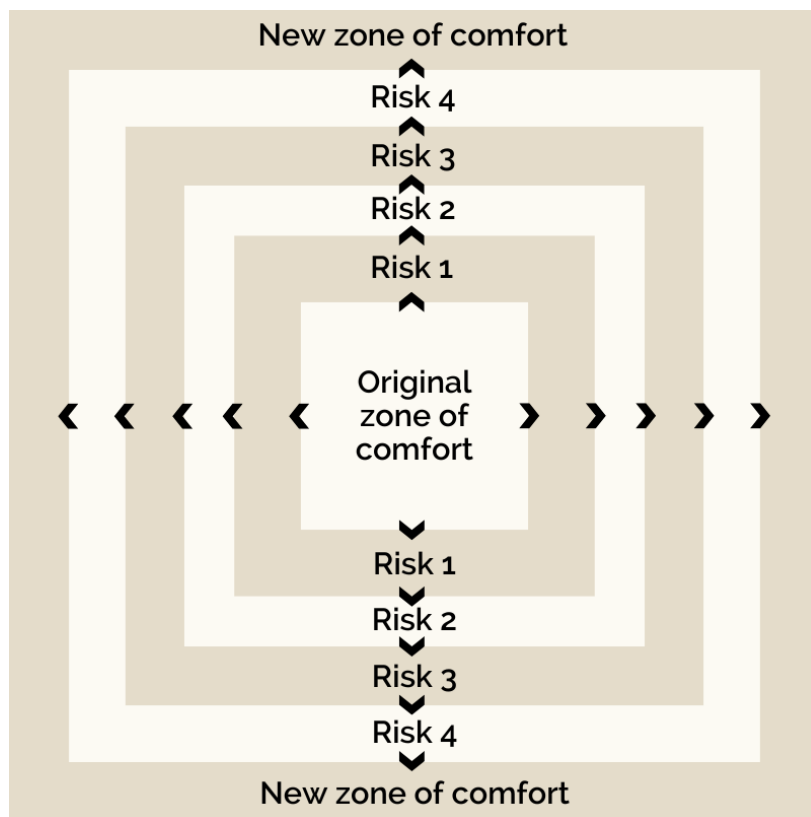
Working within the high-energy, high-stakes context of school, your Professional Comfort Zone provides psychological security; tasks, duties and dynamics have largely become routine and manageable. However, this may be confining your opportunities for deeper professional and personal fulfilment.

***May your choices reflect your hopes, not your fears. – Nelson Mandela***



This model, taken from [Positive Psychology](#), acknowledges that on our journey to personal and professional growth, feeling fear is a natural part of the process.

When you step into the risks of experiencing a lack of competence and confidence (Fear Zone), you can be sure that you will learn to deal with the challenges and develop new skills (Learning Zone). Eventually, you will reach a place of enhanced professional aptitude (Growth Zone).



In her classic bestseller, 'Feel the Fear & Do It Anyway' (featured in our [Master Coach programme](#)), Susan Jeffers frames this fear as sequential risks which incrementally expand your Comfort Zone: each time you move out of what feels comfortable, you become more powerful. As your power builds, so does your confidence, so that stretching your comfort zone becomes easier and easier, despite any fear you may feel. She arms us with this empowering reminder that if things don't go exactly according to plan, "So what! I'll handle it!"

There is much **research** highlighting the benefits of stepping out of our Comfort Zone, which include: accelerated career progression; increased personal confidence; enhanced leadership skills and impact. Naturally, embracing new challenges can lead to valuable interaction with different colleagues and teams and result in further opportunities.

Perceiving ourselves as lifelong learners with a growth mindset can help to galvanise us for stepping out of comfort and into growth.

***Becoming is better than being. – Eleanor Roosevelt***

We invite you to take a few minutes to consider the following:

- What about this new term makes me feel vulnerable or scared?
- What do my personal fulfilment and professional impact look like in my Growth Zone?
- Who can support me during my ups and downs?

Wishing you all a fabulous year and a smooth transition stepping into your new opportunities. And of course, please contact us if you or your colleagues would like to explore how having a coach walk alongside can support you on your journey.

Warmest wishes

Catherine

**Catherine Hulme**

Director

07879612553

[www.leadershipedge.org.uk](http://www.leadershipedge.org.uk)



If you'd like to talk with me about how coaching could support you or your school, please book in for a call [here](#).

### Follow us on social



#### Leadership Edge

12c Two Locks Hurst Business Park, Brierley Hill

United Kingdom

You received this email because you gave us permission at an event, through our website, or when making a purchase from us.

[Unsubscribe](#)

