

every
woman

Self-Coaching for Decision Making



Sally Kettle

everywoman expert





Structure

1

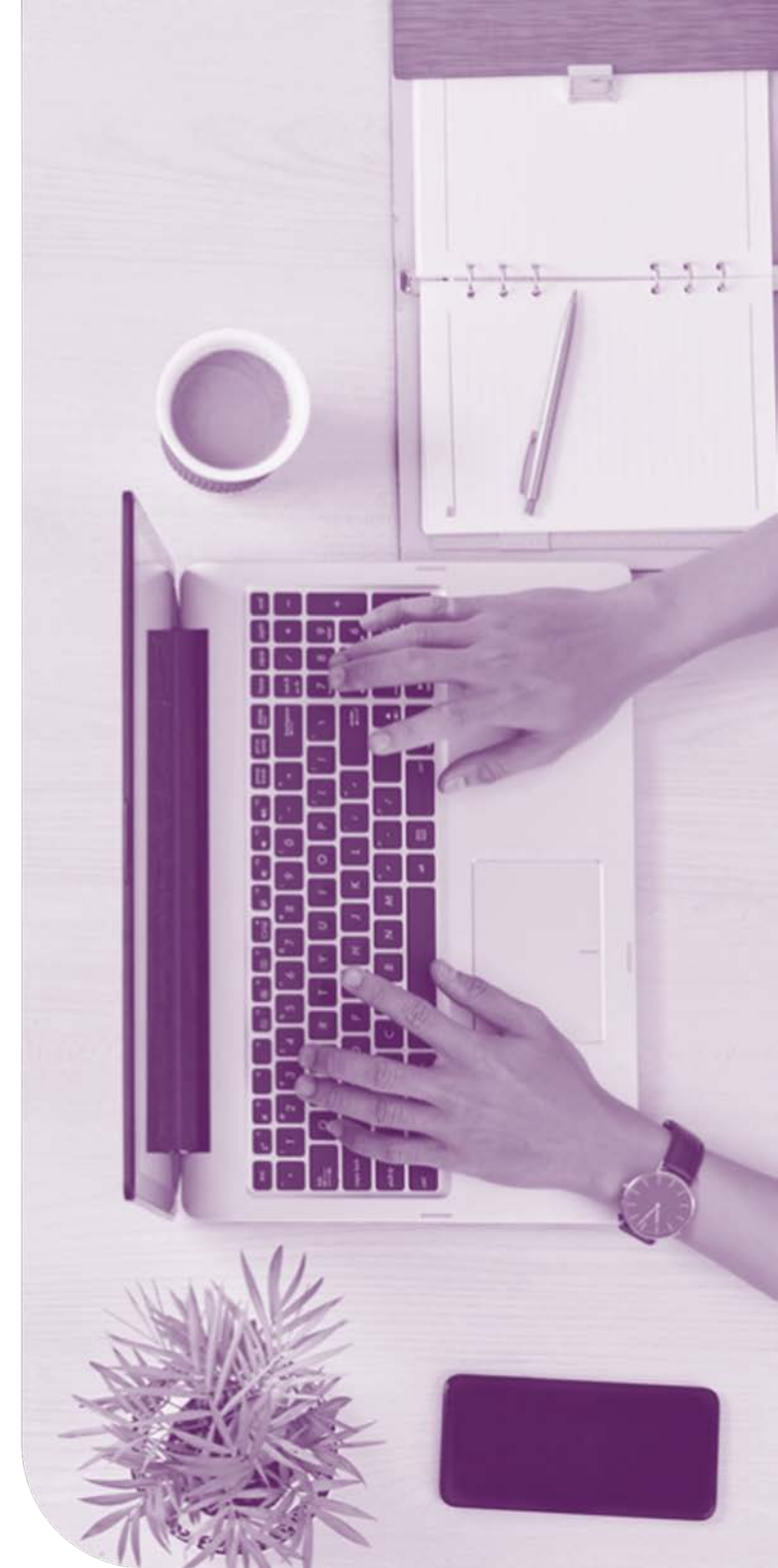
Coaching - what it is, and what it isn't

2

How to Prioritise

3

Visualising the Impact of Your Decisions





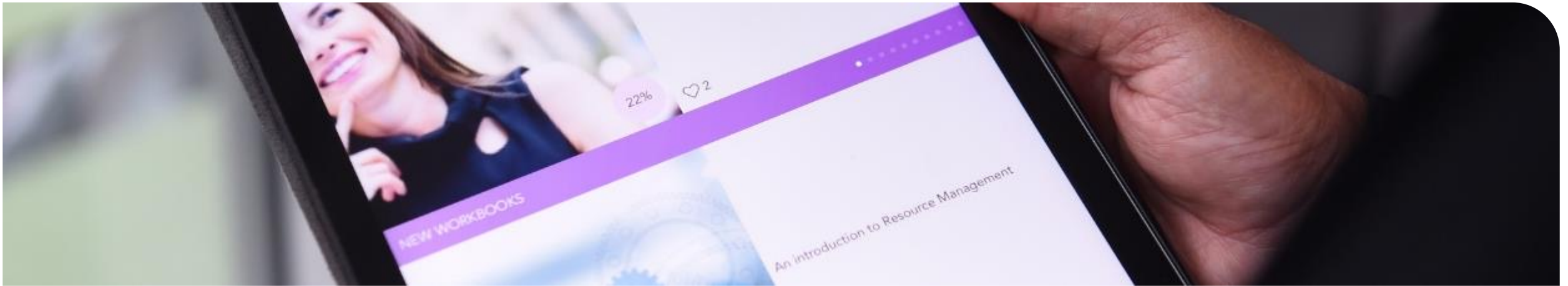


“

Tell me, what is it you plan to do with your one wild and precious life?

”

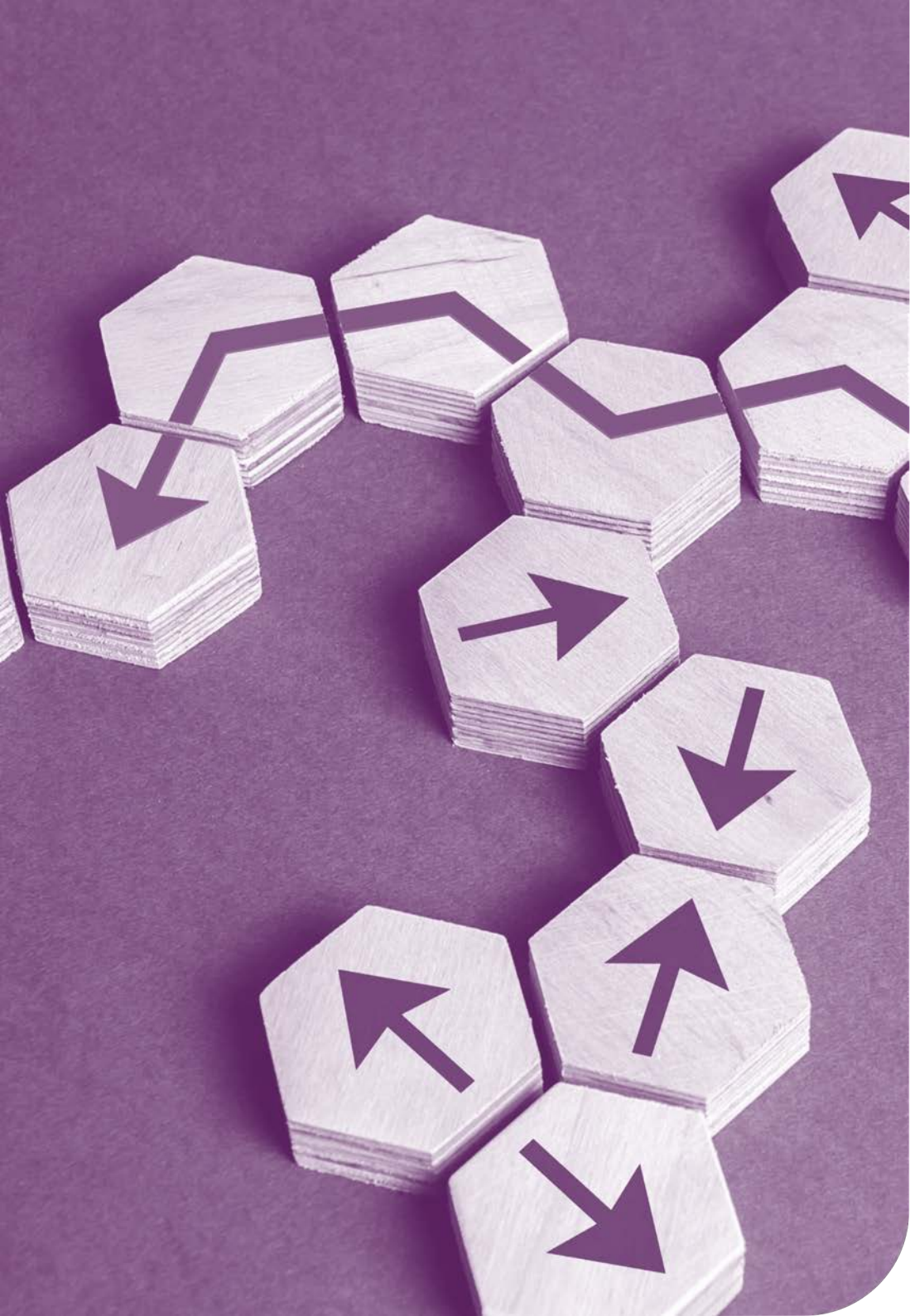
Mary Oliver- Poet



Poll One

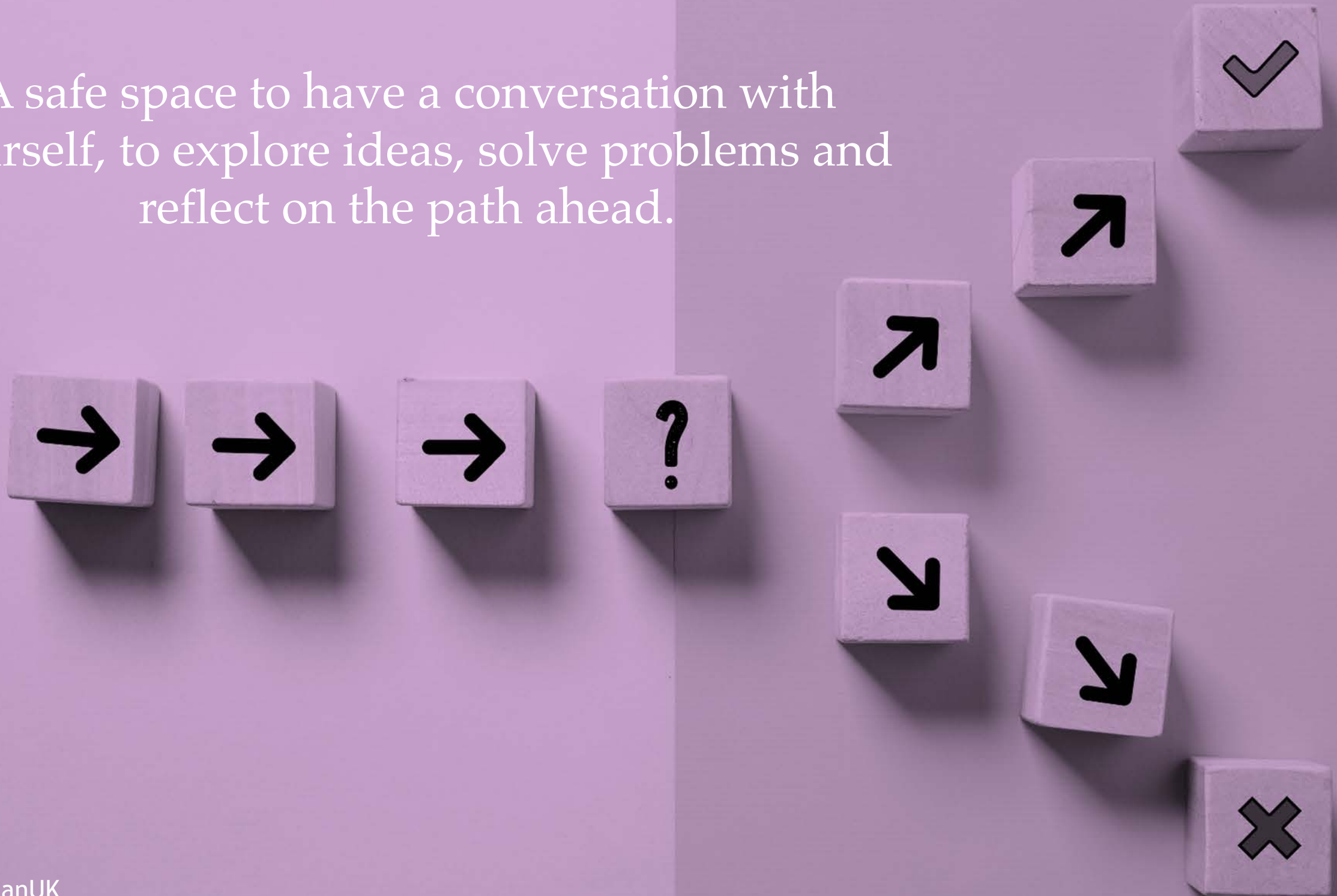
Have you had coaching?

- A - Yes, I'm currently being coached
- B - Yes, but not now
- C - No, I've never been coached
- D - I'm not sure



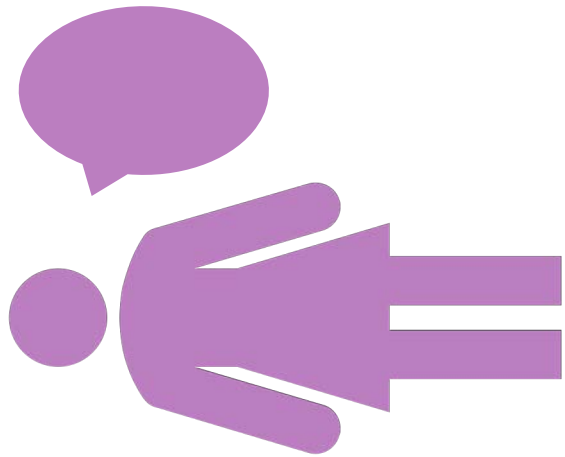
What Coaching Is & What It Isn't

A safe space to have a conversation with yourself, to explore ideas, solve problems and reflect on the path ahead.





Coaching in the 'Real' World



Therapy

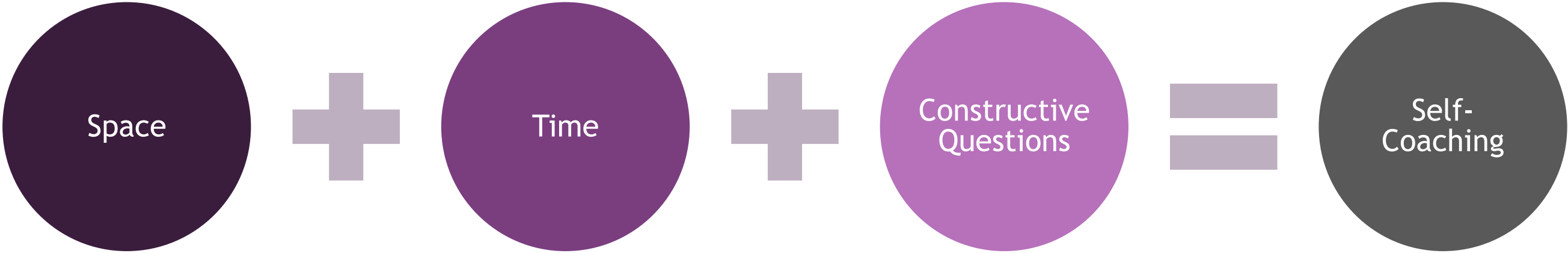


Mentoring



A Cozy Chat

Self-Coaching



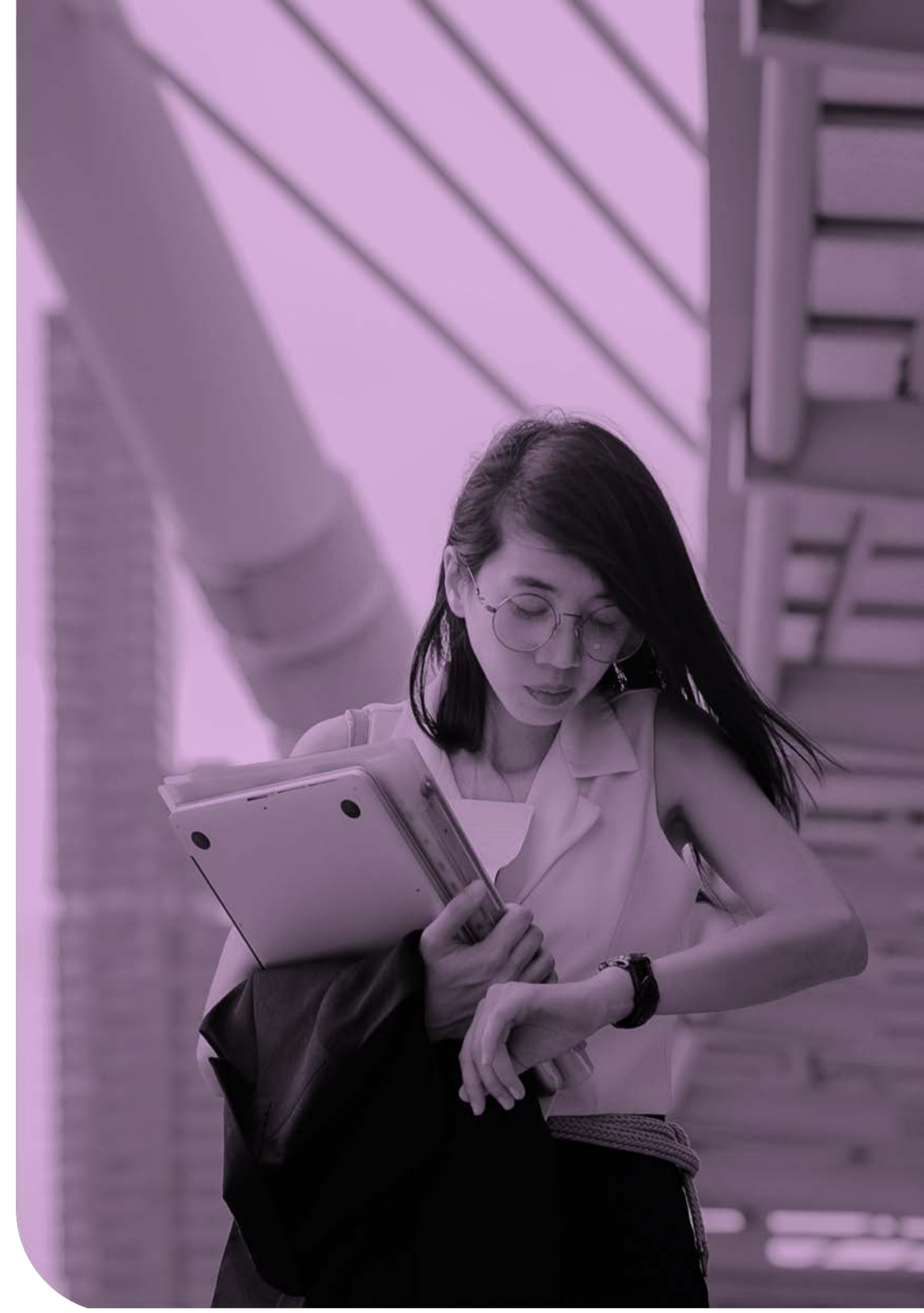
A woman with voluminous curly hair is smiling broadly while looking at her smartphone. She is wearing a light-colored button-down shirt. The background shows a window with several sticky notes attached to it. The entire image has a soft, purple-tinted overlay.

Positive Self-Regard

A photograph of a paved road winding through a dense forest of tall evergreen trees. The road is the central focus, with the word 'FUTURE' painted in large, bold, white letters on the upper half and 'PRESENT' painted in the same style on the lower half. The background shows a misty or overcast sky and distant hills. The overall tone is somewhat somber and contemplative.

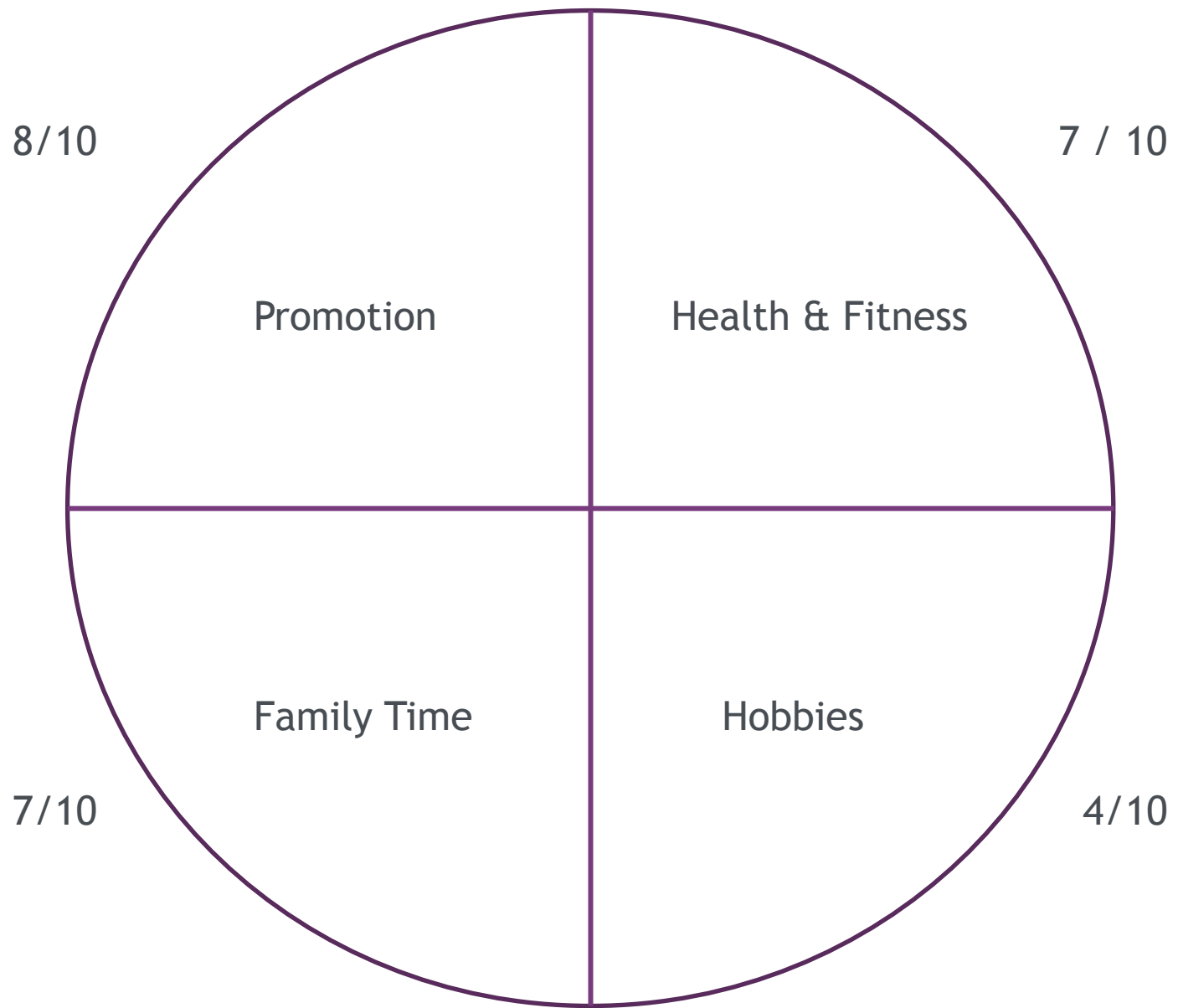
Present or Future Focused

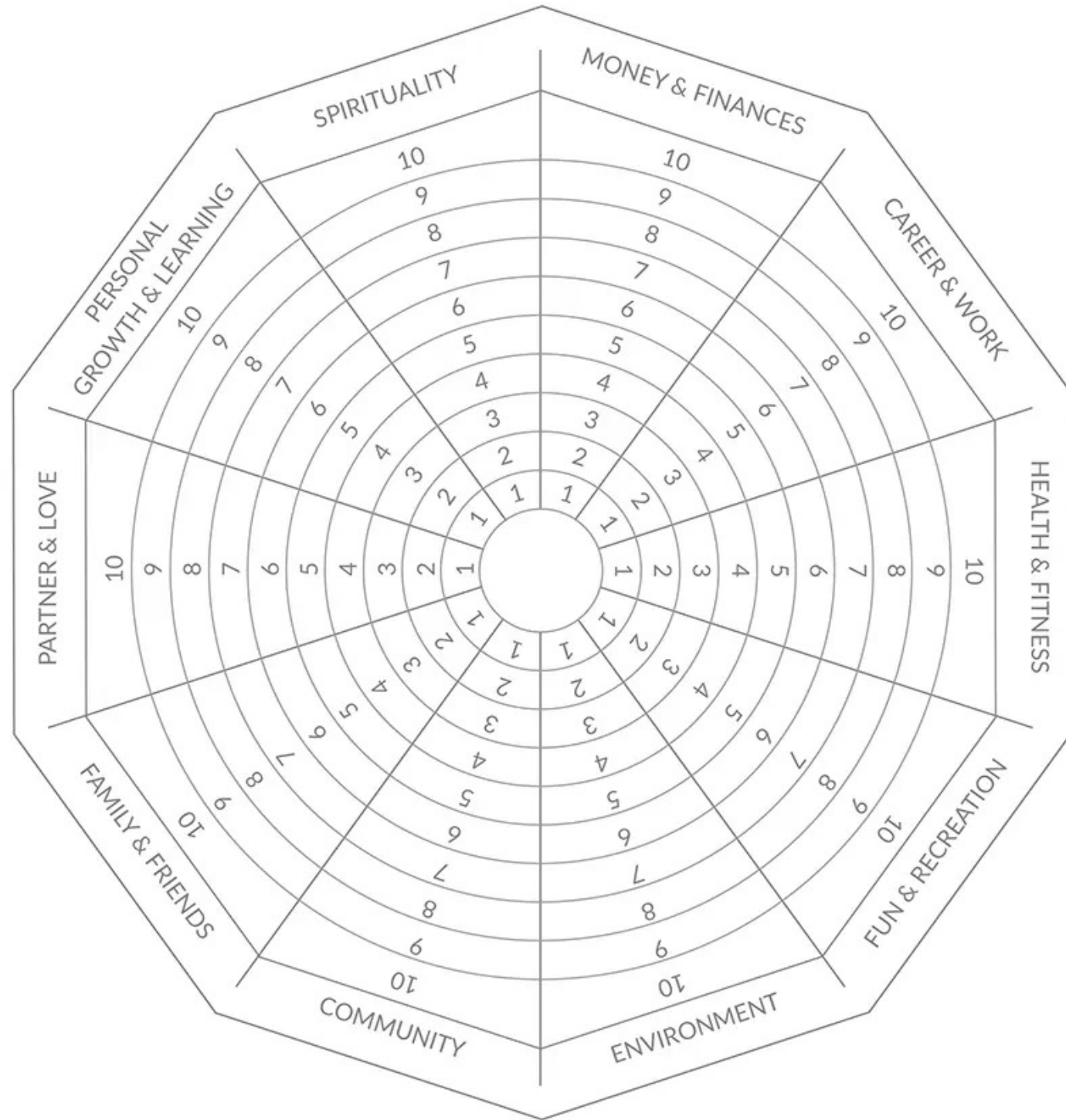
How to Prioritise



A woman with long dark hair, wearing a white lab coat, is looking through a microscope. The image is tinted with a light purple color. The text "Finding Focus" is overlaid in the upper right corner.

Finding Focus





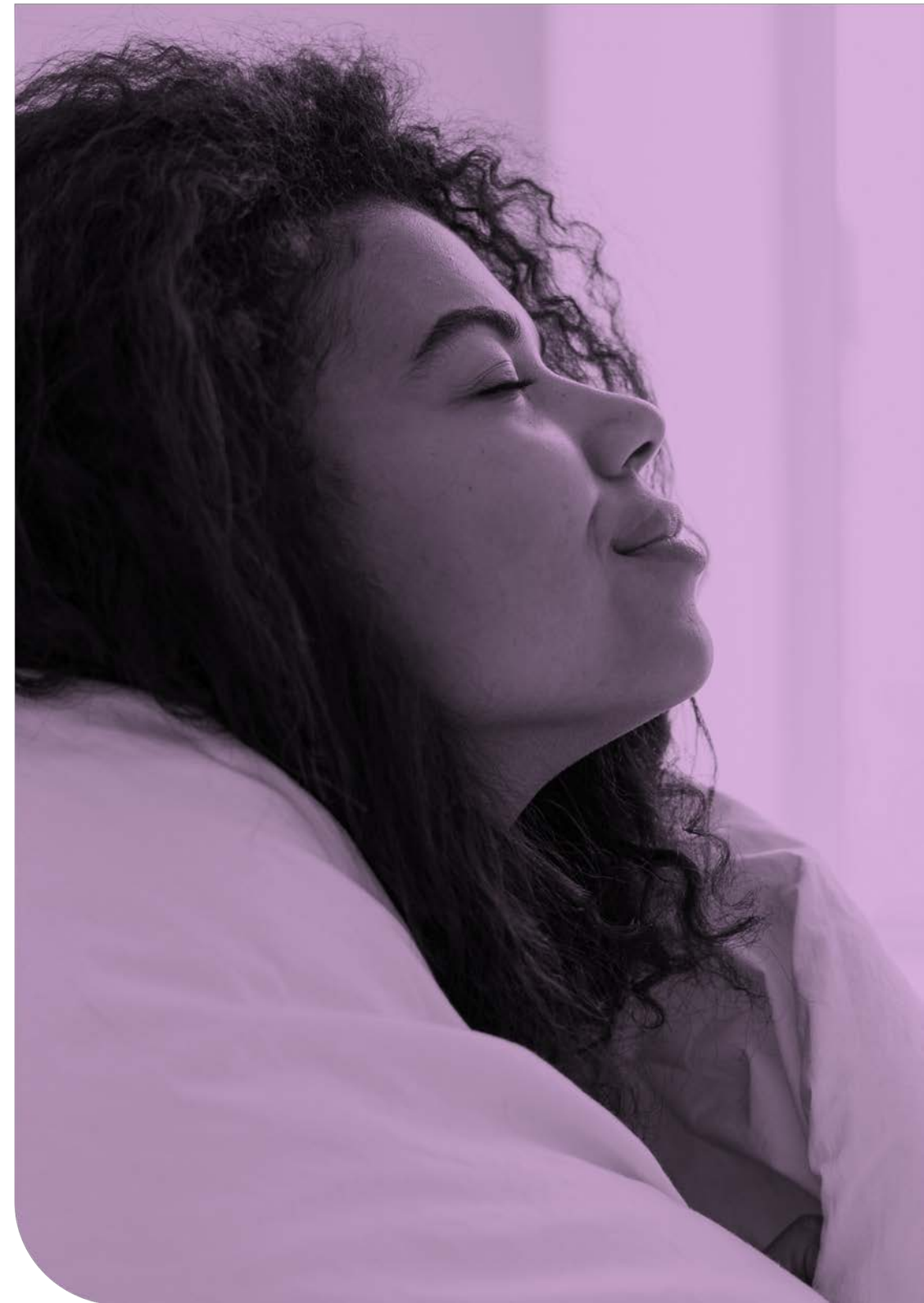
You could ask yourself...

1. What are the benefits / drawbacks?

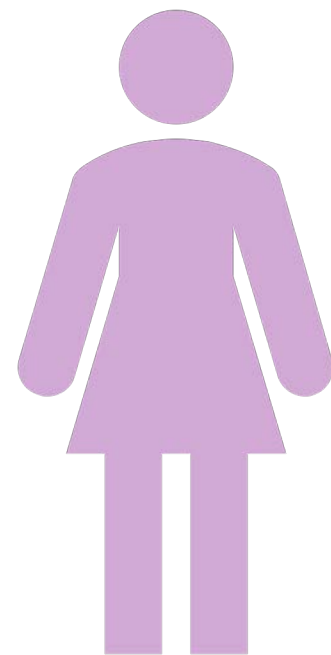
2. What actions can I take?

3. What are the barriers / enablers?

Visualising the
Impact of Your
Decisions



DID



DID'T



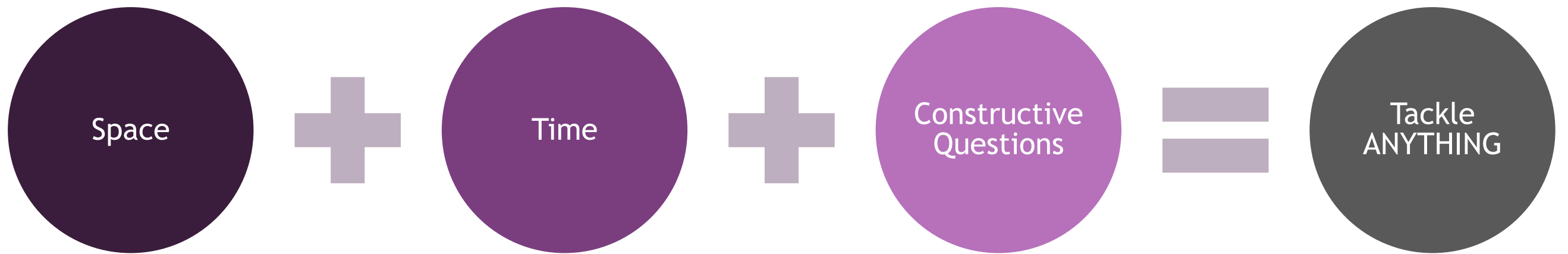
The background is a deep purple color. A prominent feature is a thick, light purple wavy line that starts from the bottom left and curves upwards and to the right, ending near the top right corner. The line has a slight gradient and a dark purple outline. Scattered throughout the purple background are numerous small, white, star-like dots of varying sizes, creating a starry or cosmic effect.

Set Yourself A Timeline





REMEMBER





“

We cannot change what we are not aware of, and once we are aware, we cannot help but change.

”

Sheryl Sandberg