

UK LIFE COACH



**Brain
Overload!!**

So what makes people Stressed?

Stress is subjective. What makes one person feel stressed, would hardly raise the pulse level of another. It can strike at any time for anyone. It can creep up unexpectedly and take us by surprise, or it can build up week by week until we face overload.

In order for a human being to be 'happy' and – by definition – less stressed, all or most of his primeval needs must be met. One of these requirements is a desire to feel connected. Many people feel disconnected from life, family, colleagues, the boss, the company, the clients and their goals. But the worst-case scenario is for a person to feel disconnected from his or her self.

This is not some new age spiritual mumbo jumbo. These are facts. Disconnection occurs when a person loses awareness of who they are, and what they want from life. People living without passion or motivation have no idea of their core purpose in life.

Corporate & Executive Coaching

People believe that being successful brings you happiness, but that isn't always the case. If it was, why are so many famous rich people in rehab?

Determining what success means to each individual is not an easy task, as every one is motivated by different means. Research has shown that money does not necessarily motivate people, but emotionally rewarding relationships do. If a motivational need is not met, this can result in greater stress levels as fulfillment is not attained

As a company director, with staff, what does this mean to you? Are your employees suffering from stress? Do you know how to motivate them? Should you care? **YES!** If your employees are stressed, they are not operating at peak potential, which may affect the bottom line for your company.

Is this really important?

Yes it is. Most of the clients I work with begin with little idea as to what drives them each day. They move 'hamster like' through their lives, unconscious of their real needs. They live like an automaton, without awareness, lacking in mindfulness and consciousness. You may not associate this connection to the company turnover and profits. But there is an association. And it is very real.

How does that affect me?

If your employees are stressed, they may have lost motivation. This creates an uphill battle in your attempts to inspire staff towards your company vision. You may not even realise that this is happening. Developing a fully focused, self-aware and stress free team is probably the single most powerful thing that you can do for your staff and for your company.



Managing Stress

Most people have a low to moderate threshold of managing their stress. Not all stress is bad. A little adrenalin helps us to get things done. But it is the stress that affects our performance that matters.

Coaching can identify where and how a person may inadvertently be creating and feeding their stress. Most of the pressure we tolerate is self-imposed, as we do have a choice as to how we react to external demands. Coaching helps to stimulate self awareness, which is the first and most vital step in eliminating stress from the workplace.

No one can **make you** feel a certain way. In truth, it is not what happens to us that matters, it is how we deal with it. During coaching sessions we often have breakthrough moments where the client comes to the realisation that they have been inflicting their own stress; not their boss, their circumstances, their colleagues or their family. When a person reaches that level of awareness, change is rapid.

This awareness helps to stimulate creativity, and increases confidence. Managing ones emotions [emotional intelligence] and practicing detachment methods can greatly impact a person's strategies for coping with stress.

The main benefit of coaching is that it nips potential problems in the bud. Creating a coaching mindset builds on generating a 'can do' attitude amongst staff. The team environment will be less stressful, as they learn to channel aggression, hostility, emotional outbursts or anger into a positive mindset and coordinated teamwork

Training

Staff can be trained to adopt a coaching attitude in the workplace, creating a positive coaching environment in the workplace. It provides: -

- Enhanced communication
- Conflict resolution
- Problem solving
- Greater team bonding
- Reduced stress



Thinking of trying a coaching service?

Contact me on 0800 634 3320 for a **FREE** 45-minute consultation to any company, or individual who is **genuinely** committed to generating lasting and positive changes. I offer bespoke training & coaching packages according to the needs of individual or corporate clients.

I am also the founder of **The People Whisperers** which is a highly effective **Equine assisted coaching programme** for Team Building & Leadership development.

For details see www.thepeoplewhisperers.co.uk

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