

Coaching Focus

Welcome

In these unprecedented times of the Covid-19 pandemic most of us are struggling to come to terms with the changes it brings and how we start to adjust to this.

So many of you have suddenly found yourselves working from home, facing the front line, or are possibly out of work. You may be concerned for children and families - either in school or not. Emotional responses vary within each of us at any given time and uncertainty can create fear - the edge of the unknown is a scary place to be.

My own work has been thrown up in the air, as much of my coaching is connected with schools and early years settings. I thought I would use some of my time to write this, to keep in touch and share some thoughts and models. These might help us feel a little safer when the whole world is facing an exponential shift in so many ways - health, services, economy and of course, human behaviours.



Hang in there!

I was looking for a photo that sums up how some of us might be feeling about the world just now and I found this in my collection. This is my daughter who lives in Australia. Young people are reportedly very anxious in these times, especially about their parents and older relatives. And sometimes the parents worry too! Enforced separation is hard. Thank goodness for the house party app that brought my family together on Mother's Day, where we reassured each other we are doing ok.



Circle of control ...

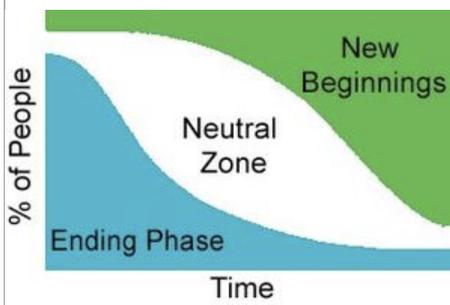
Thanks to Jo Jones (business coach) for her beautiful illustration of what we can't control, and more importantly what we can control.

How might you increase your circle of control?



Managing change

When people are facing change I often consider the Bridge's model of transition in my work.



In terms of the Covid-19 crisis, so much of this is about the dramatic change in our lifestyles. This could include loss of routines, planning, dreams and aspirations for the future, economic security, separation from family and friends.

This has impacted on us all, and we will all be coping with our own individual circumstances. It is too early to consider anything but the ending phase at this stage ... but there is a process and there will be acceptance as the crisis reduces and there will be new beginnings, which bring with it new perspectives and innovations. [Check out FACE COVID by Russ Harris - really good video sketch!](#)

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Change or transition?

The difference between these is subtle but important. Change is something that happens to people, even if they don't agree with it. Change is about the situation. Transition, on the other hand, is internal: it's what happens in people's minds as they go through change. Change can happen very quickly, while transition usually occurs more slowly. We are all playing catch up at the moment including our Government and the NHS. It takes time for us to assimilate information and respond accordingly.



Kintsugi

Kintsugi is the Japanese art of putting pieces back together with gold — built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art. Every break is unique and instead of repairing an item like new, the 400-year-old technique actually highlights the "scars" as a part of the design. Using this as a



metaphor for healing ourselves teaches us an important lesson: Sometimes in the process of repairing things that have broken, we actually create something more wonderful.

Contact

I hope there has been something in this first newsletter that gives some food for thought. I am happy to continue my coaching with you over this extraordinary period of time - my coaching bodies recommend remote contact so I'm learning fast about Skype, Zoom and Teams. I also understand you may prefer to wait until your work resumes a more reliable pattern. Keep in touch and stay safe. Let me know what you think of this 1st Coaching Focus.