



Your Angels and Demons

What's your self- talk? What **patterns** might you explore that could have an effect on your coaching? Patterns often lead us to behaviours without considering their appropriateness.

The **demon** assumes that all our patterns are hindering us; the **angel** that they are all helping us. Either perspective could lead to blind spots about our effectiveness and flexibility for ourselves and with our coachees.

As part of your learning reflections notice the patterns you run as you coach. Use your Angel and Demon to explore these patterns further

What's the positive intention of the dialogue and ensuing behaviour?

Thinking about key drivers, attachment, assumptions, inner critic, self-talk – what are the stories you or others tell about you?

What are your options for different perspective, way of thinking or behaviour?

Make notes here about what they are and how you can dial them up or down to do your best coaching.



