



CONSULTING & EXECUTIVE
— COACHING —

Getting balance in your life!

**Personal Performance Programme
Course Preview**

A bit about balance...

Welcome to getting balance in your life. I hear, see and experience many of my clients, friends and people in my network constantly striving to get a better balance in their life between their work and doing more of the things they love. For some it may be about wanting more time with their children, their partner or quality time with their elderly parents while they are still around. For others it may be about spending more time doing things they love outside of work - their hobbies, their sport, or simply spending more time being creative. Others want to 'give something back' but never quite find the time, while there are those who have always wanted to set up a business or spend time studying to change their career direction. It doesn't matter what it is; we all at some point in our lives don't quite have the balance right.

Many people argue with themselves that there is always something that gets in the way of achieving that balance. I can pretty much list the main reasons people put in front of themselves (or me as their coach) as the very reasons why they can't get that balance. Here are just a few of them:

- You just don't understand (or get it)
- It's different for you
- I am (or my situation is) unique
- I have to do this or...
- I can't let them down
- But I'm paid so much
- I am their boss/leader/manager; only I can do this
- They are relying/dependent on me
- It's not the right time
- I just can't justify it (now or ever)
- I have to make an impression
- They are expecting this from me
- I need to prove myself first
- It's the company/organisation culture
- Maybe I'm just not meant to have that life
- I'll do it tomorrow, next week, next month, next year

And so it goes on.

The thing about balance: No one else can get it for you! If you don't believe me, then right now there is a self-preservation mechanism kicking in that thinks it is trying to help you by avoiding the hard work, courage and tenacity it takes to get the balance in your life.

Somewhere in your unconscious, an old belief is rising through your inner voice. It's telling you "you don't deserve it", "it's too hard" or "this is the way it needs to be [girl/boy], so suck it up!" Your inner voice is wrong.

The thing about balance is that you need to understand:

- Why you need it
- What really gets in the way
- How to get it back and sustain it

Why you need it: You need to understand and deeply connect to why it's so important and how it's actually linked to helping you be a better version of you, perform better and achieve more; or the costs of not getting the balance right and how you will pay for it, either now through your health or later in life with lost ambitions and desires and a mental cabinet full of regret. In week one we explore why you need balance and the costs and benefits of not achieving it.

What gets in the way: It's you! Yes, there are bad bosses, cruel leaders, hard times, targets, goals, families to support, money to be earned and things that have to be done NOW. But achieving balance is down to you! It's fundamentally about the relationship you have with yourself first; the relationship you have with your self worth, your personal and professional identity and the personal code you have set for yourself. If you are constantly striving for balance in your life then you haven't developed these enough, or maybe not at all. In week 2 you are going to dig deep. Increasing your self awareness is a lifelong journey and you will build on what you already know about yourself, but you will also find out a whole lot more to enable you to put in place mechanisms to build a healthier relationship with yourself, develop your personal code and get a better balance in your life.

How to get it back and sustain it: So often we have the best intentions to do this. A New Year's resolution, a new job, a fresh start, new goals, but at the first sign of pressure we give in! Before you know it, your balance is gone. You are putting on weight, arguing with your partner, your kids don't know who you are. You think at least you're doing great at work, only for people to see how stressed you are or, what's worse, how they vow NOT TO BE LIKE YOU! Week 3 builds on weeks 1 and 2, but here I will help you to develop strategies, built on increasing your self awareness, to become in tune with your own warning signs that you're off balance again.

So let's get started, and thanks for letting me take you on this personal journey.

