

## WHERE CAN YOU FIND FRESH ENERGY?

Many of our current coaching conversations are about **how to find fresh energies** for the challenges to come in 2023. After a switch in focus over the holidays how do you want to show up on your return to work? Can you find a quiet moment **to reflect on what sustains you, and what resources you have within you?**

### What sustains you

Might you write down the things that give you joy, or bring a sense of purpose to your life? Maybe you could start a list and commit to adding to it as new things strike you. If you put the list somewhere where you can see it, you may find it helps you to connect with what you really care about, especially when you feel drained. Examples we often hear include:

- Doing work that makes a difference in the world
- Experiencing the thrill of discovering new ideas or connections
- Basking in the company of the people who matter most to you
- Feeling a strong connection to the natural world and/or doing physical exercise
- Feeling confident in a spiritual dimension to our lives.

### What resources do you have within you, that allow you to face new challenges?

We all know the feeling of going into work with a plan for the week, and it is thrown into disarray by events. Seasoned leaders know that even if a situation is outside of their control, they can choose how they respond to it. The risk is that those choices are constrained by the habitual responses that have served us well in the past, but may no longer present us with the full range of possibilities.

It can be worth imagining a typical interruption to your day's work, writing down the different ways you are likely to respond, emotionally as well as practically, and then exploring questions like:

- Who do I know who would respond differently in this situation? Is there anything to be said for trying their approach?
- What would it mean to extend my habitual range of responses? Have there been times in my life when I have used a wider range?
- What different response could I experiment with in this situation, and what stops me from trying it ?

These questions can be particularly helpful when you are working with another person and your usual approach doesn't cut through. Can you access a dormant part of you that would open up new possibilities? We all have more resources within us, if we can tap into them.