

10 Self-Empowering Questions For Going It Alone!

You know when you've got an issue, and you just want to ask a colleague for help? Sometimes that's not going to work ... usually because they're busy. So you have to make the best of the situation and 'go it alone'.

The following 10 questions are ones that are ideal to ask yourself when wanting (or needing) to find solutions for work-related issues. (You can also use them for non-work scenarios too!)



10 Self-Empowering Questions

1. What outcome am I looking for here?
2. What impact would achieving this outcome have on my work (or role, etc)?
3. What's my current understanding of this issue / situation?
4. What's really going on?
5. What resources do I already have to help me here? (time, knowledge, skills, etc.)
6. If I had no fear, what would I do?
7. What have I seen others do?
8. What does my intuition / inner voice tell me to do?
9. Which of my options stand out for me?
10. If I could only take one action / step, that would add the most value here, what would it be, and when will I take it?

Examples of scenarios where this 10-step approach can be useful ...

- You want to deal with difficult conversations with more confidence

- You want to be able to free up a couple of extra hours at the weekend for 'me time' or family time

- You want to be more assertive with particular staff / parents

- You want to be better at catering for a particular child / group of children in your class



So adopt a DIY strategy to issue-resolving and:

- become more self-sufficient / resilient
- become more confident in your abilities
- feel more empowered by the process!

Learn strategies like this & more on the 4-Day Coaching Skills for Schools Course

Starting November 2014 ... This 4 day practical course will give participants the skills to confidently coach others to manage issues positively, raise attainment & achieve changes more quickly.

For more information contact Debbie on 01629 734 101 or see website: www.squaretwo.co.uk