COACH'S CORNER

GLADIEUX CONSULTING
~ EIGHT DAYS A WEEK ~

Hi Michelle,
I want to help employees find a goal that's right for them as individuals and discuss our choices as a team. What do you recommend?

Thanks for reaching out. Your question will benefit our readers. GC uses a fill-in-the-blank exercise in Managing Multiple Priorities training events and it's been a hit. It's easy, fun, and impactful to take at least one answer to an action stage.

Instruct people to fill in answers for just the items that resonate with them. It's OK to skip a few. All answers (but one) are confidential. All team members share one response with their team and what they plan to do regarding the one item most relevant to them now.

Set another meeting now for a few months down the road. This follow-up meeting includes reports to the group about how they're doing with their goal.

My favorite questions in both categories (because they can be life-changing) are listed at #8.

Emerson wrote, "Once you make a decision the whole world conspires to make it happen."
I love that quote, and see it manifest in the real world daily with our coaching and training clients.

What's working for you these days?

1. No matter how busy I get, I allow time for the healthy habit of _____.
2. My goals are well-defined when it comes to _____.
3. I engage in positive self-talk about _____.
4. I rarely procrastinate about _____.
5. I'm proud to work where I do because _____.
6. I make time to praise people for _____.
7. I've improved my skills recently in _____.
8. I am happiest when I'm _____.

What's working against you?

1. I engage in negative self-talk when _____.
2. I spend too much time on the unhealthy habit of _____.
3. I don't yet have well-defined goals when it comes to _____.
4. My energy lags when I _____.
5. I can be a negative influence on others when _____.
6. I could put more faith in myself when it comes to _____.
7. A change I've been wanting to make but haven't yet is _____.
8. One thing I wish I'd do every day is _____.



Are you dealing with a communication challenge?
If you've got a question, write to Michelle@GladieuxConsulting.com for consideration.
Questions remain confidential and anonymous.