



October 2021

Are you ready for your dreams to take-off?

Coaching provides a space for you to think and reflect. This newsletter is a monthly collection of some things to take you back to that reflective space, just for a little while. So grab the drink of your choice, tune everyone out and see whether anything here inspires you.

Ellie

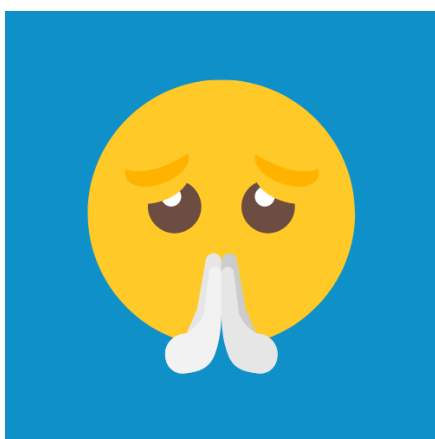


in your way.

[Light the fire](#) - Something to watch or listen to

Imposter syndrome - a reminder

Autumn can be a time when people take on new roles. Even people who are very qualified for the role and objectively very good at it can feel like a fraud in the new role. This [BBC video](#) reminds us that so-called imposter syndrome is almost normal and can have some positives, as well as suggesting an exercise to help if it's getting



[Ready to fly](#) - Something to read

Does apologizing excessively contribute to imposter syndrome?

Excessive apologising may be related to imposter syndrome. It's a tendency I see in myself, and in my sons. So I like this [No Apology: A Poemifesto](#) by **Carmen Giménez Smith**

[Ready to soar](#) - Something to do

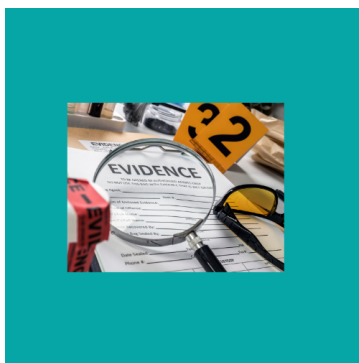
Find your strengths



Although we often think about strengths in terms of skills and tasks or activities that you feel you are good at, the broader idea of Strengths, or Character Strengths, comes from Positive Psychology. Described as “built in capacities for particular ways of thinking, feeling and behaving”, [identifying your relative strengths](#) can help you develop more self-confidence.

Coaching explanations

Blogs from the SendThemSoaring Archive that explain things about coaching



Coaching around imposter syndrome

Case study where the coaching was around imposter syndrome
- teaching strategies to help



A Coachee's guide to... systemic coaching

Imposter syndrome can be partly a function of your external environment. This blog talks about the importance of everyone and everything around you when you are working with a coach.

Find out more about my current coaching services

New clients - book a free 30 min taster/chemistry session

Previous and existing clients - book a one-off 60 min top-up session £80

SendThemSoaring

34 Beighton Close, Reading
United Kingdom

You received this email because you signed up on the website or had some



coaching sessions with me.

[Unsubscribe](#)

mailerlite