



May 2022 – Let's talk.

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. Our focus this month is on how to have the conversations that you need to have. These could be with yourself, with your loved ones, or at work.

Coaching can help plan and rehearse those conversations, or understand and work around things that are getting in the way of conversations. Or deal with the impact of those conversations on you and on others. So, whatever conversation you need to have, I hope you'll find something to help in this month's collection of resources.

Ellie

I have some unexpected capacity for clients in May – click to book your taster



[Light the fire – the basics](#)

10 steps to having good conversations

When I started my business I had to do "networking" – and this isn't something that I like to do, I always hated the poster sessions at conferences for example. There are several reasons underlying this, and it's useful for me to know them, but a good friend just said "Just be interested in them – ask questions about the other person". Here's [Celeste Headlee with 10 basic tips](#) for having a good conversation.

Tips for difficult conversations

Because I have a strong "people pleaser" drive, I sometimes find conversations with an element of confrontation particularly difficult. I frequently need to remind myself that confrontation isn't in itself a bad thing, but there are ways to make it effective and appropriate. Here are two ways of thinking about those conversations:

[Mel Robbins talking about challenging conversations in the work place](#), and [Simon Sinek](#) speaking more generally about 3 steps you can take.



Ready to soar - Asking for help

Working Identity

Asking for help can be one of the hardest conversations to have, particularly at work. It can feel like admitting some form of failure. But actually, asking for help can be an opportunity. Jennifer Winter talks about this [in her blog](#). For those who still find it difficult to ask for help, or who prefer to do this via email rather than face to face (there can be pros and cons to this approach), [Career Contessa](#) has email scripts for pretty much any circumstance (work related).

More (mostly related) ideas

Blogs from the SendThemSoaring Archive



Talking and listening

In any conversation, we only have control over what we say, and what we hear. This blog post has 3 questions to ask yourself when preparing for an important conversation.

Can anybody hear me?

It feels good to feel that we have truly been heard doesn't it? Too many of the conversations we have aren't as full as they could be because we have forgotten how to listen. This blog discusses the 5 levels of listening and how to spot/practice them.

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