BETTER TOGETHER

coaching

Introduction Workbook

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Welcome

Hello Friend,

We are so glad you are here.

By being in this program you have made a commitment to yourself. Congratulations! This is an important step in choosing the life you want in medicine and beyond.

In this program, you will learn the skills to manage your mind, honor commitments to yourself, and practice unconditional love for yourself and others. In this process, you will define what personal and professional success look like for YOU, and get after it.

In Better Together, we will teach you how to:

> - Coach Yourself -
> - Feel Better -
> - Create the life you want, anywhere you go -

This is a big deal, and you deserve it.

Welcome

What are we doing here?

In its original meaning, a coach is a vehicle that takes a person from one place to another.

As your coaches, our job is to guide you from where you are now to where you want to be. You will learn tools to harness your strengths, uncover your motivation, generate your own clear vision and goals, and achieve them.

You will learn to coach yourself through any challenge or experience. You will discover that metacognition (thinking about your thoughts) gives you the power to take back your life.

We will use tools developed by the Life Coach School and others to learn about the relationship between your thoughts, the way you feel, and the results you get in life. We will support you as you set out and achieve things you never thought were possible.

- Adrienne , Tyra and the BT Team

Introduction to The Model

... and how our thoughts generate our results

In this program, we will be using a tool to understand the relationship between our circumstances in life, our thoughts, the way we feel, the actions we take, and our results. We will refer to this tool as "The Model". The Model was developed by Brooke Castillo and is the foundation of coaching at the Life Coach School.

The model shows everything in life fits into one of 5 categories:
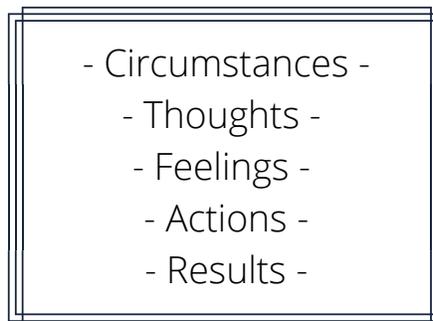
- Circumstances -
- Thoughts -
- Feelings -
- Actions -
- Results -

Circumstances
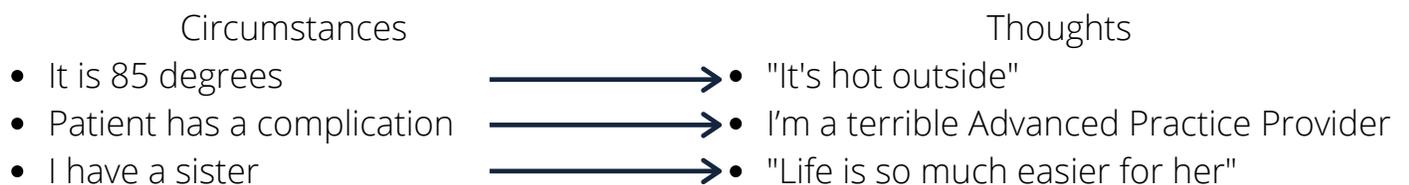Circumstances are objective facts.

Circumstances are usually external to us and include the existence of other people, the past, the weather, words people say, a score on a test, or the outcome of a patient. We often think a circumstance makes us feel a certain way. More money in the bank or a good result for a patient makes us feel good, right? Not so fast.

Introduction to The Model

Thoughts

Thoughts are the meaning our brain gives to circumstances.

Our brain's job is to create a story that gives our circumstances context weight. Thoughts are sentences that run through our heads, narrating every moment of our waking existence. Thoughts about a given circumstance can change over time and are different from person to person.

Circumstances		Thoughts
• It is 85 degrees	⟶	• "It's hot outside"
• Patient has a complication	⟶	• I'm a terrible Advanced Practice Provider
• I have a sister	⟶	• "Life is so much easier for her"

We can't usually change our circumstances, but we CAN always change our thoughts about them. Differentiating our thoughts from our circumstances is the first step in coaching yourself through anything.

Feelings

Feelings are the emotions or vibrations we experience in our bodies as a result of our thoughts.

Feelings begin in our brain and manifest in our bodies. Examples are anger, grief, joy, and excitement. We will use the words feelings/emotions interchangeably. Feelings are different from the involuntary physical sensations like hunger, pain, heat, or cold. Those sensations are relayed to your brain from afferent neurons.

Introduction to The Model

Sensation	Thought	Emotion
Physical Pain	"What the.....!"	Anger

We often attribute our feelings to our circumstances. If we are stressed at work, it's because our patient was late, the MA didn't set up your tray how you like it, or your attending gave you a piece of critical feedback. Right?

In this program, we will learn to untangle emotions from circumstances and pay attention to the thoughts in between.

Actions
Actions are the behaviors, reactions, or inactions that we take in response to our feelings.

In the example of the late clinic patient, we may rush the exam and be distracted during the encounter. Sometimes our actions can be subtle, like a change in our tone of voice. Or it can be inaction, like avoiding an important task since you're already late. If we want to take different actions, those come from different feelings. When we manage our thinking and take action from a deliberate place, we can change our actions and experience new results.

Introduction to The Model

Results
Results are the effects of our actions on US.

 The results that you control will always be FOR YOU. Your experience of a busy clinic day, your relationships, the work that you do, how you spend your time, the goals you set, and the goals you achieve are all results you have the power to control. You and you alone are entirely responsible for your results because they come from your actions.

Here's an example of a Model in action

Shannon is a new PA on orientation for her job in the ICU. She needs to place a central line on a sick patient. She's done a couple of central lines before. Despite multiple attempts she is unable to access the vein. She asks for feedback from her lead. The lead steps in and says she doesn't have time to teach and takes it over. The tears well up in her eyes. The next week, a central line is needed on her patient. She asks another APP if they could do the line for her.

Introduction to The Model

Let's break Shannon's Model down:

Circumstance: *Lead takes over during procedure*

Thought: *"I didn't even make it through the first step"*

Feeling: *Inadequacy*

Actions: *Label herself "not a procedure person", spend the rest of the day feeling bad, replay the scenario a thousand times in her head and cringe, avoid doing the procedure the following day, dread doing her next central line.*

Result: *She didn't allow herself to make it through the first step. Shannon holds herself back from gaining experience and confidence in her skills..*

In Shannon's case, she made her lead's action mean that she was never going to be good at this procedure. Of course she felt inadequate! What the model shows is that it is her thought about the procedure that made her feel inadequate. Is it possible that the lead's action could mean something else? What other thoughts could Shannon think about how this went? What other ways could she feel?

Introduction to The Model

We think > 40,000 thoughts per day!

Those thoughts create the story of our life. Some thoughts we have been thinking for years and years- so many times that we believe them to be true.

Some thoughts keep us safe but also keep us stuck. It takes practice, patience, and more practice to develop awareness of your thoughts, and even more practice to change them.

The good news is, you have plenty of time!

When you approach yourself with compassion and love, you will begin to see major changes in your life. Using the Model to critically examine your thinking is the foundation of the coaching we will do together.

Where to start?
Start with a THOUGHT DOWNLOAD (TD). A TD is a dumping out of your brain onto paper.

It is the process of writing down all your thoughts so you can take a good look at them. From there, you can examine which things are facts/circumstances and which are your brain's story. When you look at your TD with curiosity, you will begin to see how much of your day-to-day experience is more subjective than you realized.

Thought Download

Use the space below to write for about 5 minutes. Don't edit or censor yourself. Just write. When you are done, go back through and tease apart the circumstances (C) from the thoughts (T). From there, choose ONE circumstance and ONE thought to place into a Model. What is the strongest feeling (F) that thought generates in you? What actions (A) do you take or not take as a result of that feeling (write down as many as you can)? Finally, what is the result (R) you create with these actions?

Thought Download
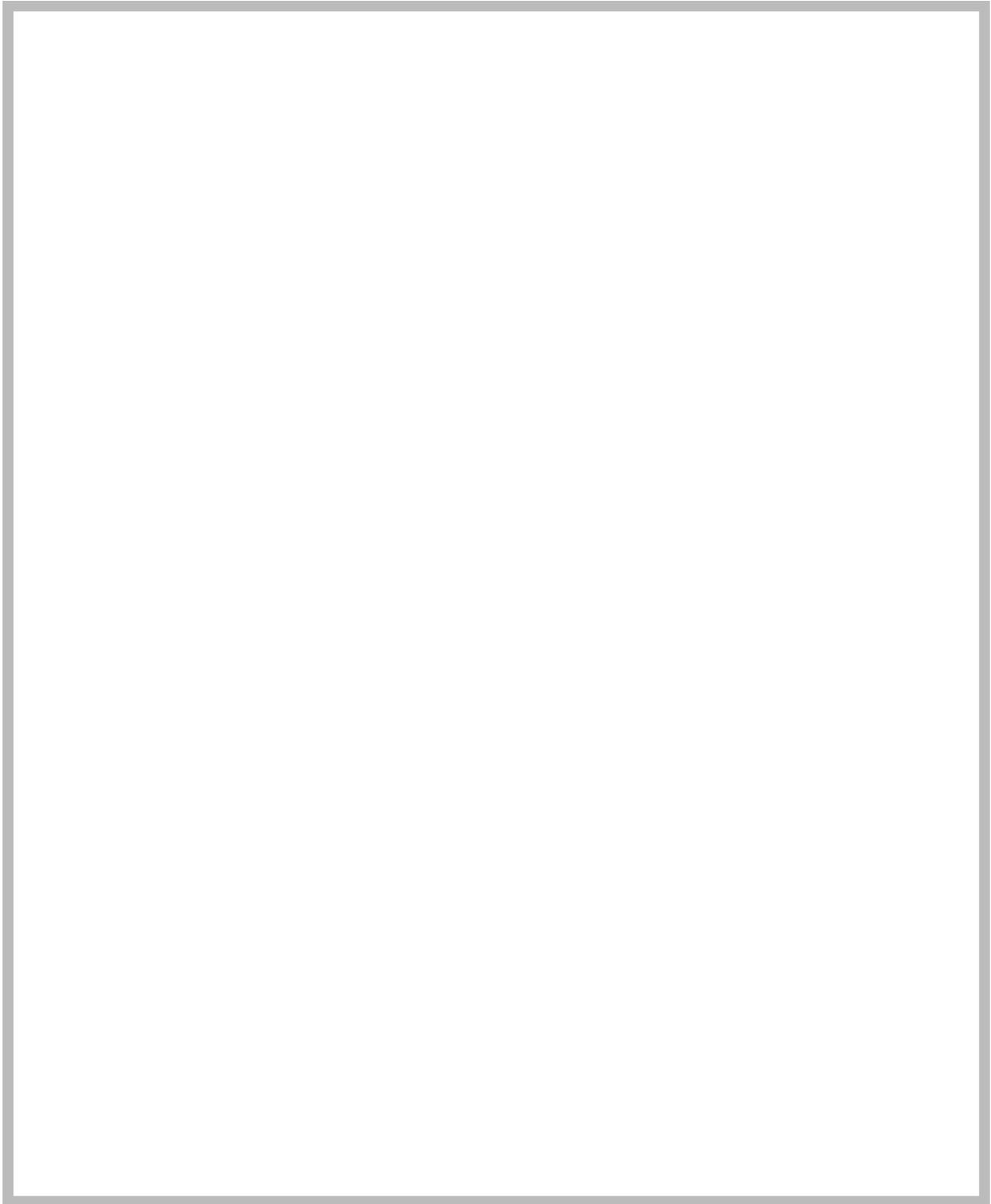
Model Worksheet

C ....
T ....
F ....
A ....
R ....

C ....
T ....
F ....
A ....
R ....

C ....
T ....
F ....
A ....
R ....

Model Worksheet

C ....
T ....
F ....
A ....
R ....

C ....
T ....
F ....
A ....
R ....

C ....
T ....
F ....
A ....
R ....