

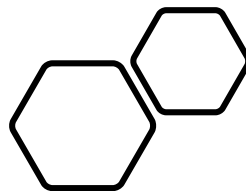
# Coach Nudge#2

*We are in your coaching corner*



# Your Mind Plan


Answer the 5 questions with the below interactive quiz to get top tips and advice for you  
Now tailored for the coronavirus (COVID-19) outbreak.  
[Click on the link below](#)



[https://www.nhs.uk/  
oneyou/every-mind-  
matters/your-mind-  
plan-quiz/](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/)

A yellow cloud-like shape containing the text "every mind matters" in blue lowercase letters.

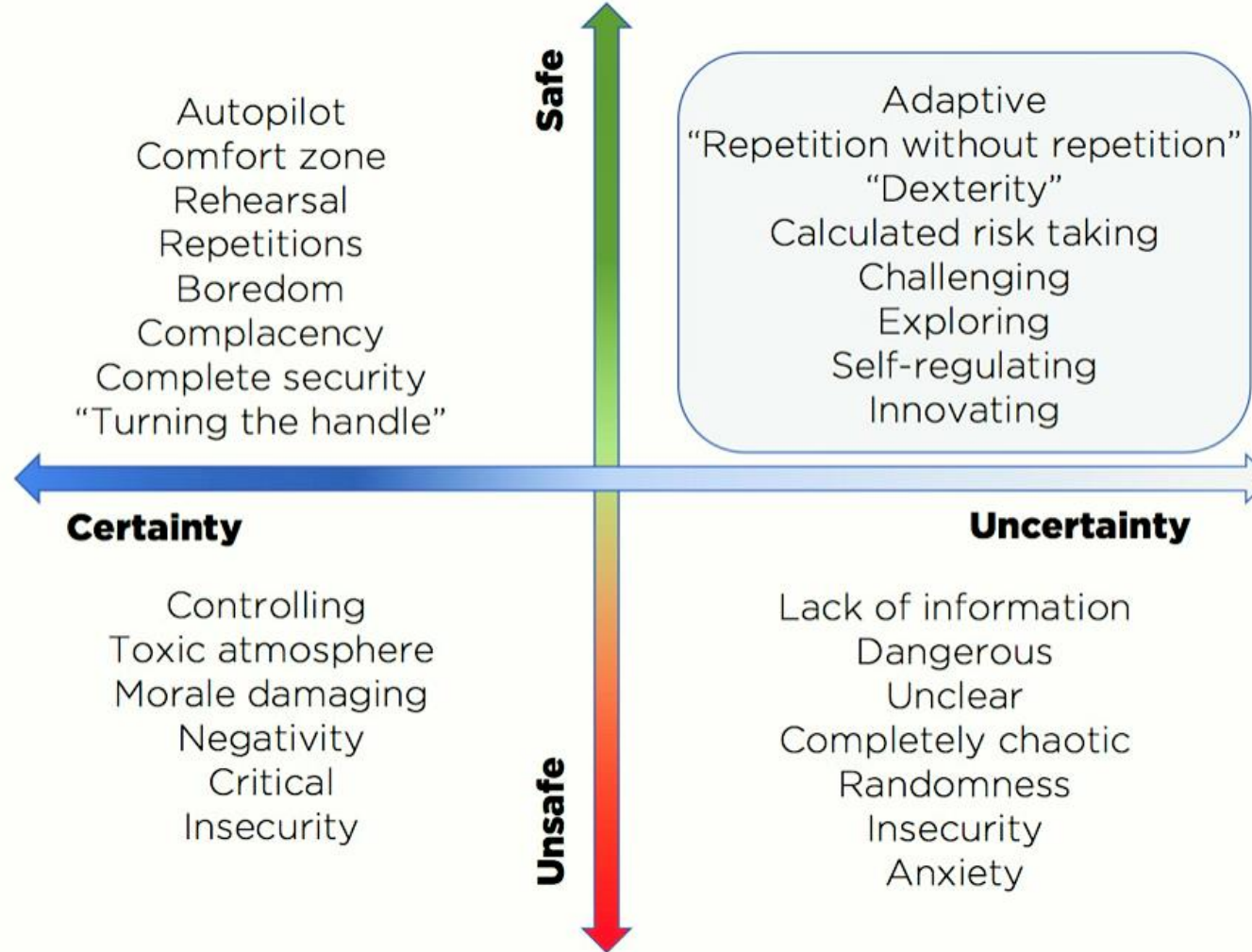
every mind  
matters



**Absorb** what is useful,  
**discard** what is useless,  
and **add** what is  
specifically **your own**.

- *Bruce Lee*

## Design of practice environments



What practice environment do you aim to create and why?



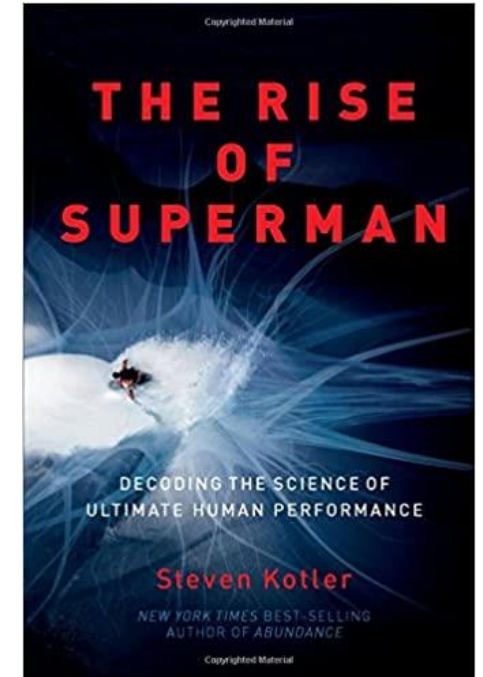
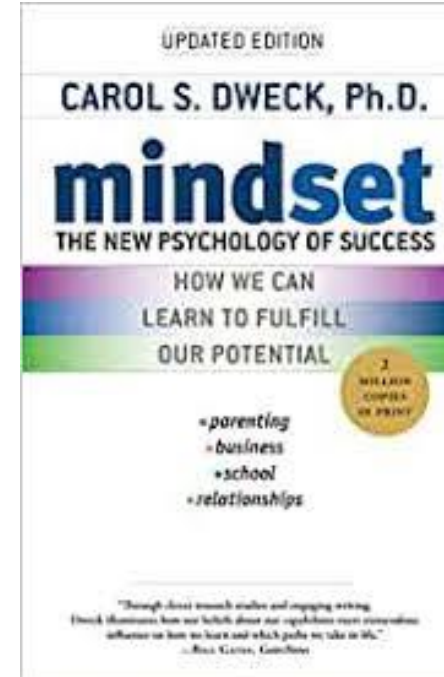
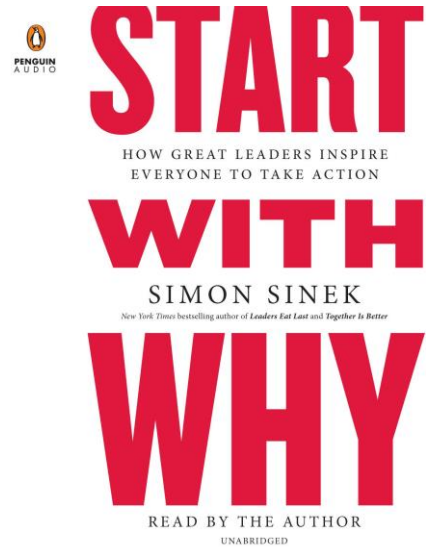
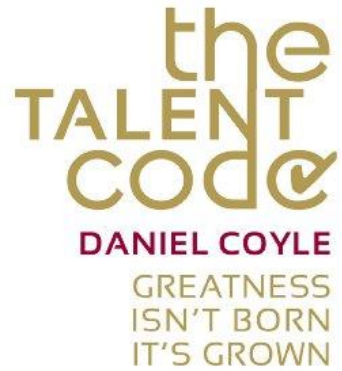
**N**

# FORMULA 1

DRIVE TO SURVIVE

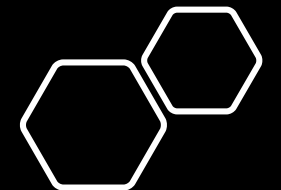






## The Reading Nudge

- Start with why (Simon Sinek)
- Mindset (Carol Dweck)
- The Rise of Superman (Steven Kotler)
- The Talent Code (Daniel Coyle)



# 7 simple tips to tackle working from home



ESTABLISH YOUR  
OWN ROUTINE



MAKE A DEDICATED  
WORKSPACE



GIVE YOURSELF A  
BREAK



STAY CONNECTED



BUT SET  
BOUNDARIES

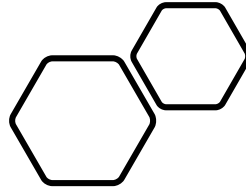


START THINKING  
LONGER TERM



BE KIND TO  
YOURSELF

Stay connected with each other – aim to have a coaching conversation with another coach



- What is coaching wisdom?
- What does adaptability, independent thinking, robustness and resilience mean to you and your coaching?

