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

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

- Bruce Lee
What practice environment do you aim to create and why?
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?