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2020 Live & Learn, Adapt and Change

Questions to help you, to get you thinking

We are not born with the skill of self-awareness, reflecting on experiences and learning, they are muscles we use and develop, the more we use them the stronger they get.

2020 has been a year where history is in the making and we are a part of it. A steep learning curve, confronted with new realities each week, each day, each hour for some.

The aim of this “paper” is to offer you a moment to step back, take a long deep breath and take some time to think. There have been so many good and rich experiences, a steep learning curve, good, bad, nice and not so nice. What are you taking away from this?

Time to take a moment to reflect, to realise, to be clear, to make some changes, to appreciate some things more, do more of, do less of, refocus. Appreciate what you have mastered and achieved.

Slow and thoughtful is the offer ☺ Clear and detailed.....

If you step back and think about when the situation first started to affect you
What have been the “lowlights”, the lower moments for you, practically and emotionally?



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What have been the “highlights”, the moments, events, people of joy, success, awareness, achievement, mastering moments of change, new aspects of quality in your life?

How do you feel you have grown and developed? How have the experiences of 2020 changed you? Focus, wants, not want, more, less-----



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What have you learnt about yourself and leading?

How has the experience of leading digitally extended your thinking about how you can change the way you do things, the structure of your work, those that work with you?

Given the experiences of everyone, yourself, your direct reports, your team? How do you feel you need to adjust your leadership?



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Now that you have taken the time for this awareness and review, what else is important for you to write down and maybe think some more about?

At this point it may help for you to describe a picture of how you want things to be, words, pictures and feelings, how will this revised picture of your life feel like, living it? How strong of a pull for you is that to work towards it?

As a famous sport coach once said “Hard work is also a talent”



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What are you going to do then - private life and in your business life? 😊 concrete and specific steps? Who do you want to talk to, involve, not involve?

How will you monitor the progress of these intentions? How will you reward yourself for your progress? Would you like some help and support?

I wish you lots of fun and a great time 😊