

Session 34: When life has affected my behaviour

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Today we are exploring

- ✓How identity impacts our behaviour
- ✓6 human needs
- ✓Habits and the things we are used to doing
- ✓Retraining our muscles
- ✓Using theories of learning and change to support changes in our behaviour

How has life affected your behaviour?

- ✓ Finish these sentences: A situation that has affected what I do is… The reason for this change is…
- ✓ How do you feel when you notice the healthy aspects of your behaviour?
- ✓ How does it feel in your body when your behaviour is healthy?
- ✓ What helps your behaviour to stay healthy?
- ✓ How does your healthy behaviour impact what you want to do, be or have?
- ✓ What helps you to explore whether or not someone else's behaviour is healthy?
- ✓ How do you know when your behaviour is unhealthy? What does that feel like?
- ✓ What else do you notice?
- ✓ What do you want in place to work with healthy behaviour in your coaching practice?
- ✓ Explore the different resources relating to behaviour in the course materials for ideas

What is healthy behaviour?

Healthy behaviour:

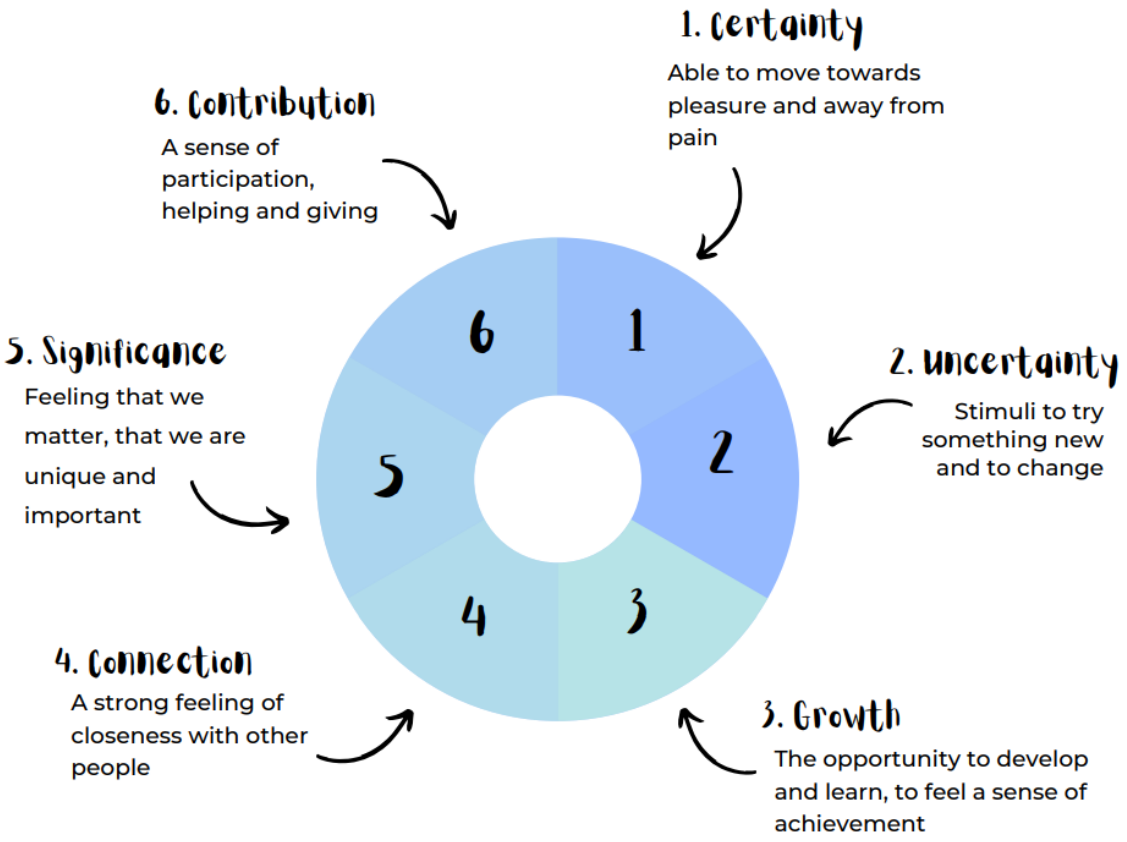
- ✓ Supports the person to thrive
- ✓ Coactive coaching: Fulfilment, balance and process
- ✓ Contributes towards all aspects of the person's life – see wheel of life
- ✓ Includes mental health, physical health, spirit, finances, hobbies and interests, family, friends, work
- ✓ Gives less space / priority to unhealthy behaviour such as smoking, alcohol, processed food, gambling, drugs
- ✓ Enhances the person's opportunity to naturally heal physical and emotionally – healing is our natural state

How identity impacts our behaviour – the stories we tell ourselves matter!

- ✓ I can't do that because I'm not that kind of person
- ✓ I'm not creative so I won't be able to do that
- ✓ I'm no good at… so I won't try
- ✓ My anxiety means I can only do…
- ✓ My mental health is so bad that I can only…
- ✓ Our family doesn't do that…
- ✓ In my religion / community / group of friends / college, we do this all the time
- ✓ People like me don't get those opportunities, so I won't look for them
- ✓ People who have had my experiences are left with… and so I will /will not…
- ✓ Anything that relates to how I see myself and my world impacts my behaviour

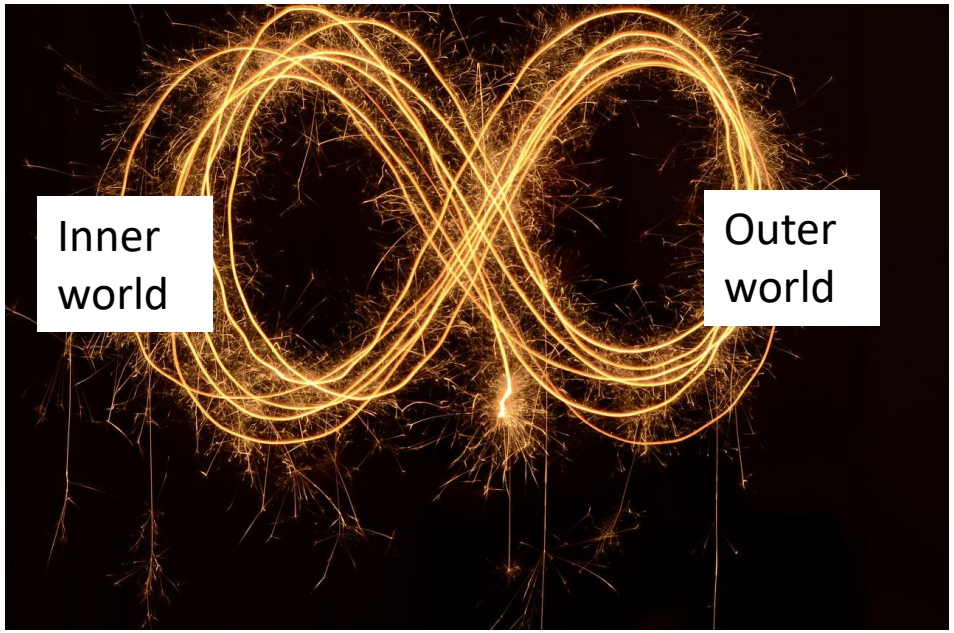
6 Human Needs and behaviour

- ✓ Once we know what needs we want to prioritise, we can then decide which behaviours are going to meet those needs
- ✓ EG: If certainty is a priority, then I could create a plan, whereas if uncertainty is a priority, then I could do something spontaneous
- ✓ If our behaviour meets our needs for certainty and / or uncertainty, and our needs for significance and / or contribution then we have more foundation to be able to grow and contribute



How do we change our behaviour?

- ✓ Inner world: We can start with identity, narrative and parts work. That will naturally shift behaviour
- ✓ Outer world: We can start with the behaviour and start to do things differently in the world – this then can shift our identity, if we can change our habits in ways that stick – See switch summary in resources
- ✓ You can start with either as both impact the other
- ✓ Identity impacts behaviour and behaviour impacts identity

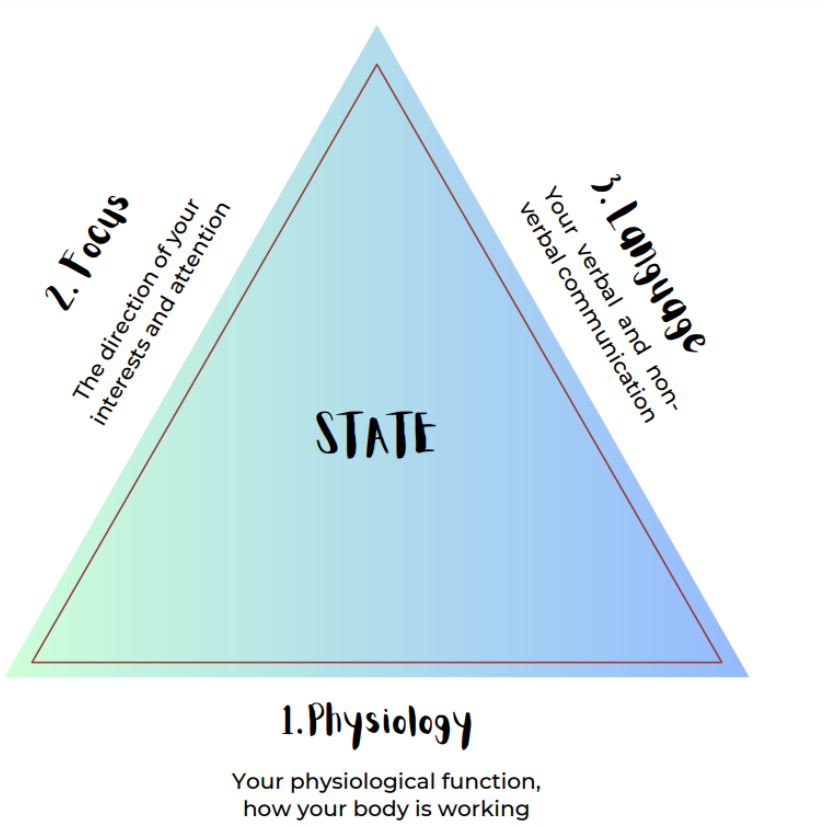


Habits and things we are used to doing

- ✓ Track what you do regularly over a week, more than once
- ✓ Could be more than once a day or more than once a week
- ✓ Notice what are healthy habits and what are unhealthy habits
- ✓ Notice when you do them – times of day, in reaction to something
- ✓ What were you doing in the run up to the thing – 10 mins before, half an hour before – was there a trigger?
- ✓ What does the trigger need? Probably love that it is trying to get through the unhealthy habit
- ✓ What could you do instead?
- ✓ Prepare for healthy habits: get the resources you need and ditch the resources you don't need – get the strawberries and ditch the biscuits!
- ✓ Picture the change – what will you and your life look, feel, sound like with the change?
- ✓ Get support from other people to keep you on track
- ✓ Celebrate even the smallest win

Retrain your muscles

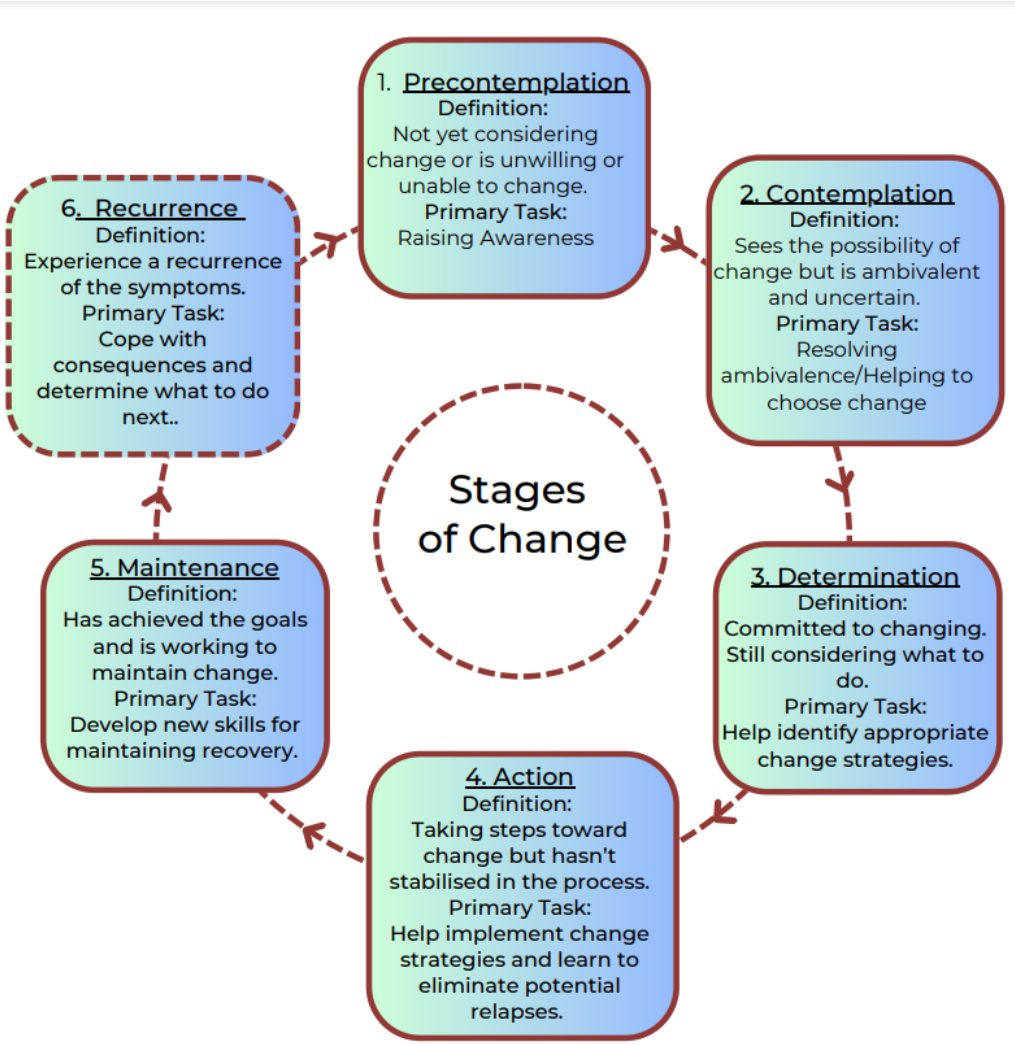
- ✓ Like going to the gym – you can't just do these things once!
- ✓ Remember the importance of focus, language and physiology
- ✓ What can you do in each of these areas to solidify the habit?
- ✓ What can you focus on?
- ✓ What language will you use?
- ✓ What will you do with your body?



Theories of change that might be helpful

Session 15:

- ✓ Ladder of inference
- ✓ Kolb learning cycle
- ✓ Johari Window
- ✓ 4 stages of competence
- ✓ Stages of change



Connection to 3 Steps Home

- ✓ Three Steps Home gives us tools to explore aspects that impact our identity
- ✓ By doing the journalling using the prompts, behaviour will start to change
- ✓ By spending time with ourselves, we can be more compassionate with our inner child, and our actual children



What this means for you personally

- ✓ Reflect on your behaviour – what do you notice?
- ✓ Play with it a little – what if this was different?
- ✓ Use the questions at the start of this session to help you reflect
- ✓ Identify 3 ways you want to explore your healthy behaviour over the next month – with awareness that you can explore other aspects another time
- ✓ Plan what you will do over the next month to introduce more healthy behaviours
- ✓ Look through the lens of how your healthy behaviours are helping your parenting
- ✓ Consider how healthy behaviours can help other parents

The importance in a parenting context

- ✓ Your awareness of your own healthy behaviours will naturally influence your parenting, whether you focus on it or not
- ✓ You can share this awareness with coachees, both formally by showing and explaining, and informally by modelling the approaches in your sessions
- ✓ You can pick the knowledge, skill or behaviour that feels relevant in the context:
  - ✓ Introducing the coachee parent to the concept of healthy behaviours may help the coachee to explore the healthy behaviours in their fanily
  - ✓ How could the coachee explore their own healthy behaviours and start to notice what is already becoming habitual behaviour for their child?
  - ✓ How does the child feel in their body when they behave in a healthy way?
  - ✓ How can the coachee check in with their child to challenge certain aspects of the child's behaviour?
  - ✓ How can the coachee negotiate with others to ensure the child's healthy behaviours are prioritised?