

2011 - De-clutter, Detach, Dismantle

Now the New Year has begun it is a fantastic time for individuals to make a fresh start, learn from the experiences of the previous year and actively focus on the areas where they would like to improve. To support this action three activities need to be considered – de-cluttering, detaching and dismantling.

De-cluttering

When we talk about de-cluttering individuals often only consider tidying up physical items around the home or office, like a ‘spring clear’ exercise. This activity is extremely useful as it creates a tidier more ordered environment, disposes of unnecessary items or paperwork and releases the burden of those jobs nagging to be done. In the home it induces a more relaxed atmosphere where everything is placed how an individual desires, so reducing stress levels. In the office, knowing that everything is orderly and for example, papers filed where they can be found, aids clarity of thinking and enables an individual to focus more efficiently on the work in hand.

However, apart from the benefits of physically de-cluttering items, it is of massive benefit to engage in a mental de-cluttering exercise in order to discard negative thought processes which may be holding you back from the goals you are working towards so that you are able to concentrate more fully on opportunities to move forward. Such examples could be fears brought about by the desire for change, limiting beliefs about such things as stretching your comfort zone and venturing into new territory, or lack of confidence to truly identify what you want. All of these issues need to be addressed before effective progress can be made towards any goals that an individual is working on. The support of a professional coach can be invaluable when working on de-cluttering our thought processes so we can sustain a positive mental attitude, as these strong drivers are often deeply embedded and control behaviour without an individual realising it.

Detaching

In order to move forward towards the goals which have been identified, another good exercise is for individuals to consciously mix and build relationships with like-minded positive people who will support and motivate them to persevere with their dreams. Within this process, wherever possible, it is appropriate for individuals to detach themselves from people, relationships and situations that are draining them, whether it is demands on their time, demands on their emotions or simply creating a negative atmosphere when with them which affects their motivation. One question to ask is ‘what are you tolerating?’

Again, this needs to be done in respectful, gentle steps which an individual feels appropriate and a coach is able to support this action. However, it is essential that any mental or physical drain is reduced as much as possible to enhance a positive beliefs, confidence and improved wellbeing. This can also take courage because although these things were a drain for the individual, they were familiar and breaking away can introduce fears of the unknown which can have a big effect of individuals actually detaching themselves from them. In this situation, coaching can support them in their

clarity of thinking, help change the perspective of a situation, help them create an objective view and actions they feel necessary, all in the confidential coaching relationship and without judgement. Very often, when this is undertaken successfully it creates great freedom and confidence for the individual to then make great strides towards the goals they have identified.

Dismantle

Having identified the two areas of work above, the real progress is made dismantling the negative thought processes and influences currently impacting on an individual's progress towards their goals. This is when coaching is the powerful resource available to help an individual really make progress. This is the work which is very difficult to consistently maintain without professional support and this is what makes the difference between achieving their goals and staying in the current situation.

Adopt the 3Ds to give clients the kick start they need to achieve success.

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