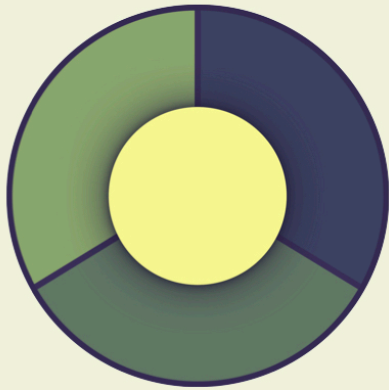


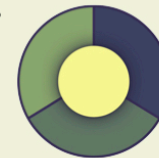
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Common Corporate Habits

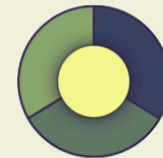
Communicating Personally

- “I have a hard time connecting personally with my peers/direct reports. I don’t normally like doing this, but it is important to my team members.”
 - How might you regularly reach out to your team authentically?
 - How might you make this a regular part of your working routines?
- **Here, we may want to help the client consider small experiments with “safer” individuals. We can then help them apply the learning from these to those who the client is less comfortable speaking with.**



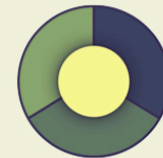
Connecting with Leadership

- “I need to regularly get in front of my skip-level leader and beyond.”
 - How can I maximize the time I have with them?
 - How can I remember to prepare for these conversations?
 - What routine could I put into place that would help me have more face time with them?
 - What routine could I put into place that would help me be prepared?



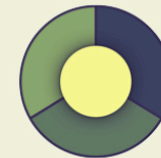
Networking

- “I want to connect with new people in my organization/
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 - How do you imagine the experience of connecting naturally?
 - What are some things you can do regularly that would help you connect with people at these meetings?



Networking

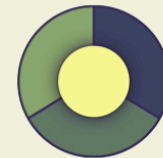
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Networking

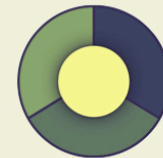


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- **Exploring the learnings from the experiments is very important to identify ways of keeping things natural.**



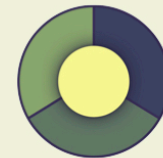
Reacting in the Moment

- “I need to stop wearing my emotions on my face.” “I need to be careful about how I react in meetings.”
 - What are the things that trigger you automatic responses?
 - What are the automatic thoughts that are behind these reactions?
- **We would want to look at types of triggers and study what patterns might be found.**



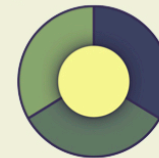
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- **Then we can explore process options (What they would like to do instead. For example: Taking a 3 second breath first.)**
- **From this, we can experiment with more “tame” but related examples of being triggered.**



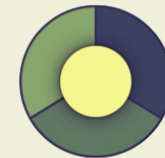
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- **Reminders are valuable as part of the action/planning process**



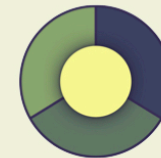
Process, Project, Preparation Time Management

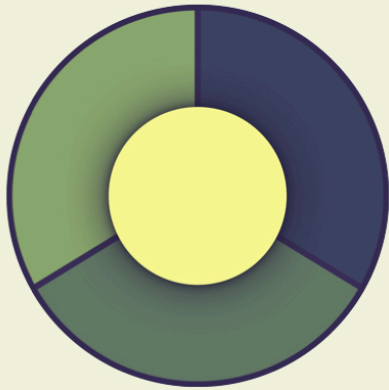
- “I want to do better with _____ management...”
 - How would you map out your current time management process?
 - What are the smaller behaviors that build your pre-meeting habits?



Process, Project, Preparation Time Management

- “I want to do better with _____ management...”
 - How would you map out your current time management process?
 - What are the smaller behaviors that build your pre-meeting habits?
- **These almost always not about learning tips, but exploring the smaller behaviors that need to be adjusted in order to build more productive habits.**
- **Many clients don’t have habit work on their mind when bringing up these topics. It’s up to the coach to use Direct Communication to offer habit formation as a focus of the coaching.**



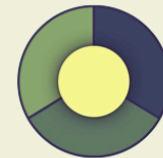


Common Corporate Habits

Work-Life Balance

Work-Life Integration

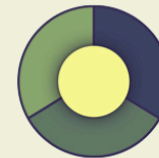
- In corporate coaching, many clients come into coaching only expecting professional development.



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Work-Life Integration

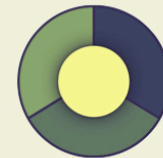
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Work-Life Integration

- In corporate coaching, many clients come into coaching only expecting professional development.
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- This is particularly valuable as part of recognizing a keystone or core habit that can create a successful start of the day.

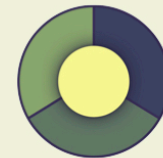


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Work-Life Integration



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- This is particularly valuable as part of recognizing a keystone or core habit that can create a successful start of the day.
- Coaches should always be willing to ask about learning from habit formation to help reflect on healthy work-life integration.



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