



Getting out of our own way

2024/2025: Top 10 Coaching & Mentoring Trends

1. Overwhelm & Fatigue
2. Barriers & Baggage
3. Negative workplace emotions
4. Transactional Relationships, Fault Lines & lack of connection
5. Lack of long term goals/planning
6. People having too much autonomy
7. Lack of recognition and validation
8. Brand , Values and Purpose
9. Indecisiveness
10. Boundaries, Self Care and Work Life Balance

-Fiona Buckley

Too much to do & not
enough time

Having too many
deadlines at once....

Saying YES to too
many requests....



Lot's of last minute
urgent requests...

Not knowing
which tasks are
urgent.....

Conflicting home
& work
demands....

What is causing overwhelm?

Future Gap Thinking



Reverse Gap Thinking





2024-2025
What does Resilience look like?



What are resilient people focusing on?

- Fulfillment
- Sleep Quality
- Focus
- Relaxation
- Purpose
- Vitality
- Emotional Agility
- Integrity
- Presence
- **Bounce**

(2023 Global Resilience Report)

What are resilient people staying away from?



- Worry & Angst
- Apathy
- Rumination
- Insomnia
- Self Criticism
- **Anhedonia**

(2023 Global Resilience Report)

7 C's of Resilience



Confidence



Competence



Connection



Character



Contribution



Coping

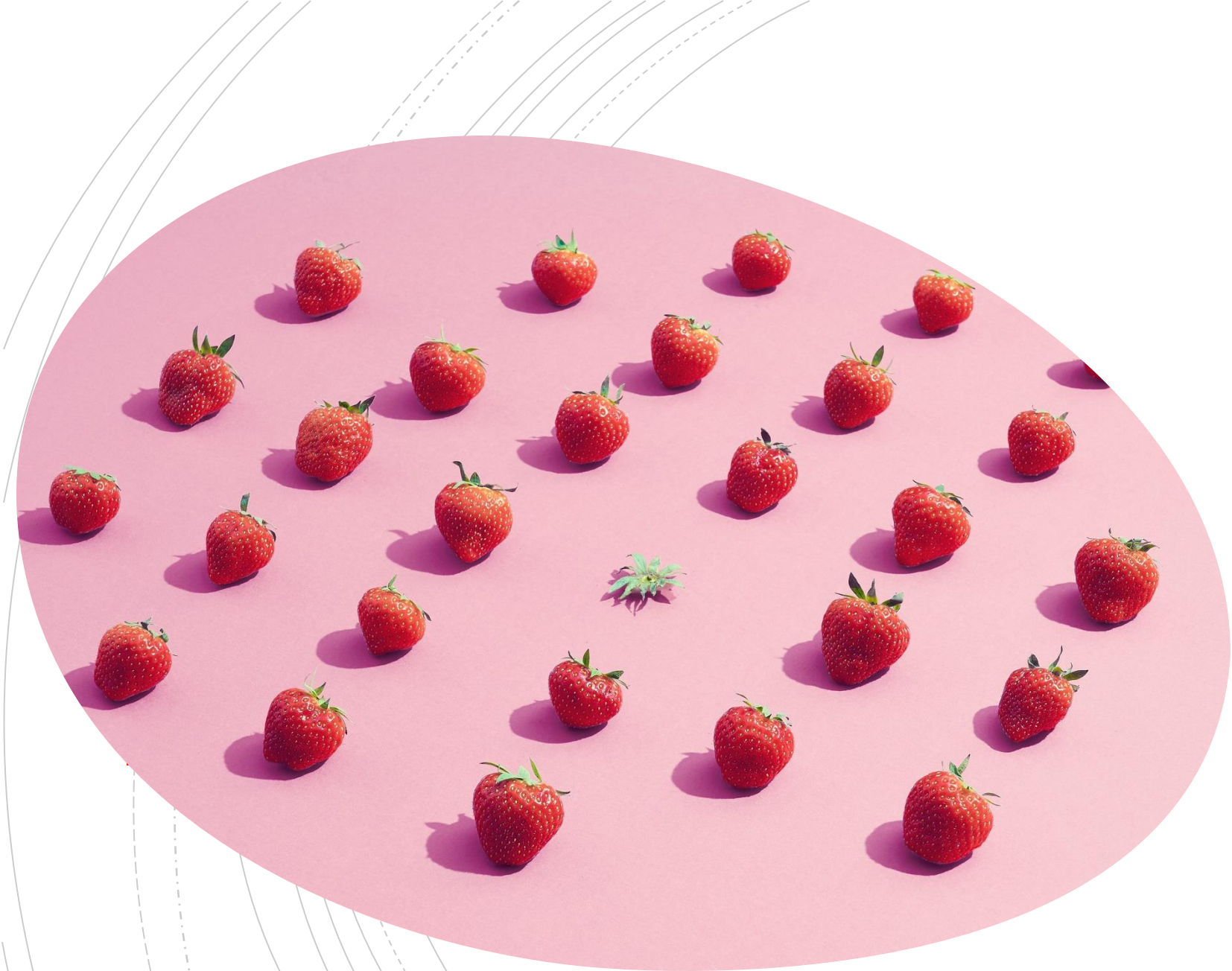


Control



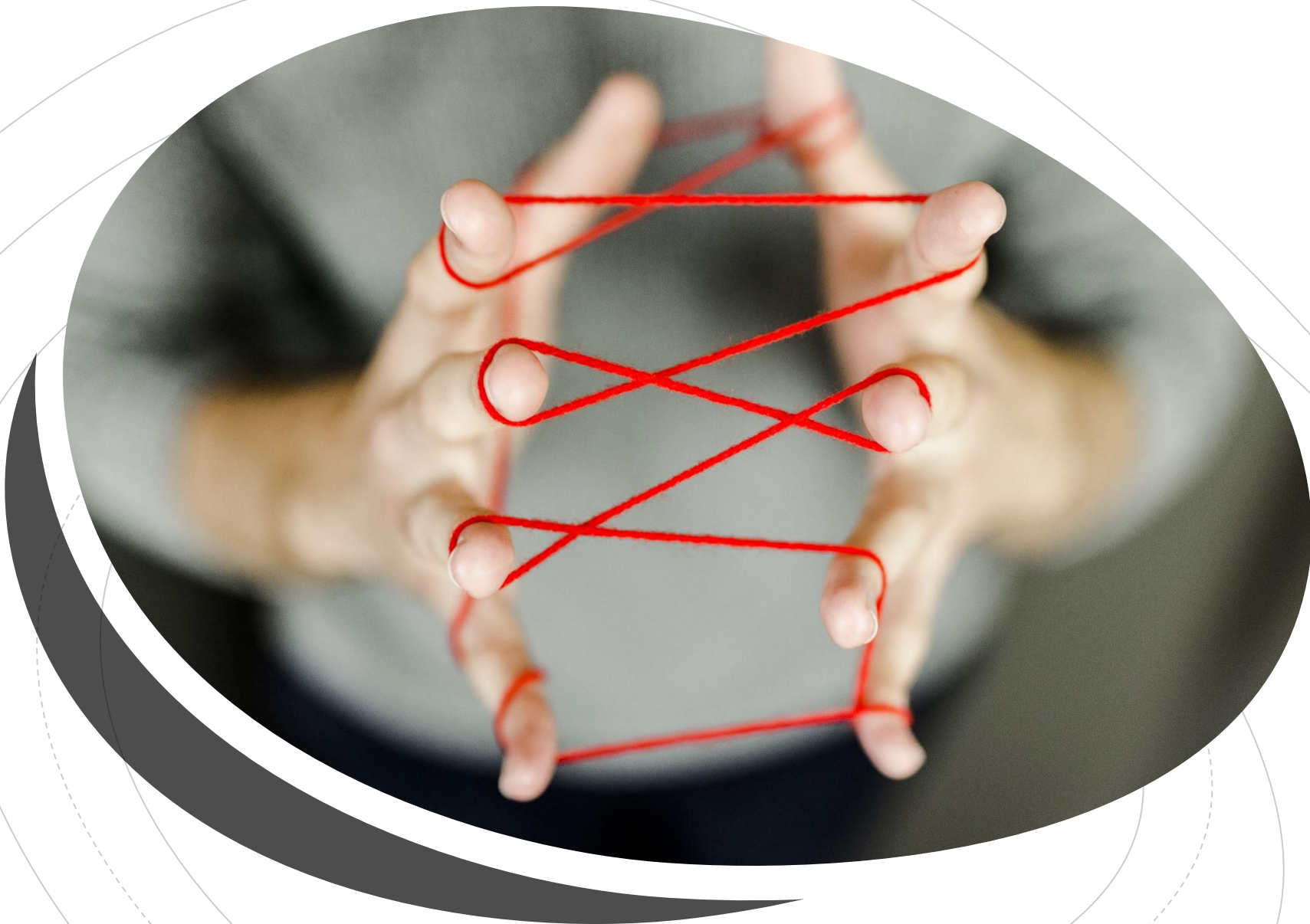
5 most important success factors for Resilience

1. **Training your mind not to worry**
2. **Protect yourself from fatigue**
3. **Master anxiety**
4. **Stay engaged**
5. **Minimize rumination**



Resilience & Change

“My Yippee is your oh no!”



6 Practical Tips



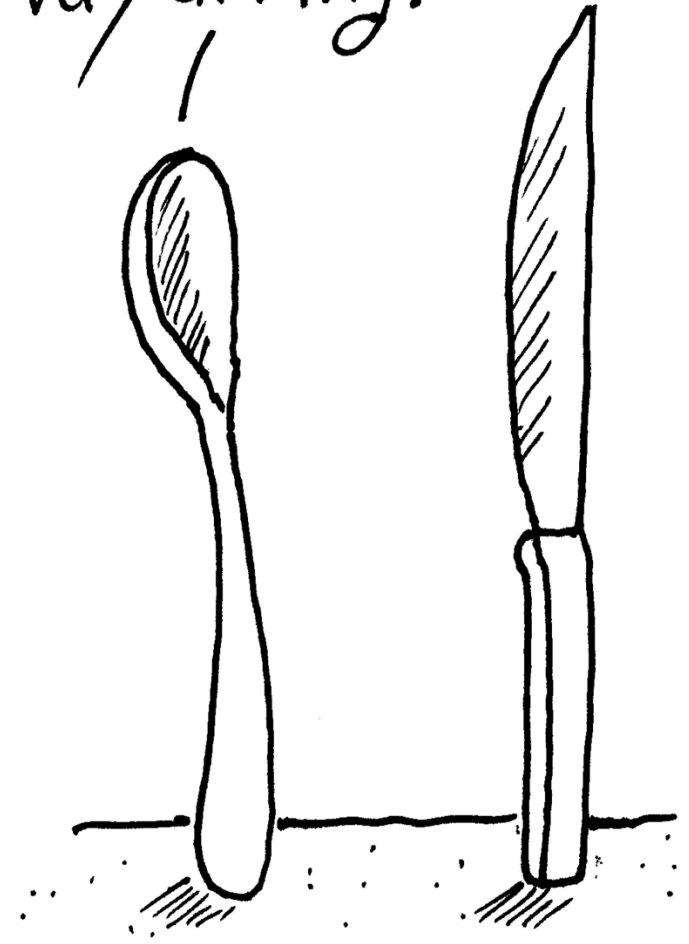
1) Our Value System



2) Owning our Authenticity

Comparison:
“the thief of authenticity”

Your life must be
very exciting!



O'Donnell

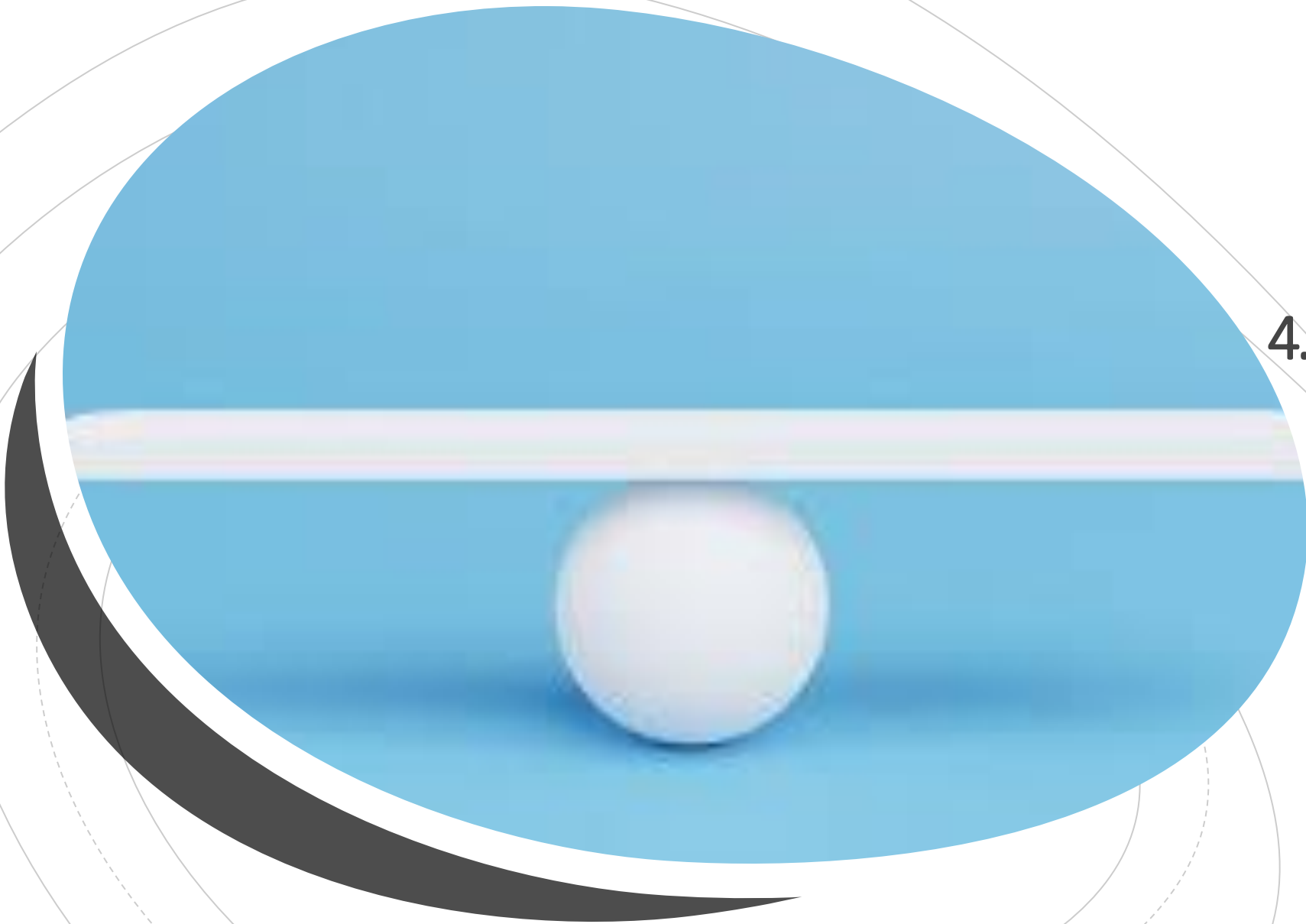


**Is your
perception of
yourself
accurate?**



3: Is our
mindset our
choice?

4. The See-saw Effect



5) Emotional Intelligence Techniques

1. Emotional Swap-Out
2. Emotional mirroring
3. The 5 why's
4. Fact or Fiction
5. Be the fog
6. Monitoring self talk
7. Head-Heart-Gut-Feet



Our excuses List

- Time
- Energy
- Low impulse control
- Inner critic
- Confidence
- Lack of support
- Attitude
- Mindset
- Fear
- Lack of Value
- You are doing it for someone else



Q&A

Thank You



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