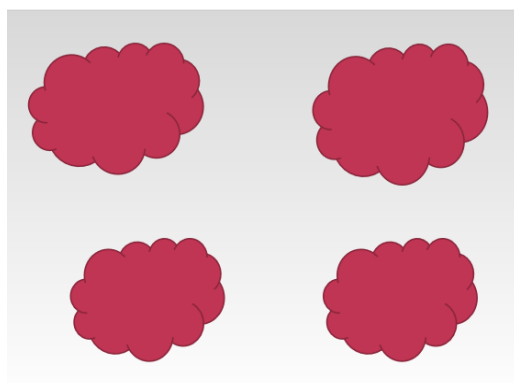




Coaching Card Two – Stars and Clouds

Our second coaching card in the series is focused on this Stars and Clouds exercise. You can [download and print the cards here](#).



This exercise creates the opportunity for self-coaching, visualising your successes and future development needed. The cards allow time for reflection as an individual or in a team in your work environment, creating a more balanced picture of any difficulties or achievements. The main aim of this exercise is to identify what is going well and what you may be concerned about or what you want to change.

The cards do not necessarily need to be printed – to simplify the exercise, you could draw out stars and clouds yourself and label them accordingly.

Examples of things to go in the stars are things to be proud of, focusing solely on what is succeeding and how things are going well. We tend to often focus on things that are not going the way we want them to so this allocates time to recognise your/your teams' achievements. For example, something that is going

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well could be some learning you have completed in a certain area, a project that you have finished or receiving some positive feedback after helping a customer.

This task can act as a motivator in terms of unclouding someone's judgement and flipping situations and turning them into positives. For example, if something did not go according to plan, we can ask ourselves/our team "When did you do something like this well in the past?" or "Find something that *did* go well" so that the good things can be acknowledged and celebrated.

It can also act as a motivator in the sense of clarifying the problems at hand and identifying how to act on these in the future. Specific challenges should be identified and written down.

You can do this exercise as a self-reflection exercise or maybe with a trusted friend. You can also bring it to a coaching or mentoring relationship you already have.

We hope you found this exercise useful.

If you have any questions, then please contact us at coaching@cmcbp.co.uk.

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