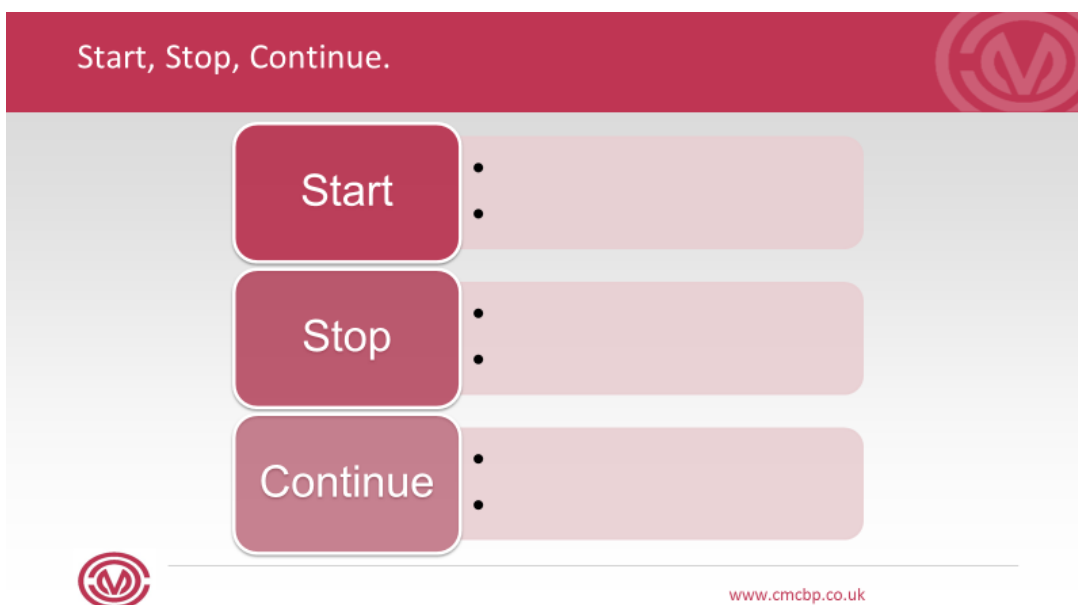




Coaching Card Six – Stop, Start, Continue

Our sixth coaching card in the series is focused on Stop, Star, Continue. You can [download and print the cards here](#).



CMC BUSINESS PSYCHOLOGY LTD

Email: clare@cmbp.co.uk

Tel: 00 44 (0)7594 946166

Web: www.cmbp.co.uk



This coaching model focuses on analysis and productivity. It provides a blueprint for identifying productive, positive, and even potential limiting behaviours. Once behaviours have been analysed, individuals can decide the importance and the affect these behaviours have on their working lives. The idea of the exercise is that individuals can rotate between identifying which section to focus on at one time, as they are equally important, so the flexibility of the task is highlighted.

This task is useful when evaluating your performance but also for evaluating other's performance, or the performance of your team. Depending on how you wish to carry out the task, it can be done on an individual basis or as part of a team that you trust.

When focusing on reaching a goal, it is easy to list a number of things you need to start doing. Whilst this is a proportion of the overall exercise, it is equally as important to identify what you are already doing that would contribute to achieving this goal, or that would inhibit you achieving this goal and therefore need to stop doing. It is important to be realistic here so that your goal remains attainable.

Some examples of points for this exercise are as follows: team / individual

- Start – having daily team meetings to establish goals for the day / creating to-do lists to visualise daily tasks
- Stop – bickering amongst each other / going to sleep so late
- Continue – communicating as effectively as we do / reading for an hour a day

So why does this work? It helps us see how we can achieve our goals by simply identifying our helpful and unhelpful behaviours which in turn will increase productivity. Our confidence and motivation increase when the path of achieving our goals becomes clearer and more realistic.

If you have any questions, then please contact us at coaching@cmcbp.co.uk. We would also love to hear from you on how you have used this model.

CMC BUSINESS PSYCHOLOGY LTD

Email: clare@cmcbp.co.uk

Tel: 00 44 (0)7594 946166

Web: www.cmcbp.co.uk