



Coaching Involves Helping People Recast Their Self-Talk



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Research suggests people who use positive self-talk may develop mental skills that allow them to solve problems, improve performance, and be more efficient at coping with hardships and challenges. Since exploring the topic in a recent episode of [The Indispensable Conversation](#) (a live-stream podcast that I do on LinkedIn), I became fascinated by the possibilities.

And, I thought:

"Now, as the pandemic continues to grind on, just might be an extraordinary time to promote the notion of positive self-talk among those in my network on LinkedIn."

Here are some of the ideas that I shared through a series of posts on the platform. I share them here for your consideration:

1. ***"I will not be defined by this difficult situation."*** - This self-talk message suggests that we should not let our circumstances determine who we are and how we behave; rather we can choose how we respond to any unexpected setback.
2. ***"I will overcome this challenge."*** - Give it a try! It just might center you and get your mind right for success.
3. ***"These negative feelings are temporary."*** - Repeat this positive self-talk message to yourself the next time that you're feeling down or discouraged and see if it doesn't help to brighten your perspective.
4. ***"There are many great things to recognize!"*** - This reminds us that we can flip the script.
5. ***"I have patience and self-compassion."*** - This one just might serve to remind you that everything is going to be OK.

6. ***“Business is a team sport. We win and lose together.”*** - Incorporate this positive self-talk message the next time that you’re feeling that you’re responsible for everything that’s not going as planned.
7. ***“I am worth it and can feel good about myself.”*** - This is a message that will lift your confidence and help you regain the winning spirit needed to flourish.
8. ***“This is a great chance to learn and to grow.”*** - Use this self-talk messaging to snap-out of your funk and awaken your natural curiosity.

To close, I hope you like these ideas for recasting your self-talk and I encourage you to help your team and those whom you [coach to redefine](#) how they talk to themselves.

[Reach out to me](#) if you would like to discuss how I may be able to help you and your team through leadership coaching.