



Coaching Toolbox: Moving Beyond Comfort Zones

In this bulletin we are profiling one of the coaching strategies from a book created by Gladeana McMahon and Anne Archer with the help of 19 inspiring coaches. The book is 101 *Coaching Strategies and Techniques* and is due out in early 2010.

The strategy that follows, appears in the book and has been provided by Caroline Shola Arewa. Caroline is representative of the depth of expertise by the coaches who have contributed to this highly practical book.

Moving Beyond Comfort Zones

Purpose

A strategy I use with individuals and groups to get people really thinking about where they hold themselves back and how they can elevate levels of confidence and move beyond self imposed comfort zones.

Description

A comfort zone speaks for itself; it is an area of life where we feel comfortable. In our comfort zones we perform well and feel confident. When we move outside the zone we begin to feel uneasy. Moving outside a comfort zone is frightening by its very nature. People get anxious and fearful when stepping out of the psychological boundaries they have created.

Limiting ourselves in this way prevents us achieving our ultimate performance and success levels. Therefore it is wise to identi-

fy, challenge and expand personal comfort zones.

Process

We all need to expand our comfort zones. What was comfortable will at some point become a limitation. We all had to leave the comfort of the womb in order to grow and develop our potential.

Think of a time when you have been forced to move out of your comfort zone? For example when accepting a promotion, parenting teenagers, sitting for meditation or learning to drive on the motorway. When we give in to fear and resistance we can safely excel and give birth to a whole new reality. The ocean in which we feared to swim becomes our new place of sanctuary.

I have devised three steps for expanding comfort zones.

1. Identify three of your Comfort Zones

The first step of expanding your comfort zones is to know your limitations. What is holding you back? Are there things you want to do, places you want to go? Yet somehow you speak about it, know the theory but don't take action. These are your comfort zones. For example you may lack discipline in your fitness regime, spiritual practice or other areas of your life. You may refuse to let go of your salary to start a business. You know where you are holding back. List three comfort zones.

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2. Name a Comfort Zone you are ready to challenge

Detail one comfort zone you are ready and willing to change. Break it down answering the three questions below.

- How does it hold you back?
- What are your fears?
- How do you know you are ready to shift?

3. Facing the fear and Expanding

Comfort zones are relative; they are merely the limited perceptions of our minds. Comfort for me is stagnation for another, and my advance is another's retreat. We have nothing to fear in overstepping limiting boundaries we have created. Expansion comes through trust.

Clearly list the actions you could take to expand your comfort zones. What are you going to do differently in the next seven days?

Detail specific dates and lifelines and what support do you need?

Remember comfort zones can prevent you

achieving your ultimate performance and success levels. Therefore it is wise to identify, challenge and expand your comfort zones.

You are the author of your life creating your own destiny. As the restrictions dissipate, confidence and passion can emerge propelling you forward.

Pitfalls

No known pitfalls!

Caroline Shola Arewa

For over twenty years Shola has transformed lives using Health and Success Coaching. Author of three books and numerous articles, a Humanistic Psychologist and yoga master. Shola trained practitioners in complimentary medicine for 10 years and is currently a Spiritual Coaching Trainer. She also directs Energy 4 Life. www.shola.co.uk

References

Arewa, C. S. (2003). Embracing Purpose, Passion and Peace. UK: Inner Vision Books