

Stop getting in your own way!

Knowledge, attitude, capability and experience all play a part in our personal performance. Sir John Whitfield, perhaps the best-known British coach says that 'performance is equal to our potential minus interference'. In other words we could be capable of achieving our aims, yet realistically things may get in the way. Think about it, what would you like to do that for many reasons you haven't got around to doing? Have you ever wanted to speak a new language, write a book, or learn to type? What stopped you - lack of money, insufficient time, or perhaps little confidence that you would actually succeed? All of these are common justifications - sometimes they may amount to fear of failure. Might I suggest that these are all poor excuses! How much do you really want these results? You see one of the biggest mistakes most of us make is to allow our dreams to become overwhelmed by the scale of the task. You may know the old line – how do you eat an elephant? The answer is in very small chunks! This is a figure of speech and really means take the full task and break it down into manageable pieces. So resolve to yourself right now. Get a pad and pencil. Imagine your dream again. Write it down or draw it. Now in no particular priority, write down up to a dozen steps that you might need to take. Place them in order and start on the first one - today!

If you are interested in finding out more about David Miskimin and how he can help the people in your organisation, please get in touch:



David Miskimin
The Directors Coach
44 Keats Lane, Wincham, Cheshire, United Kingdom, CW9 6PP

Email him - David@thedirectorscoach.com

Call him on 01565 734 561