

# COACHING GUIDE MODULE 5

## LESSON 1: DISCOVER YOUR STAND

There is one exercise in this lesson which will help you identify where your power is, what you stand for, and how to use it to get the things you really want.

What is power? I want to start off this first lesson by setting a common definition of power between us. I'd like us to consider that we use the term power to mean power from within oneself versus power over something or someone. Inner strength is another way to describe power from within.

The outcomes you produce in your life are a direct correlation to how you actually see yourself and how you utilize the power when you are your best self.

Our personal power comes from our gifts, strengths and talents. What we do well. Linked to what we love to do the most. Your distinct competitive advantage at work, and frankly in the world, is you when you are centered and your best self. Our power comes from being our authentic selves. In this module, I will share with you strategies you can put into play right now to expand and *own* your power and influence.

There are many ways how to raise our own bar...our personal power.

Most people cannot really see their own best selves easily for all sorts of reasons we have discussed throughout this entire learning series. We each know certain things about ourselves that we are fairly certain we know *do not* help us feel successful. And then there is the bottom of the iceberg that we cannot see that makes us appear less powerful or confident and holds us back in some ways. We know we self-sabotage but we don't know what to do about it. Hopefully, through this entire learning journey, you have begun to uncover many of these personal roadblocks and are starting to put strategies to overcome them into your toolbox. As a review, we cover many of these strategies specifically in Modules 6 and 7 which cover Mistakes That Hold You Back and what to do about them and Mistakes That Women Make and how to self-correct.

This specific Module on Increasing Your Power will teach you to step more fully and more often into your power of who you are authentically and with confidence, so you can hold the attention at the table and be heard and respected as you share your knowledge and experience with gravitas and grace.

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In this exercise in this Coaching Guide, you are going to discover the power of your stand and learn to stick to it and align what you do daily with it more of the time. What we will discuss is to know what you stand for and believe in what you're doing, determine what matters to you most, and **hold firmly to your opinion or belief** about it.

Standing for something means you give it your full unwavering support. Its where in the best sense you live a purposeful and intentional life where your actions are aligned with your beliefs. I believe our greatest success in life is having the peace that comes when you "remember who you are and what you stand for" and live by it every day. Rumi the poet said, "Let the beauty of what you love be what you do." I interpret this to mean, it is the unique ability to stay centered in a chaotic world.

A personal example of when I did this well was when I realized how frustrated I had become about women not getting the same opportunities in corporate America as men. After working in corporations almost my entire career, I was personally acutely aware of the ingrained biases against women but I had very strong feelings that women, if they knew what to do, could find their voices, become more of their authentic selves and take their damn seat at whatever table they wanted to sit at. My stand was helping women to unleash their potential and power so they could make bold moves in their lives. And then I took action to align with my stand. I taught workshops, I ran conferences, I wrote a book, I spoke on television, I went into organizations and consulted, I coached and guided women and the men who managed them, and I gathered a board of girlfriends to help me. I became singularly focused for years. I took at stand that women can be more powerful if they just knew how.

What are you willing to take a stand for?

Use a notebook or journal to complete the exercise below. Keep all of your reflections together in one place so you can refer to them throughout the Lessons and the entire series.

### **EXERCISE 1: DISCOVER YOUR STAND**

Identify something professionally or in your work currently that you think you stand for. If you're a teacher, your stand might be all children are able to read or have strong self-esteem. If you work for Habitat for Humanity, your stand might be everyone, regardless of their financial circumstances, will have a place to live. If you work in the fraud division of a bank, your stand might be the complete protection of personal information of all your customers. If you are a manager, your stand might be all employees feel valued and appreciated.

What do you stand for?

It might take you a few iterations to get it just right. Consider the possibility that you might have more than one stand. My experience is that if you end up with more than one, there is often an overarching theme that includes them all. If this happens to you in this exercise, step back and think a little bigger and broader to find your all-encompassing theme.

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**STOP:** It is important to finish this exercise before going further as all of the Lessons in this module go together to create a bigger picture.

## JOURNAL AND REFLECTIONS

Discovering your stand requires deep thinking to come up with what you're willing to go to the wall for or spend your precious time on. Journal your answers to the questions below. Journaling is more about writing stream of consciousness versus getting it right or making it sound pretty. Journaling is a process that unearths curiosity and wonder within us. After completing the exercise above...

What top 3 observations do you have?

How, when and what specifically will you practice?

What patterns, if any, do you notice?

What specific things resonated most or seem right on target for you? And why?

What resonated least or seems less relevant for you? And why?

What are your biggest ahas or take-aways?

What did you learn about yourself that delighted you most?

What are 1-2 next steps you will take with this information you now have?

## FOLLOW UP

Want more help understanding what this all means and how it relates to where you are or where you're going, reach out to me at Wendy Capland, [wcapland@visionquestconsulting.com](mailto:wcapland@visionquestconsulting.com) to schedule a one hour 1:1 Coaching Session. Investment-\$500.