

FREE
Coaching E-Book



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Full Colour Coaching



The Full Colour Coaching Programme

Angie founded Full Colour Coaching which uses transformational coaching methods to provide young people, schools, businesses, organisations and any individual who requires support, with the tools, vision and techniques to succeed in all areas of life.

Coaching is a solution-focused, future oriented confidential conversation, where a coach skilfully listens and uses thought provoking questioning to empower individuals to amplify their strengths to design and execute their own solutions to challenges they face and move forward, from where they are, to where they want to be in life, work or education.

Coaching can unlock an individual's potential to maximise their own performance and personal growth, removing limiting beliefs and setting aspirational goals to achieve success.

“It is very easy to experience life, work or school in black and white, but to reach our full potential and make the most of our opportunities, we need to choose to experience the world in Full Colour.”

Angie Shearer - Full Colour Coaching

We believe that all young people especially should have the opportunity to learn and build the resilience skills they need to overcome adversity however big or small. They should be supported to grow their confidence and belief in their own abilities to reach their full potential. With the rise of mental health issues, anxieties and worries, some young people never reach their potential and under-perform, not because they can't but because they 'think' they can't.

That's where coaching, positive psychology and NLP come in. You can learn the skills to become more resilient, grow your confidence, reduce anxiety and learn how to overcome challenges. Students who are equipped with the right tools, vision and beliefs, have the potential to not only change their life but to change the world.

Try out some of these free tools and if you want to experience your world in Full Colour, get in touch!

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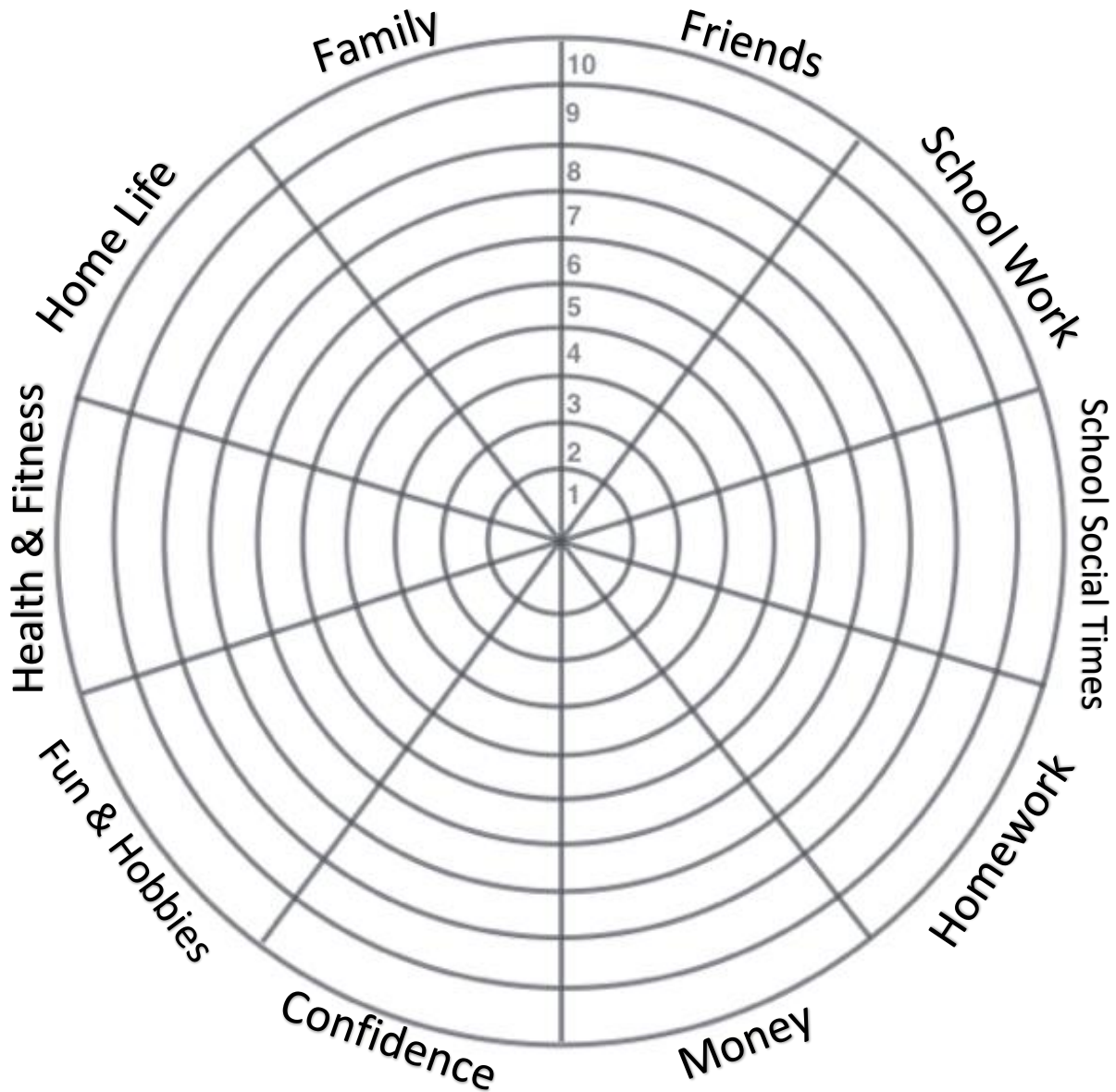
Youth Coaching Wheel

On a scale of 1-10 how happy are you with each area of your life. 1 being not at all and 10 being the best it can be. Shade in each section of the wheel.

1. 

5. 

10. 

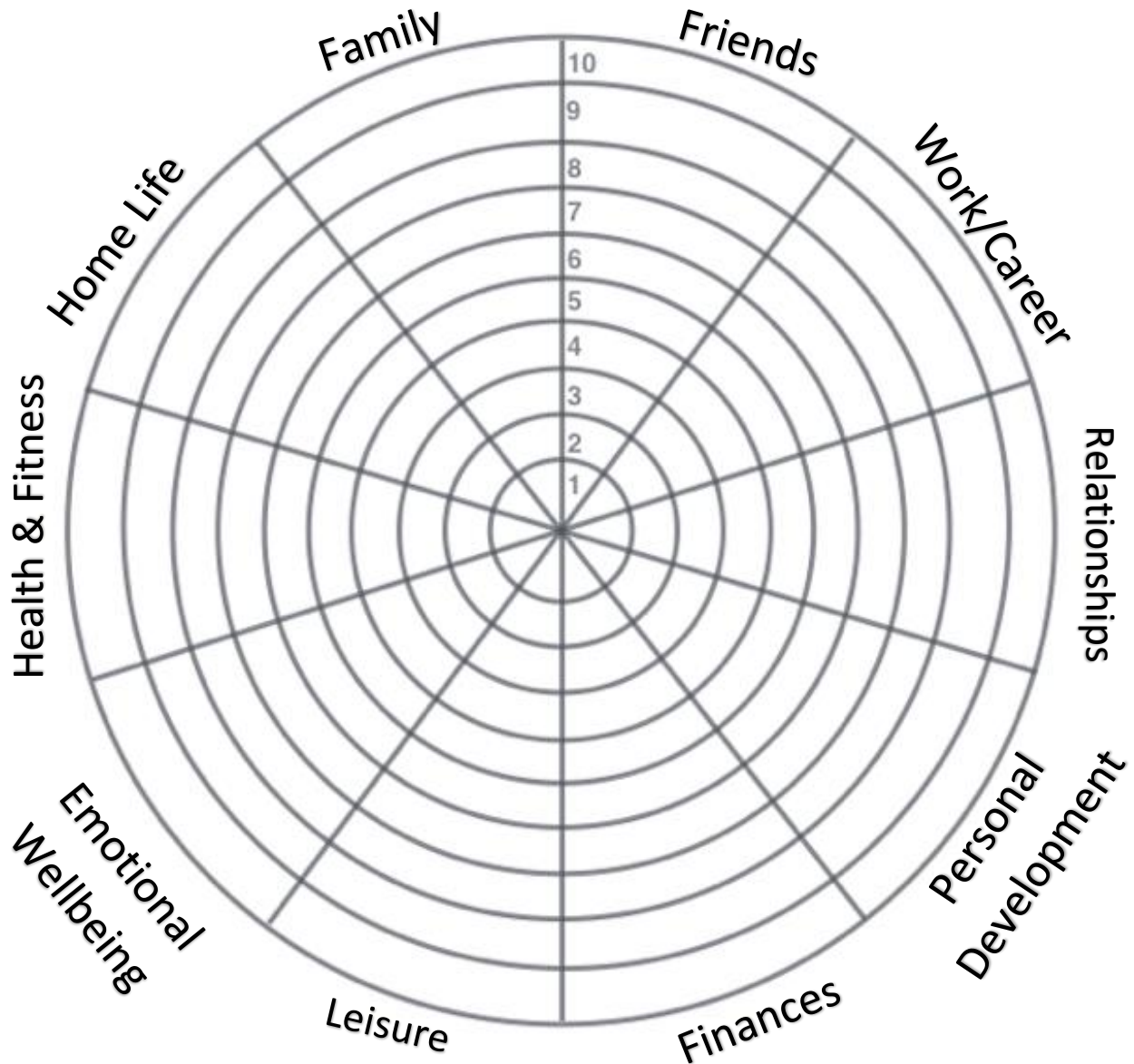


1. The best parts of my life are:

2. The parts of my life I would like to improve are:

Adult Coaching Wheel

On a scale of 1-10 how satisfied are you with each area of your life. 1 being not at all and 10 being the best it can be. Shade in each section of the wheel.



1. The best parts of my life are:

2. The parts of my life I would like to improve are:

VALUES

To determine which area of your life you would like to enhance and develop, it is important to understand what your values are and ensure your goals are in line with your values. Values guide our behaviours, decisions and action and motivate us.

Here are a list of some values to consider.

| | | | |
|--------------|-----------------|---------------|----------------|
| ACCEPTANCE | ACCOMPLISHMENT | AMBITION | ALTRUISM |
| BRAVERY | BALANCE | CHALLENGE | CHARITY |
| COMMUNITY | COMMITMENT | COMPASSION | CONTENTMENT |
| CONVICTION | CREATIVITY | CURIOSITY | COOPERATION |
| DECISIVENESS | DISCIPLINE | DEPENDABILITY | DEDICATION |
| EMPATHY | EMPOWER | ENTHUSIASM | EQUALITY |
| FAIRNESS | FAMILY | FEARLESS | FRIENDSHIP |
| FUN | FOCUS | FREEDOM | FORESIGHT |
| GENEROSITY | GRACE | GRATITUDE | GROWTH |
| HAPPINESS | HARD WORK | HONESTY | HEALTH |
| INDEPENDENCE | INDIVIDUALITY | INTEGRITY | INNOVATION |
| INSPIRING | INSIGHTFUL | JOY | JUSTICE |
| KINDNESS | KNOWLEDGE | LAWFUL | LEADERSHIP |
| LEARNING | LOVE | LOYALTY | LIBERTY |
| MASTERY | MEANING | MOTIVATION | MODERATION |
| OPENESS | OPTIMISM | ORGANISATION | ORIGINALITY |
| PASSION | PATIENCE | PEACE | PERSISTENCE |
| PRODUCTIVITY | PROFESSIONALISM | PROSPERITY | PURPOSE |
| QUALITY | REASON | RECOGNITION | RESPECT |
| REFLECTIVE | RESPONSIBILITY | RIGOUR | RISK |
| SECURITY | SELF-RELIANCE | SELFLESS | SHARING |
| SINCERITY | SOLITUDE | STABILITY | SUCCESS |
| SUPPORT | SPONTANEOUS | SURPRISE | SUSTAINABILITY |
| TEAMWORK | TEMPERANCE | TRUSTWORTHY | THOUGHTFUL |
| TOLERANCE | TRANSPARENCY | UNDERSTANDING | UNIQUENESS |
| UNITY | VALOR | VISION | VIGOUR |
| VITALITY | WEALTH | WISDOM | WONDER |

Reflect on these questions to identify your top 6 VALUES:

1. What is most important to you?
2. What do you want your life to stand for?
3. What gives your life the most meaning?
4. What do you want to be remembered for?
5. What sort of qualities do you admire most in others and yourself?

BEST POSSIBLE SELF

Take some time to imagine your life in the future. What is the best possible life you can imagine? Consider all areas of your life, such as your career, personal development, relationships, leisure activities, health and fitness. What would happen in these areas of your life in your best possible future?

For the next 10-15 minutes, write down or visualise what you imagine your best possible self to be like in 5 years time. Use the instructions below to help guide you through this process.

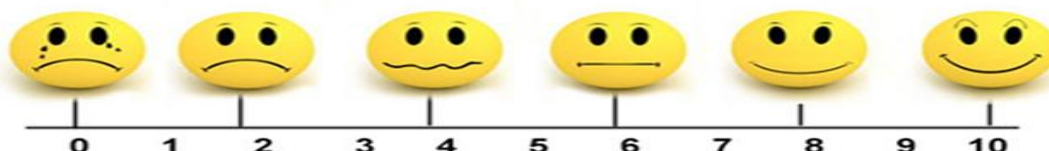
1. For this exercise, focus solely on the future and let go of any automatic negative thoughts that you may have. Try to imagine the best case scenario, imagine that everything has gone as well as it possibly could.
2. Write down or imagine a brighter future in 5 years time, which you are your best possible self and your life works out just as you want it to in order to make this best possible life happen.
3. This exercise is most useful when it is very specific—if you think about a new house, imagine exactly what that new house would look like, where would it be, who you'd be living there with and what type of garden you want. The more specific you are, the more engaged you will be in the exercise and the more you'll get out of it.
4. Be as creative and imaginative as you want, even if it seems out of reach, you never know what your future holds!

+1 Your Best Possible Self #112/1k
Science Says: This is a Powerful way to Boost Your Optimism
In The How of Happiness, SONJA LYUBOMIRSKY tells us that
one of the most scientifically ROBUST ways to BOOST
your OPTIMISM is to take 20-30 min and do what she calls
a **Best Possible Selves** journaling EXERCISE
Here it is: **Imagine** your LIFE 1, 5, or 10 yrs from now. **Visualize**
a FUTURE for which everything has turned out the way
you wanted. You've TRIED your best, WORKED hard & you've
Achieved all YOUR GOALS. **Write Down** Now what you imagine.
Q: What's your life look like in that BEST possible version?
WRITE it down. (Even if it's just for 2-3 min & not 20-30)
tlw: That's one of the most robust ways to boost your hope &
optimism. THE best way? **JOURNAL DAILY**, reflecting on
your **HOPES** and **DREAMS** and **PLANS** to achieve them.

Scaling Tool

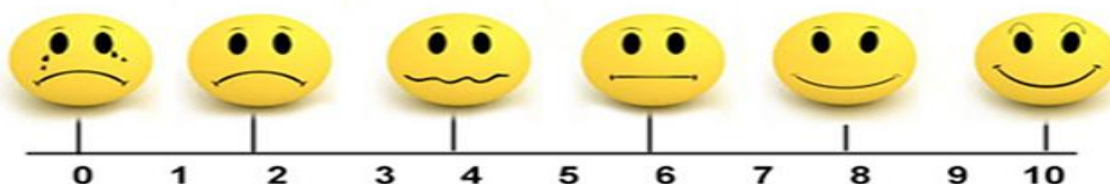
This tool allows you to help clarify your thinking about a challenge or issue you are facing and identify small actions you can take that can make a difference in making progress towards a solution. On a scale of 0 to 10, where 0 is the worst you can imagine the situation, challenge or problem to be, and 10 is the best you can imagine the situation, challenge or problem to be, or your goal has been reached, where are you right now? Circle the appropriate number:

1. Where am I now?



How have you come to be at that number? What does this number represent? What have you already achieved? What would 1 point higher on the scale look like? What would you need to do differently to be at that point?

2. Where do I want to be?



How will you know when you are at that number? What will be different? Imagine I'm a fly on the wall. What will I see you doing differently when you are at that point on the scale? What difference would that make for you and the important people in your life?

What steps can you take to get to the next number on the scale? What does those small steps look like? What would you be doing differently?

-
-
-

NLP SESSIONS

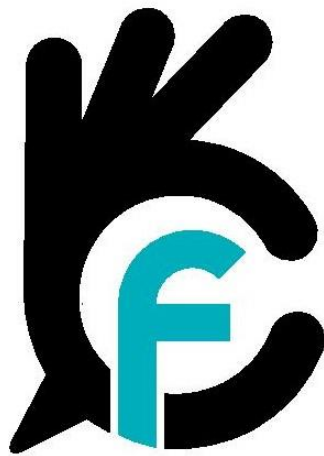
Get help with fears, anxieties, phobias, sleep or pain. NLP techniques can be transformational and results can be instant!

FREE YOUTH COACHING SESSIONS AVAILABLE

Thanks to a crowdfunding project, free coaching sessions are available for young people.

WELLBEING PROGRAMMES

Wellbeing Programmes are available for businesses and organisations who want to support and enhance the wellbeing and mental health of their workforce.



FullColour

COACHING

POSITIVE EDUCATION

Transforming wellbeing education in schools! Positive Education combines research from Positive Psychology, Character Strengths, Resilience, Social and Emotional learning to enhance staff and pupil wellbeing.

Get in touch for training programmes.

COACHING FOR WELLBEING

Coaching programmes available to individuals who wish to focus on their own health and wellbeing to make transformational changes.

COACHING FOR LEADERSHIP

Coaching programmes are available to schools, businesses and organisations to aid leadership potential and support career progression.

