

Menu of *wholesome meals and refreshments* in the **Business Coaching Restaurant**

Instructions: Choose one of the meals on this menu for now. Or anything else that strengthens and/or empowers you. Or ask your coach to start by coaching you on making a good choice. After you have digested one of these meals, you can of course come back for something else!

In order to have a healthy business, you can't just rely only on the fast food of deadline-driven work!
You also need healthy nourishment for the soul of your business!

Developing clarity on what you want to achieve, and WHY, and how.

Building awareness of your strengths, and learning to build on them, working around what weaknesses there may be.

Developing a strong strategic plan.

Identifying a missing skill or capability, then **filling that gap**.

Overcoming obstacles. There are many kinds, e.g. organisational challenges, or emotional triggers.

Building your communication skills and modeling good communication practices for others in your organisation to imitate.

Ensuring that decisions are made at the right level.

- If it seems to people that decisions are forced on them, something is going wrong!
- Are staff members encouraged to speak out?
- When a crisis situation arises, will it be addressed as a true team effort?

Ensuring that everyone is clear on where we are going.

Building trust.

Goal-setting.

Honestly evaluating whether good progress is made.

Getting something (that is stuck) moving again.

Getting rid of one of the bad habits that many successful people have.

Building strong, success-empowering habits.

Strengthening yourself with a whole-life perspective. Do you live so that you can work, or is work part of a well-balanced and highly enjoyable whole?

Menu options for those who are deeply hungry

- Making sense of your life and living it fully.
- Evaporating pointless complexity.
- Exploring how you could solve a really big problem.
- Aligning your life and business to Jesus.