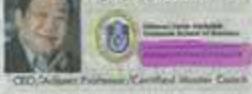




Q. A.

CORPORATE COACH ACADEMY

By Dr Michael Heath



CEO, Altimet Partners/Certified Master Coach

INTO A FULFILLING LIFE, HOW?

BE MORE ASSERTIVE

Q: I have been a "silent sufferer" of my boss's abuses for many years now. He exploits me to the fullest because he knows I am timid. I am his punching bag and he always scolds me when his mood is rotten. This also ends up getting the tail end of everything, which includes doing work that others do not want to touch. This is affecting the quality of my life as I can only go home at 9 p.m. at the earliest and work during festive periods to stand in for others, as well. This would have been fine if I was well compensated, but that is not the case. Due to this, I am very angry with him and more so with myself for allowing him to treat me so unkindly. Enough is enough. I want a way out of this. How can you help me pick up the courage to do the most necessary things?

A: It is better late than never. Forget about regretting what you should have done but never did. The fact you want to do something now shows the first layer of your timidity is going to be replaced with

courage and confidence.

First, tell yourself you are worthy of a better life. After you feel strongly about yourself go to him and firmly (but tactfully) tell him you have had enough of what he has been doing to you. Give him examples to support what you are saying. When you do this, the turmoil inside you will subside and inner peace and calmness will fill your life. You then decide how you want to live a fulfilling life.

POWERFUL QUESTIONS

- Who do you want to be?
- What thoughts need to change in you?
- What will give you the courage to face him?
- What kind of life do you want now?

SEE THE GOOD IN PEOPLE

Q: Some people are fortunate to have good bosses. Due to this, these lucky people grow together with their bosses and organisations. However, I am the unlucky one. In 22 years, I have

worked under more bad bosses than good ones: some are selfish with their own agendas, some are domineering and want to control everything, and some are incompetent and know nothing (I often wonder how they got there in the first place). No thanks to them all, I had to experience hard times and a career that is going nowhere. How can I make it in my professional life from now onwards?

A: Frankly, I am not able to say whether the problem lies more with your bosses or with you. My take is that you should take responsibility for this rather than blaming the bosses you have had. What you need is to learn to take more control and gain more influence on what you do. Once you accept this, you will learn the ropes of managing any kind of boss.

When you start to take charge of your life, you will be more focused on finding ways how to get the most out of your relationship with them. This calls for building the many good qualities of a successful person.

assertiveness, patience, respect, and compassion. Once you do this, you will somehow see the goodness in them. They become friends more than enemies. The next thing to do is to strengthen these good qualities. When you succeed in doing this, it will make you effective as a person and a leader.

POWERFUL QUESTIONS

- What can you change to be happier?
- What will this new change do for you?
- What are the positives in your boss and others?
- What will this entail you doing?

Call 03-7726 7316 or log in to www.corporate-coachacademy

To find out about our ICF Coach Certification Programmes and Executive Coaching services.

Watch a free coaching video at <https://youtu.be/18UnFpDG888>.

To register, copy and paste this link <https://bit.ly/3mh4tza>.