

# Between the lines

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## The power of self-reflection

Self-reflection is the key to personal development. You can make a massive difference to the way you teach and in your daily life by taking the time to reflect. You can overcome barriers by looking at a problem head on and working out why it's there and then find solutions.

You can look deeply at an experience and analyse it and work out what changes you could make when you come across that situation again!

Engaging in self-reflection for me was a life changing habit that I've become accustomed to practicing since I started my coaching journey with the Tri-Coaching Partnership (TCP).

I had to ask myself some big questions that were emotionally difficult but were preventing me from reaching and achieving my goals.

I realised that true self-reflection means exploring those emotional responses when a big '?' arises.

The experience was incredibly empowering as I started to really understand myself, my emotions, thoughts and motivators.

Before engaging in self-reflection it's really important to give yourself enough time and space to really explore your subconscious mind. This is where all of your experiences in life are stored and where your beliefs and behaviours come from. The best way to start is by focussing on your breathing and get yourself into a relaxed frame of mind.

My biggest question for myself was - 'what am I afraid of?'

What paths was I not taking because of my own barriers? I had to find the root cause and allow it to unravel and bring it into my consciousness to look at it head on. I identified my strengths and weaknesses that enabled me to see the bigger picture and my true self!

## A warm welcome!

Hi,

*This new monthly collection of articles has been created for people like you who are passionate about road safety and client centred learning!*



*Each edition will be packed with easy to read short articles and snippets to digest from myself and guests who wish to submit an article of their own.*

*Why have I put this together?*

*I often see great things written on social media BUT they get lost and are never seen again! This and all future editions will be available on my website as a PDF file to read or print off absolutely FREE!*

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## The things learners say!

Recently I had a lovely young man who was learning to negotiate junctions but having difficulty in recognising approaching and emerging.

**Pupil** - I get confused about junctions!

**Me** - Oh what is it that you're confused about?

**Pupil** - if it's an 'in' or and 'out'

**Me** - Could you think of any ways you could make it less confusing?

**Pupil** - Well I was just thinking, it's like belly buttons!

**Me** - Really? Tell me how it's like belly buttons?

**Pupil** - Well some go in and some go out, so we could call the junctions 'innies' and 'outies'.

*The pupil was able to complete his goal by taking ownership of the task in finding his own way of identifying junctions. Facilitating client-centred learning gave him the freedom to do that and enabled learning to take place!*

## Who is driving you?

We are the sum of who we spend the most of our time with! Without even realising, their behaviours are resonating in our subconscious and begin to influence our own choices.

Knowing this, who do you spend most of your time with? Do you see yourself change in the way you act depending on whose company you're in?

I believe that spending time with like-minded people is when I'm at my most creative and positive frame of mind and it's like being 'home' because I'm on the same wavelength as them.

Once I became aware of this, I decided to surround myself with the people that inspired me to grow and blossom and to move away from those that were negative and toxic - emotional vampires that had no positive impact on me whatsoever.

Surrounding yourself with the right people will empower you to reach your potential and achieve your goals in life!

## Theory Focus



We're all familiar with the usual orange and white traffic cones but are you aware of the other colours and what they mean?

**Match each number to the corresponding letter.**

1 - These cones have been produced and placed to indicate access to a lane for drivers.

2 - These cones indicate that no stopping is permitted – important in areas with a heavy volume of traffic or quick-moving traffic.

3 - These cones are used to indicate overhead structures, and ensure that drivers of tall vehicles are aware of potential collisions. These cones can also be used to indicate overhead cables as well as fixed structures

A



B



C



## Question Time

What would you do if you had enough time?

What do you do if you have time?

If you could go back to a time in your life, what would that be and why? Would you change anything?

How much time do you allow for the answer to come when asking a question?

How much time would you expect someone to wait for you to answer a question?

Could you change some things to give yourself more time for doing what you enjoy?

Could you imagine a time where you are never rushed to do anything? How can you make that a possibility?



## Empowerment

Very often our pupils get into the car with some baggage from daily life, trouble at home or work and they need to get into 'the zone' before setting off to drive.

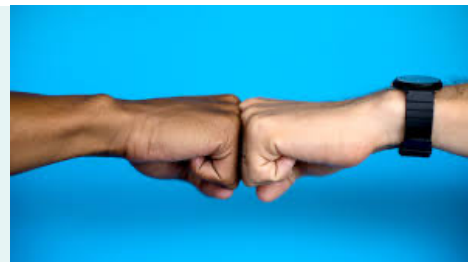
Just giving pupils a little bit of time and listening to them can help tremendously because they will begin to feel valued that someone is taking an interest in them.

They will trust you and open up to you if they feel valued as a person who has their own set of feelings, own thoughts and beliefs.

When setting goals and deciding on how to go forward with the lesson, it's so important the the pupil is involved in that process and that it suits the way they learn best, giving them freedom to explore as many options as possible.

Giving the pupil responsibility for their own learning breaks down boundaries, meaning that they are more receptive to growth and even accelerate the learning process.

The positive feelings that come from this empower the pupil!



There are so many ways that we can empower our pupils in very simple ways.

- Give them encouraging feedback when they do well, so that they feel noticed!
- Allow them the time and space to experiment and explore ideas.
- Ask them how it makes them feel when they achieve something.
- Be proactive in your risk management by asking them a question rather than taking over.
- Focus on development rather than criticize their faults.
- Accept them for who they are without judgement.
- Let them make their own decisions.

Essentially empowerment is about lifting people up so that they can reach their true potential.