

REAL EYES REALIZE "Simplified Coach Reframing Tool"

Our **REAL Eyes Realize** podcast episode with **Simplified Coach Co-Founders Kaylyn Lehmann and Teri Dahlbeck** highlights how hope, trust, and friendship create the foundational building blocks for a successful global company. They share tips and tricks for leaders to be at their best, with the ability to reframe perspectives as a key skill.

How Does It Work? ...

Reframing a situation is a technique for adjusting perspective, mitigating worry for the future, and keeping present awareness in alignment with what is most important. It may just be the trick to breaking that spinning, worrying spiral. When you use this reframing technique, you not only break out of your fear, but you also see opportunities you might have missed. If it brings you peace to reframe with a story that you can't prove is 100% true, the fact that it gives you peace is worth it.

After something difficult occurs that starts your worry cycle, ask yourself:

Is there something here I'm not seeing, that if I did see it, I would feel differently, right now?

This perspective propels you into possibility and future state and when you hit on positive possibilities you start to feel better in the moment.

Examples:

1. You didn't get the promotion you wanted?

Is there something here I'm not seeing, that if I did see it, I would feel differently, right now?

What if I didn't get that promotion because I have a better opportunity headed my way? What if that promotion had nothing to do with me, rather I was the part of someone else's misdirected anger or selfishness? What if that promotion would have put me into a position that was draining and disappointing? By considering other possibilities for my future career, I can shift focus and trajectory for possibility - something equally or more exciting.

2. My child/relative/friend made a decision about school/career that I don't agree with?

Is there something here I'm not seeing, that if I did see it, I would feel differently, right now?

Maybe that person knows something I don't know, and their choice will be validated by me later? Or maybe they will be disappointed but will learn from the experience in a way they wouldn't otherwise? By accepting that I don't know the outcome of their choice, I can also accept their choice as their choice to own, and be present, kind and supportive in the moment. I could share my opinion, but in the end it's their business to experience their journey and not have me control it (or pay for it) as part of my business.