

OVERWHELMED TO EMPOWERED

The logo for Emma Cann Coaching features three overlapping circles: a dark blue circle at the top, a bright pink circle at the bottom left, and a light purple circle at the bottom right. The text "EMMA CANN COACHING" is centered over the intersection of the circles.

EMMA CANN
COACHING

TEN STEPS TO...

*Take control and
manage the
challenges of
teaching without
overwhelm*



Hi, I'm Emma.

I'm passionate about empowering hardworking teachers and school leaders to develop strategies to find clarity, confidence and calm in the classroom and in their lives. Together we create healthy, mindful and productive school environments where challenges and stress are managed without burnout.

I work with individual teachers who are ready to create change for themselves, and schools who are committed to valuing their teachers to create better outcomes for all.

In this booklet, and the accompanying video, I share my ten step process to take you from overwhelmed to empowered.

*I would love to know how you get on putting these steps into action. You can message me via my website:
www.emmacanncoaching.com or via my social media channels...*



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Emma Cann

1. Clear space

Clearing space to create change is vital. You are responsible for and capable of making change for yourself. The change you want to see has to come from within and you have the power to do what you put your mind to if you believe it.

Have you given yourself time to focus on this process?

Are you giving yourself the space to focus?

Do you believe change is possible?



2. Explore the ideal

Don't worry about how you've got there, or when you've got there, but imagine that you have reached a point where everything is how you want it to be. Spend time imagining that and focussing on the positive aspects of what you want to achieve.

In your ideal future...

What is happening?

What are you doing?

What are you saying to yourself?

What are you saying to others?

What are you hearing?

How do you feel?



3. Step by step outcomes

Now you know where you're heading, it's important to recognise where you are currently. If the ideal future you have just explored is a 10/10, place yourself now on a scale of 1-10.

Where are you now on a scale of 1-10?

What will have happened to tell you you've moved one step closer to a ten?

What do you want to achieve by taking this step?

How will you feel when you get there?



4. Sources of support

Achieving your desired outcome will be easier with support. There are often various sources of support available, but you may need to look for them, and you will need to be willing to accept help.

What support is available to you?

What resources could you use to help you?

Who could help you?

What skills do you have that will help you move forward?

What inner strength will help you most?

When have you been successful before?

What can you learn from that experience?



5. Question reality

Often when we are overwhelmed, we don't think clearly. It's easy to tell ourselves stories about how hard things are, so it's important to check that you have a solid grounding of fact that will help you to move forward.

What is fact?

What is story?

Have you made any assumptions?

What evidence is there to support your thoughts?

What evidence is there to the contrary?

What else could be true?

What would a close friend say to you?



6. Get creative

Let your imagination run wild! Make a list of ideas of things you could do to move forward (not things you will do). Create a list of possibilities not actions.

What could you do to move forward?

What else?

What else? (Keep asking this!)

What has that thought helped me unlock?

What is the opposite of that?

What would X* do? (*a friend, colleague, role model)



7. Think BIG

Check you aren't imposing limitations on your thinking. By opening up your thinking and exploring more possibilities, you will unlock your mind to see problems in a different way.

What if you had as much time as you needed?

What if you had unlimited budget?

What if you already knew the answer?

What if you couldn't fail?

What if your confidence was already 10/10?



8. Create a plan

Looking at the possibilities you generated, commit to taking action to move you towards achieving your desired outcome.

**What of your ideas is the most:
impactful/simple/motivating?**

**What are you going to do to move
forward?**

How are you going to do it?

When are you going to do it?

**What resources do you need to carry out
the plan?**

**What might stop you from carrying out
the plan?**



9. Take action

*Keeping your desired outcome in mind,
take action to achieve it.*

**What have you done today to move you
closer to your ideal future?**

What success have you seen already?

What's next?



10. Reflect and repeat

This is an important aspect of the process. Check in with yourself to evaluate the progress you have made, and work out what is next for you. Keep repeating the ten steps to move you from overwhelmed to empowered.

What have you learned?

What will you continue to do?

What is the next step?



Overwhelmed to empowered in 10 steps...

- 1. Clear space*
- 2. Explore the ideal*
- 3. Step by step outcomes*
- 4. Sources of support*
- 5. Question reality*
- 6. Get creative*
- 7. Think BIG*
- 8. Create a plan*
- 9. Take action*
- 10. Reflect and repeat*



How did you get on? I would love to know!



Share your successes with me! Or get in touch if you have questions about the process.

You can also contact me to find out about the different ways in which I work with individual teachers who are ready to create change for themselves, and schools who are committed to valuing their teachers to create better outcomes for all.

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