



Leaders Circle online webinar 27th December 2018

GOODBYE 2018, HELLO 2019

Dr Amina Aitsi-Selmi

MBBChir MA(cantab) MRCP MPH FFPH PhD FRSA

Transformational Coach and Consultant | Public
Health Medicine Specialist



www.doctoramina.com

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amina@doctoramina.com

80% of success is
showing up

Next Leaders Circle (in person):

22nd January, 6pm, London.

“New Year, New You 2019!”

My mission for today:



1. To be of service to you and help you prepare for a fantastic 2019
2. Share experience and insights on setting and realising goals
3. Visioning process
4. Q&A / coaching

Who am I and why do I do this?

1) Transformational Coach and Consultant. I help high achievers who might be feeling stuck in their careers, business or leadership to take the big leap and fulfil their potential.

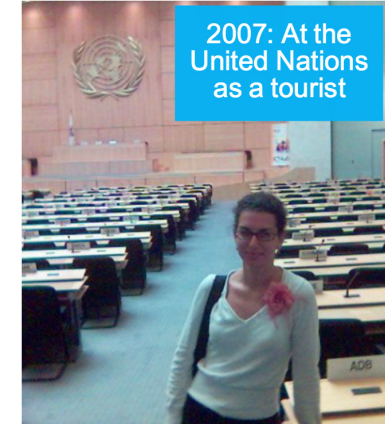
2) Worked with a range of well known organisations - in medicine, academia and policy like the NHS, MSF, Chatham House, the UN. I'm an Honorary Senior Clinical Lecturer at UCL. I've coached doctors, lawyers, scientists, policy experts, consultants, board-level advisors and corporate leaders on careers and leadership.



3) Took a career leap in 2016 from working as a doctor in the public sector and academia to what I do now which is coaching and consulting through my own business.

4) My aim is to provide people with a pathway into more fulfilling work and life; and in the long term to contribute to the changing the nature of work in the 21st century so that it maximises fulfilment of potential for all.

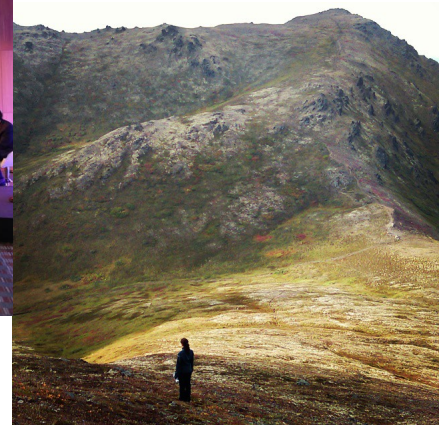
My experience with goals (inner-reflection + action)



2007: At the
United Nations
as a tourist



2015: At the
United Nations
as a delegate



2015: breakthroughs, endings and new beginnings

➤ I created my ideal twice in 12 months.

- 1) *Long-term dream of working on global health policy;*
- 2) *Set up my own business as an independent professional.*

Both happened after a series of mindset shifts.



What you'll take away from today:



1. Review 2018
2. Inspiration to move into 2019 with confidence
3. Envisioning your highest possibilities for 2019
4. Clarity around practical steps to realise your vision
5. A sense of ritual around your goals (*set up your burning bowl!!*)

3 things you don't have to do with goals:

- Force yourself to do things you don't want to do
- Give up if things haven't happened yet
- Do it all alone or against all odds

The most commonly made (and broken) New Year's Resolutions

- Weight loss(48%):
- Exercise (41%)
- Save money (32%)
- Diet (37%):
- Career (15%)
- Family time (14%)
- Learning/hobby (11%)
- Home improvement (11%)
- Cut down drinking (9%)
- Cut down social media (7%):
- Volunteering (6%)
- Smoking (4%):

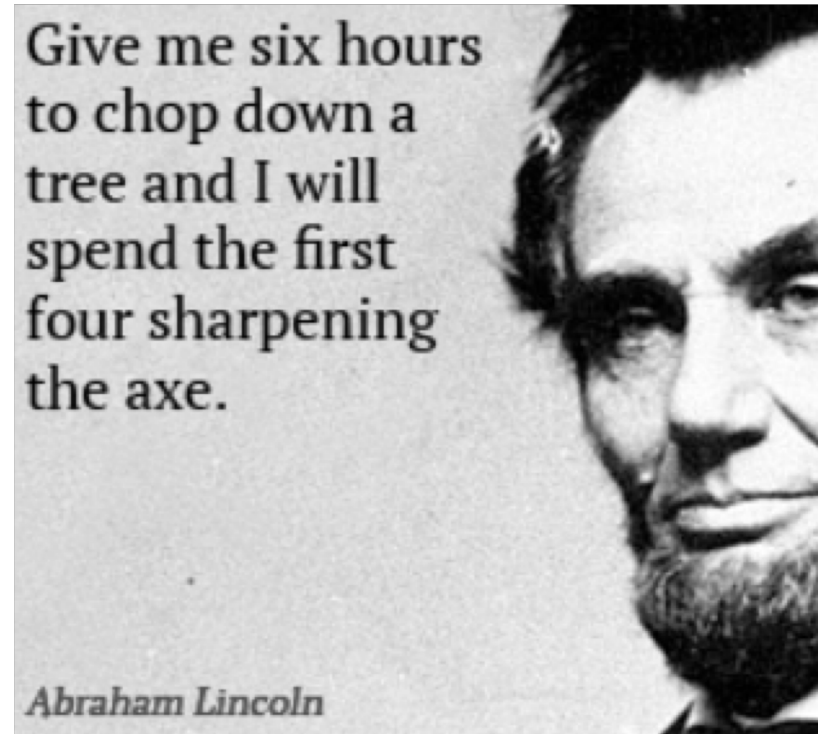
Not just about discipline - Roger Bannister (1929 -2018)

4-minute mile in 1954 (set the goal in 1952)

- Ambition
- Focus
- Knowledge
- Practice/action
- Ripple effect...(breaking limiting beliefs)



Not just about enthusiasm



Why spend time with your goals

Writing down goals and making them SMART

(Specific; Measurable; Achievable; Relevant; Timed)

=

More likely to succeed

Why spend time with your goals

Things we don't spend enough time with:

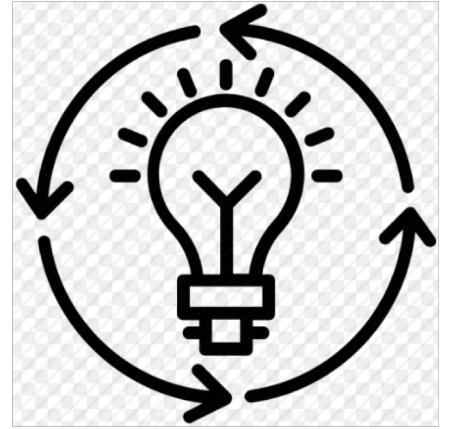
- Visualisation
- “Why?” (connecting with deeper motivation/values)
- Setting up for success (frontloading)
- Letting go of / grieving what is gone
- Celebrating what you've achieved and building on that



Goals that help you become who you're meant to be

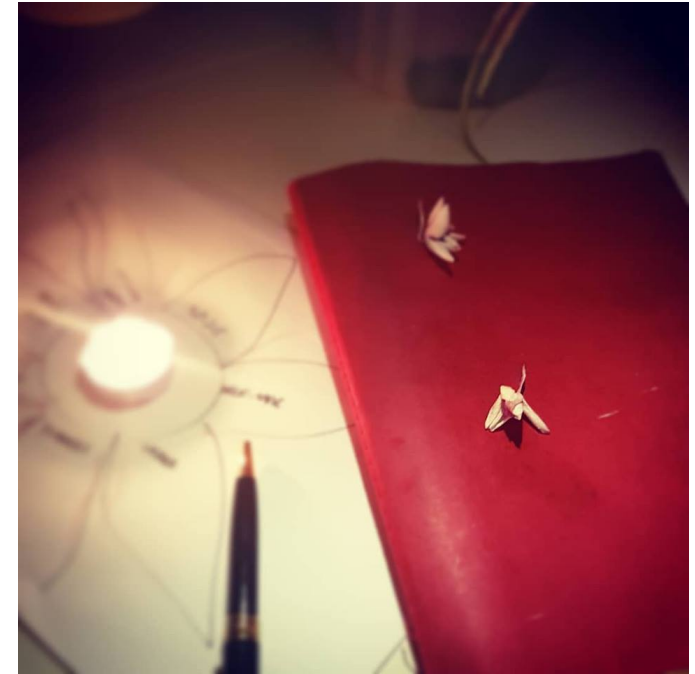
- Deeply meaningful to you
- Inspiring language (e.g. *“I want to lose weight”* vs *“I want to be my healthiest and most vibrant self to inspire those around me”*)
- Enjoy process and focus on small steps consistently
- Uncertainty as experimentation and “failure” as learning
- Celebrate mini-wins

CREATIVE CYCLES



- Relax and prepare
- Reflect and get clear
- Release the old
- Reconnect with what matters
- Respond (act)
- Receive and Celebrate

RELAX AND
CELEBRATE:



*What are your 3
proudest achievements
of 2018?*

*What are 3 qualities
or strengths that
shone through from
you in 2018?*

REFLECT AND RECONNECT (vision and values)



*What do you really want to
experience more of in 2019
(joy, spontaneity, peace, abundance,
boldness, aliveness)?*

Name your top one.

*What might this look like in 2
or 3 different areas of your
life?*

Write this on a separate sheet.

*How does it feel to imagine
that this is possible?*

RELEASE THE OLD



What 2018 goals, experiences or ways of being are need to be let go of?

Write these on a separate sheet.

RESPOND with
skilful action



*What are the top 20% of
2018 actions (and
interactions) that you want
to carry forward and repeat?*

*What are the 80% of 2018
actions (and interactions) that
you can stop doing?*

What must you stay away from at all costs?

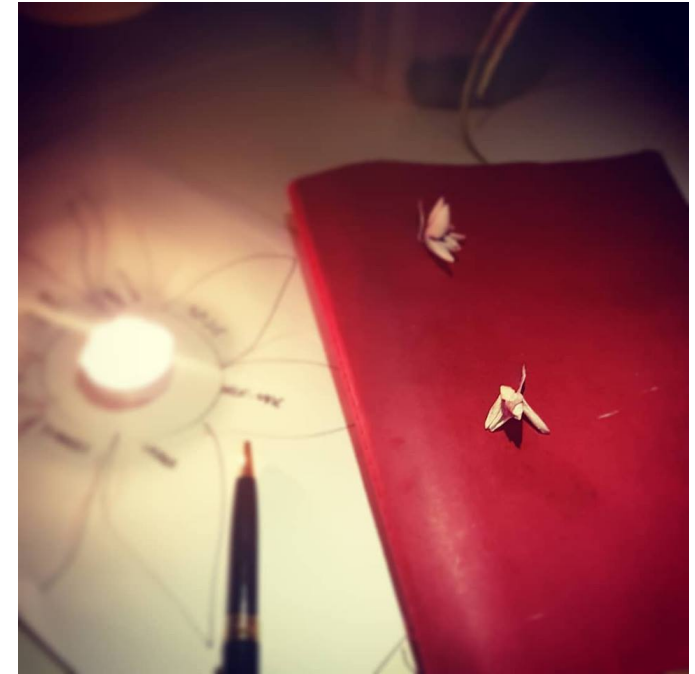
*What opportunities are available
already for you to experience more
of what you want (joy, spontaneity,
boldness, aliveness, etc)?*

*What small steps can you take
immediately?*

*How can you set up your
environment (diary,
people, places, habits) to
make your goals easier?*

(frontloading)

RECEIVE



*How will you celebrate
small wins?*



Finally...

*Are you a doer who gets busy and
micromanages?*

Or

*Someone who sets goals and tends to let
them slip?...*

Serenity commitment:

May I have the
serenity to accept the things I cannot change
courage to change the things I can
and wisdom to know the difference.

Living one day at a time;
enjoying one moment at a time.

RECAP

- Relax and celebrate 2018
- Reflect and envision
- Release the old
- Reconnect with what matters (people, places, habits that support your vision and goals)
- Respond (plan, frontload and act skillfully)
- Receive (track mini-wins and plan your rewards)



WHAT BECOMES POSSIBLE

- Feeling confident about the direction of your life – whatever comes up, you know what you're trying to achieve and can respond to the unexpected
- Freedom from activities that drain you – saying “no”.
=> More time and space for what matters
- Opportunities appear because people understand what you're about and see that you're clear and committed

The advantage

Masterful with your energy:

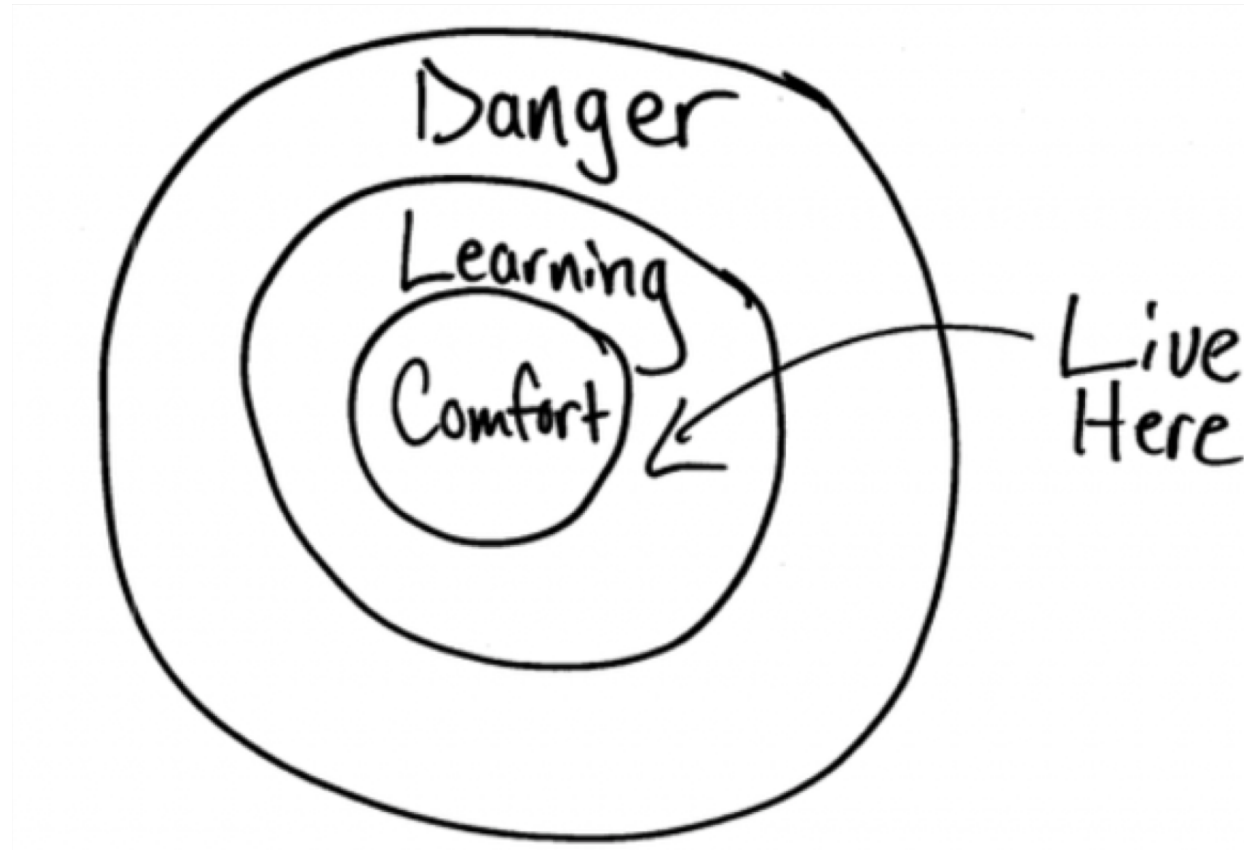
No attention or energy wasted on what is in the past or misaligned.

The advantage

Masterful with your energy:

No attention or energy wasted on what is in the past
or misaligned.

And if you're ever unsure...



The Leaders Circle at Harley Street



1. Tuesday 22nd of January 2019 6pm UK –
“New Year, New You 2019!”

“It was really useful to share the experiences with each other and to have time to work through what it would look like to use the strategies we discussed.” Matt

2. Wise Wednesdays weekly email + Free chapter of *The Success Trap* book.

Thank you and
have a wonderful New Year!

