



PROBLEM SOLVING

FOLLOWING THIS SIMPLE PROCESS,
YOU CAN FIND THE BEST WAY
FORWARD TO OVERCOME
PROBLEMS.

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A note from your coach...

On occasions we can all feel overwhelmed by our busy lives. This can result in our inability to think clearly or rationally when dealing with new challenges. As a result of overwhelm and catastrophic thinking, these challenges can in turn be disproportionately viewed as major problems.

The more we store these 'problems' in our thoughts, the more we find it difficult to retain rationality, and consequently our sense of clarity and control is compromised. We try to muddle on and can end up feeling lost, hopeless, and that there will inevitably be a negative outcome.

Sometimes, what we don't do is take a step back, write down and document our thoughts, and allow ourselves to methodically and systematically work through our problems piece by piece. By doing this, it enables us to make sense of the situation, and ultimately realise options are available for a resolution.

Try this exercise and notice how different it feels when you have written down and can physically look at a problem, and all the options available as opposed to trying to manage it in your mind.

PRESENTING PROBLEM:

SOLUTIONS AVAILABLE: *(list as many as you can think of).*

PROS OF EACH SOLUTION:

When making a decision, commit to reviewing all the information available at the time and if new information comes to light in the future, only hold yourself accountable to the original information you had. #noregrets

CONS OF EACH SOLUTION:

BEST SOLUTION TO CHOOSE:

MY REVIEW: *(give yourself a time-scale and re-visit options if necessary).*



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