

Charting your Course to Success



Self-coaching guide - OSCAR coaching model

Alpha v1.01

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Driving Your Business Forward with OSCAR

Picture setting off on a road trip across the country of business success. Your car is packed, your team's ready, and you're in the driver's seat. Now, meet OSCAR — your trusty roadmap that makes sure you never get lost as you drive towards your dreams. It stands for five key stops you'll make along the way: Outcome, Situation, Choices, Action, and Review.

Cruising to Success

Using the OSCAR model is like having the best sat-nav for business. It helps you plan your route, dodge the traffic jams, and find the best shortcuts. With OSCAR, you can see the big picture, make smart choices, and keep your business journey smooth and steady. It's all about setting clear goals, understanding where you are right now, exploring your options, taking bold steps, and regularly checking you're still on track. Let OSCAR turn your business drive into a winning adventure."

Benefits to Entrepreneurs

- Provides a clear and structured framework for setting and achieving business goals.
- Encourages a thorough analysis of the current situation, ensuring informed decision-making.
- Promotes the exploration of various choices and options, fostering creative problem-solving.
- Aids in developing a clear and actionable plan to move forward, enhancing focus and direction.
- Facilitates regular review and reflection, ensuring ongoing learning and adaptation.
- Builds resilience and adaptability, crucial traits for navigating the entrepreneurial journey.
- Enhances self-awareness, aiding in recognising strengths and areas for improvement.
- Encourages a proactive approach to challenges, promoting a positive and determined mindset.
- Supports continuous personal and professional growth and development.
- Enhances accountability, ensuring commitment to goals and actions.
- Improves time management and prioritisation skills, aiding in more efficient use of resources.

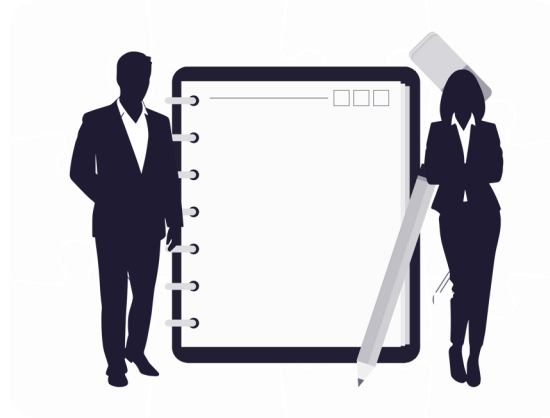
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How to

If you haven't done a lot of self coaching so far you may find these suggestions helpful:

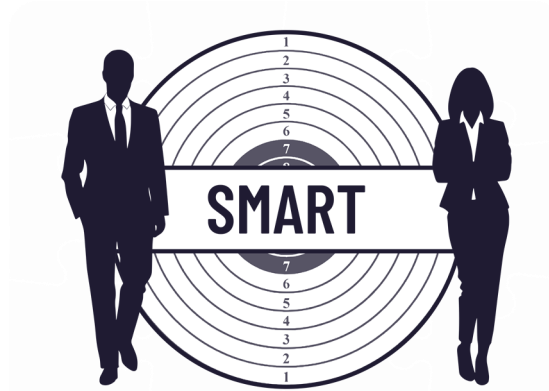
- **Ignite the Spark:** The journey of a thousand miles begins with a single step, right? Begin with something manageable—pick a task that's light yet meaningful. It's akin to ascending a staircase; that first step might seem daunting, but it sets the momentum for all the others.
- **Capture Your Brilliance:** Don't let those flashes of genius slip away! Whether it's a trusty notebook or a digital app, jot down your ideas. It's like keeping a tally in a game, except this game is your entrepreneurial journey. Every idea counts!
- **Reflective Oasis:** Allocate a sanctuary of time for contemplation. Dive into your notes. Celebrate the wins, unpack the mishaps, and strategize for improvement. This is where the magic of growth happens.
- **Craft Your Haven:** The space where you work should be a source of joy and inspiration. Organize it to your liking, infuse it with elements that uplift you—be it photographs, plants, or art. A harmonious environment is a fertile ground for productivity and creativity.

By embracing these steps, you're not just running a business; you're masterfully coaching yourself through an exhilarating journey. Remember, the process should be as rewarding as the outcomes. Celebrate your progress, and relish the game of business mastery!





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Outcome

In the first stage of the OSCAR model, the focus is on clarifying what you want to achieve. This is your opportunity to set a clear and compelling goal that will guide your actions and decisions. Consider what success looks like for you, and be as specific as possible. Try to make your goal measurable, achievable, relevant, and time-bound.

The objective of this step is to create a strong foundation for your coaching process. By setting a clear and achievable goal, you ensure that your efforts are directed towards what truly matters to you and your business.

Coaching Questions:

- What do you want to achieve?
- Why is this goal important to you and your business?
- How will you know when you have achieved your goal?
- What does success look like?
- What are the benefits of achieving this goal?

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Situation

In the Situation step, your task is to assess the current state of affairs and gather all relevant information related to your goal. Analyse your environment, recognise your resources, and understand the challenges you might be facing. Reflect on past experiences, both successes and failures, and consider how they have shaped your current situation.

The aim here is to develop a comprehensive understanding of your starting point. This clarity will enable you to make informed choices and create effective strategies for reaching your goal. Gaining insight into your current situation helps in identifying potential roadblocks, making it easier to navigate around them.

Coaching Questions:

- What is your current situation in relation to your goal?
- What resources do you have available?
- What challenges are you currently facing?
- How have past experiences influenced your current situation?
- What can you learn from your previous successes and failures?





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Choices

In this step, you brainstorm all possible options and choices available to you. Think creatively and do not limit yourself. List even those options that seem far-fetched at first. This stage is about expanding your horizon and considering multiple pathways to your goal.

The objective of the Choices stage is to generate a wide array of possibilities, ensuring that you have considered all potential routes to your goal. This will prepare you to make an informed decision in the next step.

Coaching Questions:

- What are all the possible options available to you?
- What are the pros and cons of each choice?
- How do these choices align with your values and long-term objectives?
- Are there any resources or people that could help you?
- How might you overcome potential barriers associated with each option?

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Action

Now that you have outlined your possible choices, it's time to decide on a course of action. Evaluate your options, considering the potential impact of each. Create a clear and detailed plan, outlining the steps you need to take to move forward. This plan should be actionable, with specific deadlines and milestones.

The aim of the Action step is to transform your choices into a concrete plan that will guide you towards your goal. This step is crucial for turning your ideas and possibilities into reality.

Coaching Questions:

- Which option will you choose, and why?
- What specific steps do you need to take to implement this choice?
- What timeline will you set for achieving your goal?
- How will you track and measure your progress?
- Who can help you in executing this plan?

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Review

In the final stage of the OSCAR model, you reflect on your progress, evaluate the effectiveness of your action plan, and learn from your experiences. Consider what worked well, what didn't, and what you could do differently in the future.

The objective of the Review step is to encourage continual learning and adaptation. By reflecting on your journey, you ensure that you are always growing, developing, and improving.

Coaching Questions:

- What progress have you made towards your goal?
- What worked well in your action plan?
- What challenges did you encounter, and how did you overcome them?
- What lessons have you learned from this process?
- What could you do differently next time to ensure success?

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Share Your Story

Navigating through this self-coaching guide is a unique adventure, and your experiences along the way are invaluable to both your growth and the enhancement of this guide for others. Reflect on your journey, celebrate your wins, learn from the hurdles, and let's refine the path together. Share your story by engaging with the questions below:

- Reflect on the sections that deeply resonated with you and tell us why they stood out.
- Highlight a technique or exercise from the guide that made a significant difference in your approach to self-coaching.
- Consider any elements that may not have met your expectations. What were you hoping for, and how did the reality differ?
- Share any aspects you felt were missing from the guide, and what you wished to see included.
- Recall the questions that provoked deep thought and led to an insight. How have these questions changed the way you approach your personal or business challenges?
- Think about any sections that could be enhanced or offered more. What would make these sections more helpful or impactful?
- Note any shifts in your mindset since you started working with this guide. What new ideas or attitudes have you adopted?
- Tell us about any particular 'aha' moments that struck you. How have these moments influenced your self-coaching journey?
- Evaluate your progress towards your initial goals. Have you noticed movement towards your desired outcomes?
- Celebrate the progress and milestones you've reached thus far. What achievements can you pinpoint that have been catalyzed by this self-coaching process?
- Feel free to voice any additional thoughts, stories, or feedback that you believe would enrich your self-coaching experience and this guide.
- Your unique insights add immeasurable value, and sharing them helps build a more robust self-coaching community.

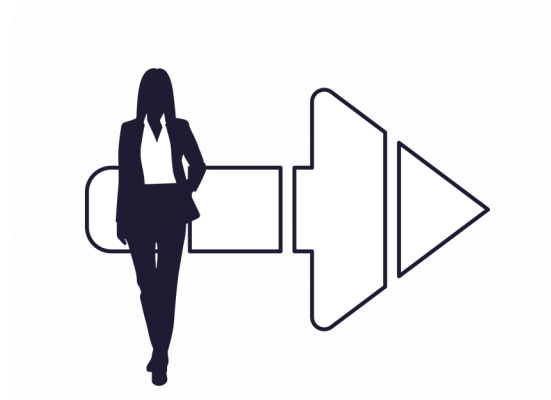
Your thoughtful consideration and responses to these prompts are deeply appreciated. They serve not only as a self-reflective tool but also as a guide for others on their self-improvement journey. Thank you for your commitment and for adding your voice to this collective narrative of growth and learning.

Please answer the questions that you feel will be helpful and email your answers to simon@smarterentrepreneurs.co.uk





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Next steps?

Great work diving into the self-coaching guide! Now, what's next? Here's a simple guide to keep you moving forward on your adventure:

- **Take a Look Back:** Think of yourself as a detective who has just cracked a case. Go through your notes from the self-coaching guide and see what clues you find about yourself. Celebrate the things you did well and make a plan for anything that's still a bit tough.
- **Draw Your Map:** Now, it's time to make a plan that's as easy to follow as a recipe for your favorite treat. Break down your big goals into small, tasty bites that are easy to handle, and you'll get to your goal before you know it.
- **Get Some Advice:** Chat with friends, a teacher you trust, or someone who knows a lot about coaching. It's like getting a cheat code for a game – they can help you see if you're on track or suggest new ideas.
- **Put Your Plan into Action:** You've got some great strategies from the guide, so start using them in your day-to-day life. Change doesn't happen all at once, so take it step by step, like climbing a ladder to a treehouse.
- **Keep Learning:** Got something you're curious about or want to get better at? Jump into books, online articles, or classes to learn more. Your brain loves to soak up new stuff!
- **Consider a Coach:** If there's something really challenging, remember it's okay to reach out for help. A professional coach can guide you through the tough parts, just like a captain steering a ship through a storm.

By following these fun steps, you keep building on what you've learned about yourself, growing a little every day. Stick with it, and you'll be amazed at the person you become!

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