

# QUOTES, QUIBBLE, QUESTION

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FROM  
THE  
COACHING  
GUY

## WELCOME

This week, we dive into the theme of personal adjustment and the invaluable lessons we can learn from others, especially in moments where we must step outside our usual routines.

Often, we move through life without giving much thought to the abilities, tools, and conveniences we naturally rely on. But what happens when those things are suddenly out of reach—whether for ourselves or for those around us?

Reflecting on these moments helps us grow, both as individuals and as leaders. By making adjustments and staying open to learning from different perspectives, we gain a deeper understanding of the things we take for granted, the power of adaptability, and how much we can enrich our lives by embracing the diverse ways in which people navigate the world.

## QUOTES

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." [Charles Darwin](#)

"The only real mistake is the one from which we learn nothing." [Henry Ford](#)

"Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in." [Isaac Asimov](#)

"Strength lies in differences, not in similarities." – [Stephen R. Covey](#)

# Q U I B B L E

When we encounter people with different abilities, perspectives, or experiences, it creates a unique opportunity for personal growth. In a consultation last week with a visually impaired client, I was reminded of how much we take for granted in our day to day lives. Simple tasks like browsing a website or viewing someone's profile are second nature for most of us, but for them, these weren't options.

Adjusting to their needs allowed us to have a productive and insightful conversation, but it also opened my eyes to the importance of being mindful when accommodating others.

While some may argue that making constant adjustments for individual needs can slow processes or require time and resources, this overlooks a powerful truth, stepping outside of our usual routines not only ensures inclusion, but also helps us grow as more adaptable and thoughtful leaders.

The flexibility to adjust our approach based on the needs of others enhances our leadership capabilities, fostering empathy, creativity, and resilience.

This experience was a profound moment of reflection for me. I realised how much we rely on visual cues, whether it's someone's online presence or their body language, and how these cues often shape our assumptions.

However, my client did something remarkable, they asked me direct, thoughtful questions about my experience, qualifications, and approach in great detail. He couldn't take anything for granted. And in truth, neither should I.

This made me think about the hidden biases that stem from relying on what we see. We make snap judgments based on appearances, often unconsciously, and these biases shape our interactions.

But what if we couldn't rely on sight? What if the only way to truly connect was by asking deeper questions, listening carefully, and engaging on a more meaningful level? Would we build stronger, more authentic relationships?

I discussed this with someone I met recently through a mutual friend. We began to wonder, imagine if we had to choose a life partner or our boss, but the only way to do so was through conversation, without any visual cues. Would we find more compatible and genuine connections?

The same applies in leadership. How often do we make assumptions based on what's visible instead of digging deeper to understand the person beneath? This experience reminded me to go beyond the surface, to ask more questions, and to lead with curiosity rather than assumptions.

## Valuable Leadership Lessons

Great leaders adjust their approach to accommodate the unique needs of others. Flexibility builds trust and fosters a more inclusive environment.

Assumptions can limit our perspective. By asking more questions and listening closely, we can create more authentic and meaningful relationships, both personally and professionally.

Being mindful of the diverse experiences and abilities of others strengthens leadership. It reminds us that our usual way of doing things is not the only way, and often not the best way for everyone.

Visual cues can bias our judgments. Great leaders work to overcome these biases by focusing on the individual's needs, strengths, and potential, rather than what is immediately visible.

Sometimes, the greatest lessons come from situations where we're forced to adjust.

## Q U E S T I O N

"How often do you pause to reflect on what you take for granted in your personal and professional life, and are you actively seeking ways to learn from the diverse people around you?"

**Curious how I can help you?** Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter by visiting [www.thecoachingguy.co.uk](http://www.thecoachingguy.co.uk)

## T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

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