

The WIN Method

Review | Reflect | Renew



THE
COMPASS
CLUB

About The Win Method

What is the WIN Method?

We all want to win in some form or fashion or at least feel like we are. Often, as much as we want to win is as much as we ignore doing what we must, to see if we are actually achieving what we say we want to achieve. In short, we fail to do regular audits to see where we are on our success journey.

The WIN method has long been used as a feedback model to provide a balanced review. In my coaching practice, I use it as a personal feedback method, as a way of getting my clients to feedback on themselves positively and through forward-thinking. This method provides an opportunity to self-reflect, champion and challenge yourself to achieve more.

So, what does WIN stand for?

W is for working or worked. Question - What's working or worked for you? Usually over a period of time, like the last 6 months or quarter. This is where you highlight your wins, achievements and things that you are proud of.

I is for improvement. Question - What requires improvement? This is your opportunity to take an honest look at yourself and see what your development needs are.

N is for notable/next. Question - What's been notable? This your opportunity to highlight something that stands out for you. It might be something you've learned about yourself or that has stood out. What's next? What's next for you, where are you going, what do you want to do and what do you want to achieve? How do you want to show up?

Give yourself some time to sit down and do this exercise, around 10 - 15 minutes works well. The key is to be open and honest, to be kind when you are detailing your wins, to really examine your development areas and to recognise what you bring to the table.

It's a good habit to keep a note of your WIN's and to look back over them to see just how far you have come. By giving yourself review time like this, you can, more accurately, gauge your performance and plan how you will navigate your next phase.

Maybe next time you need to feedback to someone else you could use this method. Go ahead and give it a go.

Magnificently yours,
Alexia



Review

This is your time for you, so find a quiet place to do this exercise. Take 15 minutes and consider each question. Look back over the last 3 months, 6 months or even 12 months and consider what has happened. Write down your key points in each each area. Review openly and honestly with kindness and compassion. Try not to disregard what comes up.



WHAT HAS
WORKED?



WHAT REQUIRES
IMPROVEMENT?



Review cont...



WHAT'S NOTABLE?



WHAT'S NEXT?



Reflect

Take a few minutes to read back over what you have written. This dedicated time allows you to reflect back on not just your answers but what has happened.

Have you been completely honest with yourself? Are there things that stand out for you? Is there anything that you have missed? Are there answers that aren't really yours, but maybe more influenced by someone else? What does this tell you about yourself? Are there things that make you proud?

This contemplation time is important. It allows you the space to see what's real, to understand what is great about you, what you have achieved and where you need to grow so that you can achieve more. It also allows you to champion yourself and consider what is next for you.

Renew

It's time to renew your commitment to yourself. Seeing what you achieved, how you want need to develop and what stands out for you, you've looked at what is next, now it's time to make a commitment to yourself. What are you committed to doing in, for you, in the next 3, 6 or 12 months your best?



MY
COMMITMENT
TO ME



Remember

“ Feedback is your friend,
so, use it to grow ”

About Madeline McQueen




Madeline McQueen is an outstanding Executive Coach, Trainer and Speaker who's aim is to empower and encourage her clients to be their very best. She draws on her extensive experience, skills, knowledge, breakthroughs, and successes to help you to gain clarity on your professional direction, build confidence and value from within, and to be empowered to step up into what she calls your "magnificence."


Her straight-forward, no-nonsense style is seasoned with vivacity, humour and an energy that helps you to see what is possible, create strategies to achieve it and challenges and champions you to make it a reality.


She works with individual clients as well as organisation including Prezi, Facebook, Investec, M&C Saatchi, UCL, Grey London, Havas, PHD Global, Royal Holloway University, Saatchi & Saatchi, ASOS, Spotify and Sopra Steria to name a few.

Get in touch today to see how she can work with you or your team.

Get in touch

 www.madelinmcqueen.com

 www.instagram.com/themadelinmcqueen

 www.twitter.com/MadelineMcqueen

 linkedin.com/in/madelinmcqueen

