



Have you got a minute?

Ahh How many times have we said or heard that? Time is such a fascinating subject, one that I, ironically, spend many hours contemplating. Since training as a coach, I have become increasingly aware of my own behaviours as well as gaining clarity and perspective on the behaviours of those closest to me.

We each have a unique way in which we will experience time. And this will vary too depending on circumstances and available information. Asking my husband "do you have a minute"? 3 laps from the end of an F1 race, is going to get very definite response. This question becomes even more complex when we introduce the idea of In Time and Through Time People. The day I heard this was the day my entire life started to make sense. Not least as a parent, when I realised that the reason, I battled so hard with my daughter, was not because she was naughty or didn't care or was deliberately trying to piss me off. She was simply an in time person and I was most definitely a through time.

My behaviours are driven by the awareness of time. I am conscious of time passing and my skills and behaviours reflect this. My daughter exists in a world where the passing of the minutes do not register on her radar. She is unaffected by the invisible pressure that time inflicts on to me. She too has developed behaviours and skills to reflect this. Both have their distinct advantages and dis-advantages and through coaching we are able to explore the differences and where they work for us.

Next time you are really busy and someone asks "Do you have a minute" notice where your mind goes. If the answer is "yes" I can give you 4 minutes in half an hour, you may well be through time. If the answer is "yes" sit down I will make us a cup of tea... well then you may well be living in time.

When we think too much about the past or worry too much about the future, we are creating a problem that cannot be solved. Because time doesn't really exist. We can't move it. We can't Stop. We can't change it. If time (or lack of it) causes you stress, then practice bringing your attention to the NOW. Mindful use of time does not stop you planning. You won't suddenly become disorganised or late or unreliable or a day dreamer. Focusing attention on the task in hand creates process. Trust that by taking 1 purposeful step after another will produce the results you desire. We in fact become more organised. Less stressed. More reliable and achieve much much more.

### IN TIME THROUGH TIME

Did you know that there are two different types of people? There are people who are In-Time and people who are Through-Time.

#### IN-TIME PEOPLE

Generally:

- Your timeline goes through your body
- You are associated in the now
- You are not aware of time passing



- You tend to have associated memories ones where you see through your own eyes rather than from above
- You have a tendency to avoid deadlines or are not good at keeping them
- Able to be in the moment and appreciate things
- Need prompts and unaware of time
- Can lost in detailed tasks
- Creative
- Probably and introvert but not necessarily
- Get energy from the moment and do not stress about the future

### THROUGH-TIME PEOPLE

Generally:

- Your timeline passes outside your body
- Always know where everything is
- You love procedures planning and can hold lots of information in your head
- You are dissociated from the now often looking to the future or anticipating events
- You are aware of time passing
- You tend to have dissociated memories where you see yourself from above
- You always plan ahead
- Organised and methodical
- Great project management and get stuff done
- Not always aware of your impact on others
- May experience anxiety and stress caused by a need to meet our own expectations
- You are aware of deadlines and are good at keeping them
- Often extroverts but not exclusively

As you can see, there are great differences between these two types and this is likely also, to bring about differences between communication, perception of experiences, priorities etc.

- Which of these do you feel best describes you?
- What situations cause your time behaviours to be increased / decreased?
- Who do you know that is the same as you?
- Who do you know that is different from you?
- Now you understand the differences, what changes will you make?
- What is the best thing about being In time or Through time?
- How will this help you to achieve your goals?
- How might it distract you?
- How does this help you to understand those around you better?
- What will this mean for your relationships / goals etc?