

# EXPERT **PROFILE**

MAGAZINE

SPRING 2024

## SPECIAL EDITION

*Celebrating our  
Global Super Mind  
Winners 2024*





# Expert Profile Magazine is now available to read on PressReader!

Read full issues of Expert Profile Magazine and thousands of other magazines with the PressReader app.

Download the PressReader app and enjoy!



# EDITORS NOTE



## 2024 WINNERS

In this special issue we celebrate the extraordinary achievements of the 2024 Global Super Mind Winners. These remarkable individuals have demonstrated unparalleled dedication, innovation, and selflessness in their pursuit of making the world a better place.

The Global Super Mind Awards recognise not only excellence in various fields of endeavour but also the transformative power of ideas and actions that inspire positive change on a global scale. Each winner has showcased an exceptional ability to harness their skills, knowledge, and passion.

As we celebrate these outstanding individuals, let us also reflect on the importance of recognising and supporting those who dedicate their lives to serving others and making a positive impact on our world. Their stories of resilience, courage, and compassion serve as a powerful reminder of the boundless possibilities that arise when we come together with a shared purpose and vision.

Join us in congratulating the 2024 Global Super Mind Winners for their exceptional contributions and for being shining examples of what it means to be true global citizens. Their work not only enriches our lives but also inspires us to strive for greatness and to make a difference in the lives of others.

## SPRING ISSUE

In a world filled with diverse perspectives and voices, every individual possesses the right to express themselves, share their beliefs, and make decisions that resonate with their values and aspirations. This freedom is not merely a privilege but a fundamental human right that deserves respect and acknowledgment.

At Expert Profile, we ardently believe in celebrating this freedom of choice. We strive to be a platform where voices from all walks of life can be heard, valued, and shared. However, with freedom comes responsibility. It is crucial to recognise that our choices and voices have the power to shape narratives, influence opinions, and impact lives.

Therefore, as we embrace and uplift diverse voices, we also hold a deep commitment to amplifying voices that genuinely aim to help others. True empowerment lies not just in speaking but in listening, understanding, and empathising. We aim to celebrate voices that promote compassion, inclusivity, and inspire positive change within our communities and beyond.

In this spirit, we invite contributors, readers, and supporters to join us in creating a space that celebrates authenticity, compassion, and the relentless pursuit of making a difference. Let us come together to amplify voices that uplift, voices that heal, and voices that genuinely want to make the world a better place for all.

Thank you for being a part of our journey towards a more compassionate and inclusive world.

EDITOR - RANY ATHWALL

---

Published by Ranath Enterprises Ltd

All rights reserved, this magazine cannot be reproduced, copied or printed without the express permission and authority from the publisher.

### DISCLAIMER

Expert Profile Magazine is a personal development magazine designed to support peoples businesses and personal needs. The magazine is provided with the understanding that the publisher is not offering any of the advice. And is not rendering any professional services. Whether you are reading about business, financial, mental health, physical health or lifestyle advice. The publication is for informational purposes only, it is up to the reader to do their due diligence when making choices and decisions from the advice of the contributors. The advice is solely from the contributors and Expert Profile Magazine accepts no responsibility directly or indirectly for any liability, loss or risk, which has incurred as a consequence from the material and writing. Readers of the magazine retain full responsibility for their actions, well-being, emotions, behaviour and the like.



**11** Rachel Pearson



**13** Dr Margit Muller



**15** Jacqueline Goncalves



**18** Lorraine Crookes



**19** Lisa Andrews



**21** Rebecca Adams



**22** Mary Scott



**32** Nadija Bajrami

# CONTENTS



Paul Smith



Beverly Johnson



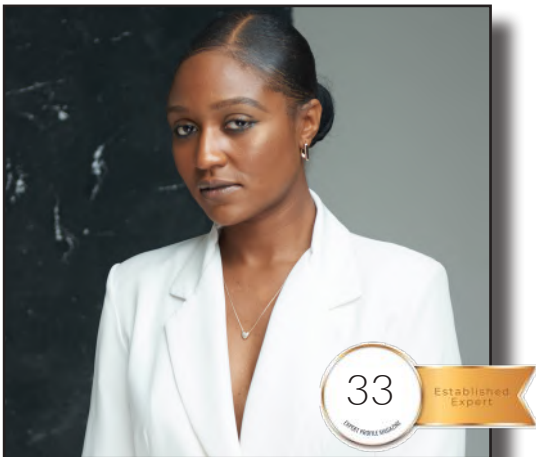
Mariza Hofer



37 Lilliana Gibbs



Lidia Kuleshnyk



Shardia O'Connor



Penelope Layzell



45 Ali Williams



43 Laurie Juskiewicz



47 Tealianna Spinelli



49 Angeline Mitchell



# CONTENTS



51 Samantha Kaaua



Liam Naden



Celia Conrad



55 Aditi Kumar



57 Andrea Huber



58 Lisa Zaro



59 Nancy Boudrie



61 Susanna  
Kenyon-Muir



63 Maxine Brown



64 Kurline J Altes



65 Tamara Pflug



66 Ana Salido

# CONTENTS



67 Kristina Saelee



69 Emma Hull



71 Dr Jan C. Wulff



73 Kathy Katts



74 Dominika Staniewicz



75 Nicole Spracale



76 Jennifer Legaspi



Leon Lloyd



79 Kelly Keefe



80 Nicola Mercer



81 Angie Grimes



83 Wendy Steer



84 Vicki Renz



85 Victoria Rennoldson



86 Sarah Brown



Paul Corke

# CONTENTS



88 Reidin Rees



89 Tiffany Flaten



91 Alice Hewitt



92 Yvonne B



93 Simona Petkova



94 Karina Rook



95 Rita May



96 Charlotte Noble



97 Tamzin Hall



98 Tina Kaczor



99 Amanda Hennessey



100 Angie Doig-Thorne



101 Anne Anyia



102 Lizzie Claesson



103 Colleen Linhart



# Curating a premium personal brand

When Merriam-Webster, the publisher known as 'America's most trusted dictionary,' announced its word of 2024, it didn't seem especially suited to the future.

## The word of 2024: Authentic.

Authenticity has been increasing in relevance throughout the last few years. Why make it more prominent in 2024?

The irony, as noted by Peter Sokolowski, Merriam-Webster's Editor at Large, is that *"The line between 'real' and 'fake' has become increasingly blurred... authenticity, ironically, has become a performance."* Sokolowski hints that authenticity, as a concept, is becoming something many people are striving to project.

This has become especially apparent in the premium market, where building an 'authentic' personal brand is becoming more important to command a higher price point for your services. Why is this? Having worked in the Luxury Marketing industry for over ten years I am well aware of the value a premium brand brings.

I am now seeing this translate into the online service space. With more pressure to market our businesses across several platforms, it's no wonder that one question I often get asked is, 'How can I build a brand that sells itself?'. In other words, how to create a personal brand that is so distinctive that people find you. You operate in a sector of 1 where you are known as the expert in your field.

## This is where we can learn from Luxury.

Luxury brands are the epitome of building attractor brands. They do not chase for custom. They are consistently in demand, regardless of the economic climate. In 2024, the luxury goods market is projected to generate a revenue of US\$368.90 billion. The market is anticipated to grow at an annual rate of almost 4%.

Despite this being lower than in 2023 when the growth rate was 11%, the sector continues to grow when a lot of others are in decline. The main reason for this continued growth is the brand. A strong brand creates a premium price position. It's easy to buy a fake Chanel bag. Yet, Chanel stores still have queues where bags average £5,000.

What can we, as personal brands, learn from the luxury sector to help differentiate and raise the equity of our businesses?

## 1) Have a bigger mission beyond the money.

We've already established big money within the luxury space, but these brands can sustain their revenue because they are built on solid values.

The luxury car maker Lamborghini focuses on innovation. LVMH, the parent brand of Louis Vuitton, is "synonymous with both elegance and creativity; to blend tradition and innovation, and kindle dream and fantasy."

We, as consumers, may not know the wording of these missions. Yet, when we picture an LV campaign, these words match the emotions we feel. This is where being rooted in the ambitions of your brand pays off. Louis Vuitton could rely on scarcity or quality to build demand. Both do influence its popularity.

But, the bigger appeal is the experience created when interacting with the brand and that it's consistently stayed true to blending innovation and tradition. How



are you cultivating your values throughout your brand? Is it clear what you stand for when people hear you talk or consume your content?

### 2) Consistent, high-quality visuals.

This can feel at odds with 'authenticity' because surely we want to strive for a world where you can share your reality online, not a glossy Instagram-ready version. Yes and no. People do want to see the realness behind the business. Yet, we also expect high-quality visuals. There were an estimated 48 billion digital video viewers by the end of 2023. There's no sign that our demand for video content is slowing down. This means our expectations of quality video content will continue to go up.

Luxury brands know that high-quality content and production matter. Classic perfume adverts such as Chanel No. 5 are more reminiscent of classic films than television adverts. Luxury invests heavily in strong content and intentional visuals because it creates memorability. Visuals cultivate emotion and that brings strong brand recognition.

The same applies to our personal brands. There is little point in creating 20 pieces of low-quality, grainy video footage. Our expectations of video content are too high now to suffer through anything subpar. Instead, it is worth investing in a smaller amount of high-quality video footage that can be repurposed across your social platforms.

This footage does not need to be overly professional. It can be the B-roll of your day, a vlog following the behind-the-scenes of how you work, or an event you're hosting. Distinct, high-quality videos stand out and can be a valid investment if you're looking to build your personal brand in 2024.

### 3) Create exclusive communities.

The very concept of luxury is that it's not accessible to everyone. This is a key aspect that continues to drive demand. The thrill of wanting what it seems not many can have.

Luxury brands use this concept to build customer loyalty. They curate private events for repeat customers. Provide early access and invite-only previews of their latest fashion collections. The focus of a luxury brand is to serve deeply rather than widely. They know that the luxury business model is built upon delighting the right customers who can afford the product rather than marketing to the masses who will look but won't be able to buy.

The same applies to your personal brand. We're already seeing a rise in close communities throughout social media. Think broadcast channels on Instagram and private podcasts that incentivise a more niche but highly loyal audience. These experiences are intimate, invite, or application only, and build deeper connections. Where

are there opportunities for you to create more exclusive communities for your business? Investing time into relationships is where brands see increased revenue. This is why the luxury sector continues to thrive.

### 4) Don't get complacent.

Luxury brands are timeless because they don't assume they'll always be desirable. They stay true to their heritage and always have one eye on the future.

Luxury fashion has been one of the earliest adopters of Augmented Reality (AR) to enhance the consumer experience. It's not only fashion shows that use AR to create hype and take people backstage at London Fashion Week.

Cartier's time travel AR experience transports consumers back to Paris in 1917 when the first Tank watch was released. If ever there is an example of bridging the gap between heritage and the future, it's this.

Our own personal brands are being challenged to move between the old and new. On the one hand our personal values and transparency are becoming more important to build trust amongst consumers.

Conversely, we see AI becoming more commonplace in business each day. Both present opportunities. As brands like Cartier show, you don't have to be either traditional or innovative. It's about finding a way to blend the two that fit your brand's style. We can take many learnings from the luxury space to bring into our personal brands.

The biggest of all is upholding your reputation. Luxury brands know that their desirability can be made or broken by their reputation. If in any way their reputation comes into question, so does the quality and premium advantage of their products.

I am not so bold to challenge Merriam Webster on its word of 2024.

*However, I may add to it; authenticity gets your personal brand noticed. Reputation is how you keep it.*

## By Rachel Pearson

[www.iamrachelpearson.com](http://www.iamrachelpearson.com)

[@rachelpearson.co](mailto:@rachelpearson.co)

[www.linkedin.com/in/iamrachelpearson](https://www.linkedin.com/in/iamrachelpearson)



# Beyond the Surface

## Exploring the Depths of Mental Health Through the Mind-Body-Soul Connection



The interconnection of mind, body, and soul plays a crucial role in our mental health, presenting a multifaceted approach to well-being that transcends mere physical health. Drawing upon my extensive background as a mental health coach specialized in parts work, master life coach, hypnotherapist, past life regression therapist, mindfulness practitioner, and mindfulness meditation teacher, I've come to appreciate the profound role the mind, body, and soul connection plays in our overall mental health.

This holistic perspective and multifaceted approach goes beyond addressing physical health alone, recognizing the significant psychological and spiritual implications of our physical states on our well-being. This article aims to delve into this intricate interplay, advocating for a comprehensive mental health strategy that embraces the full spectrum of an individual's experience.



### Understanding the Mind-Body-Soul Connection

The concept of the mind-body-soul connection is not new; it has roots in ancient healing traditions and has been validated by contemporary scientific research. This connection implies that our thoughts, feelings, and beliefs can significantly affect physical health, while our bodily states can influence mental and emotional well-being. The soul, or our spiritual self, plays a critical role in this equation by offering a sense of purpose and belonging, which is essential for mental health.

### The Importance of Parts Therapy and Internal Family Systems

Within the holistic approach to mental health, my specialization in parts work has reinforced the value of addressing the vulnerable and hurt parts within us. Parts Therapy and Internal Family Systems (IFS) play crucial roles in accessing and healing the innermost parts of ourselves that are vulnerable and carry the burden of pain and past hurt. These therapeutic models recognize

that the mind comprises multiple "parts," each with its own viewpoint, feelings, and memories, especially those related to traumatic experiences. By engaging with these parts directly, individuals can address the sources of their distress in a structured and compassionate manner.

Parts Therapy and IFS facilitate a deep, internal dialogue that allows individuals to understand and heal the conflicting inner dynamics that contribute to their mental health issues. This process not only aids in resolving internal conflicts but also promotes a greater sense of harmony and balance within the mind-body-soul connection, furthering the journey towards holistic well-being. Through these therapies, individuals gain insights into their inner workings, leading to profound, lasting changes that encompass emotional, physical, and spiritual health.

### How the Body Keeps the Score

The phrase "the body keeps the score," coined by Dr. Bessel van der Kolk, encapsulates the idea that our bodies hold onto the experiences of trauma and stress, manifesting in various physical symptoms and health issues. This concept has revolutionized the understanding of trauma and its treatment, highlighting the necessity of addressing the physical manifestations of psychological distress. Techniques such as somatic experiencing have emerged as effective tools for releasing the physical "imprints" of trauma, demonstrating the importance of a holistic approach to healing.

### The Role of Past Life Regression in Healing

Past Life Regression therapy introduces an intriguing dimension to holistic mental health. Incorporating past life regression therapy into my practice has opened up unique pathways to healing, allowing individuals to explore potential past life experiences that may be influencing their current mental and physical pain. This approach is based on the premise that unresolved issues from previous existences can manifest as physical or emotional pain in the current life. By accessing memories of past lives, individuals may uncover the roots of their present-day distress or even untreatable physical pain, providing a unique pathway to healing.

For some, this exploration offers profound insights and resolution to issues that seemed inexplicable within the context of their current life experiences. It's a therapy that, while not universally accepted in mainstream psychology, provides an alternative avenue for those who feel traditional therapies have not fully addressed their pain. Through the lens of past life regression, the journey towards mental, physical, and spiritual wellness is enriched

with a deeper exploration of the soul's enduring journey across lifetimes

### Empirical Evidence Supporting the Connection

Research has consistently demonstrated the benefits of integrating mind, body, and soul practices into mental health care. For example, a meta-analysis of studies on meditation and mindfulness revealed significant reductions in symptoms of anxiety and depression. Physical exercise, too, has been shown to be as effective as antidepressants in some cases of depression, emphasizing the mental health benefits of physical activity. These findings support the integration of holistic practices into mental health coaching, where the focus is on nurturing every aspect of the individual's well-being.

### The Role of Mental Health Coaching

Mental health coaching is uniquely positioned to utilize



the mind-body-soul connection in promoting health and wellness. Mental health coaches employ a client-centered approach, empowering individuals to explore and strengthen each component of their well-being. This might involve accessing internal parts, incorporating mindfulness practices into daily life, developing a personalized exercise routine, or exploring spiritual beliefs and practices that imbue life with meaning and direction. Mental health coaches facilitate profound transformations that can lead to lasting well-being by focusing on the whole person.

Implementing a Holistic Approach in Daily Life  
Incorporating the mind-body-soul connection into daily life involves recognizing the signals our bodies and emotions send us and responding with practices that nurture our overall health. Simple actions, such as engaging in regular physical activity, practicing meditation or deep breathing exercises, and pursuing activities that fulfill our spiritual needs, can profoundly affect our mental health. The key is consistency and a willingness to explore various practices to discover what works best for each individual.

### Challenges and Considerations

While the benefits of a holistic approach to mental health are clear, implementing this approach can be challenging. Barriers such as time constraints, lack of access to resources, and societal stigma around mental health can impede individuals' ability to engage in holistic practices. Mental health coaching can play a pivotal role in overcoming these barriers by offering support, guidance,

and personalized strategies that fit within the realities of each person's life.

### Future Directions

As awareness of the mind-body-soul connection grows, a burgeoning interest exists in exploring and integrating holistic practices into mainstream mental health care. Future research is needed to elucidate further the mechanisms by which these practices exert their effects and to identify the most effective strategies for different populations. Mental health coaching, with its flexible and personalized approach, will likely play a significant role in helping individuals navigate the complexities of mental health in a holistic and integrated manner. As a mental health coach committed to this holistic paradigm, I look forward to contributing to the evolving landscape of mental health and guiding individuals toward a more integrated and fulfilling approach to wellness.

### Conclusion

In conclusion, the exploration of the mind-body-soul connection, alongside innovative therapeutic models like Parts Therapy, Internal Family Systems, and Past Life Regression, offers a comprehensive framework for understanding and healing mental health issues. These approaches underscore the complexity of human experience, recognizing that healing requires addressing current life circumstances and deep-seated emotional and spiritual dimensions. By integrating these holistic practices, mental health coaching facilitates profound personal growth and healing, embracing the entirety of an individual's being. This holistic paradigm opens new pathways to wellness, emphasizing the interconnectedness of all aspects of the self in achieving true healing and balance.

**Dr. Margit Gabriele Muller is an award-winning Certified Mental Health Coach specializing in Inner Dynamics, Professional Certified Coach by the International Coaching Federation ICF, Master Life Coach, NLP Master, Certified Mindfulness Practitioner, award-winning author, and sought-after speaker.**

[www.coachformentalhealth.com](http://www.coachformentalhealth.com)



# Time to Heal



## When Mom Gets Sick: *The Silent Battle*

There is a part of my healing journey that always sticks out for me the most. It's not the symptoms or the physical components that I remember most of my suffering. It was a much deeper agony that only I knew about. The brutal realization that I could no longer be the mother I was before haunted me every minute of the day and night. My identity as a mother was no longer what it used to be. I no longer saw myself as the woman my kids adored or would look up to. In fact, I felt that I was a failure, and because of my illnesses, I believed they wouldn't have the childhood that they deserved.

What caused me to believe such harsh criticisms of myself? I didn't leave my children and, of course, didn't love them any less. I was still present in their lives and never stopped thinking of their well-being. My kids were still cared for, and their needs were provided for in every way, yet I believed I was failing. I was ashamed of myself and felt unworthy of the blessings I had before me.

This sounds a bit depressing, doesn't it? Unfortunately, it's common among mothers who are struggling with their health. Sadly, it's something most are suffering with in silence. I went through it myself, which I never shared with anyone. It's time to take a deeper look at this so we can begin to shed some light on this battle and make the changes needed to save moms from this unnecessary pain they certainly do not deserve.

If you stop for a moment and think about how we perceive mothers as a whole or how we speak of their roles in our lives, you will realize that this is likely why moms who are overtaken by illness and disease are so prone to feeling in such a way about themselves.

Note: When I speak of mothers in this article, please understand that these are general statements and that not every home has this dynamic. I know that many consider their dads or other family members their primary nurturers and caregivers.

Mothers often take care of everyone in the home before they even consider caring for themselves. We have all heard the statement, "There is just no time for Mom to be sick." Even when encountering a cold or virus, most Moms keep on going, doing a tremendous amount of mundane tasks that most aren't even aware are happening daily.

While their own noses are sniffing, they are still there wiping tears, giving hugs, preparing meals, giving baths, doing bedtime routines, etc. A Mother's job isn't something she can clock into and out of, and there are no set schedules. It's a lifetime commitment and requires her presence, 24 hours a day/7 days a week. If you asked me or any other Mother, most would say the same thing. Our days and nights are long, and we have times of being overwhelmed and even having our own emotional breakdowns. But every sacrifice is worth it; we would do it again for our children in a heartbeat.

Our role as a Mother is quite demanding, to say the least. An instinctive strength within us empowers us to play numerous roles in our children's lives. Our love for them and connection is so powerful that we would do anything to ensure our babies are loved, safe, protected, and nurtured every day.

There is not a single soul on the planet who knows our children the way we do. We can literally feel when they are sad, we know when they can't sleep, and we can sense when they are getting sick, often hours before they are showing any symptoms.

This gift of Motherhood is nothing short of miraculous. We are an irreplaceable part of our children's lives and development. One that they depend on and need as they are just beginning to develop and navigate their way through this busy and confusing world around them.

As their world and ours continue to change, we need to keep in mind that the struggles and problems we are encountering as a society are directly affecting Mothers as well.

The idea that Moms do not have time to be sick or cannot get sick is a set of beliefs that have been instilled in us for generations. Except, those past generations were not living in the same world that Mothers are living and enduring today.

Looking at the current statistics of Chronic illness, it's an irrefutable fact that our health as a society is declining. Chronic illness is hitting nearly every home, and odds are, it's the women of the home that will be affected. The rate of those with chronic disease (I hesitate to use the word "chronic") is increasing year after year, with 6 out of 10 adults suffering from at least one chronic disease.



Even more concerning, 80% of those diagnosed with autoimmune disease are women! (CDC.GOV). Moms are certainly heroic, but it's time we understand that sometimes even our superheroes need to take their capes off and be provided with the same tender, loving care they are always giving to others.

When Moms are sick, they need and deserve rest, care and compassion that everyone else around them receives. When I say sick, I do not mean she can sleep off a cold or something. I am referring to the common occurrence of autoimmune diseases and ongoing inflammatory symptoms that eventually consume her everyday life and hinder her ability to do even the simplest of tasks. We need to start paying closer attention to what is happening to her and how this affects those who depend on her.

Every mother I have worked with who has faced the onset of inflammatory symptoms and or disease is also facing internal battles that sound strikingly similar. They suffer silently, beating themselves up as they continuously wake up sick and unable to function as before. They label themselves lazy for needing more sleep and unable to keep up with cleaning and laundry. They are haunted by the idea that somehow their suffering is wrong. They believe that they are horrible Moms and that their need for extra care is somehow harming their own child's long-term development.

Mothers will fight through the various symptoms and continue to push through them, often never revealing the extent of their suffering. As they continue to push through, these symptoms only become more intense, with new symptoms arising constantly. Eventually, a mother's body, like anyone else, will force her to stop. She will no longer be able to hide this suffering. Her fatigue is so intense she physically fights to get herself out of bed and function. She feels defeated and worthless and agonizes over her inability to be the mother she always was before.

It's a heartbreaking reality, and it's time to ask ourselves why....

- Why are Moms living with this mindset that no matter what, they have to keep going?
- Why are we still accepting the beliefs that encourage moms to push through and neglect their needs while continuously caring for everyone and everything?

Not only have I seen the effects of these beliefs with my own clients, but I have experienced this firsthand when I went through my own years of suffering from diseases.

When my autoimmune diseases developed and my health began heading in a drastic downward spiral, I remember the guilt I felt being sick every day. I would call my husband crying and apologizing on the phone over and over because I literally couldn't function anymore. I fought so hard to get moving in the morning; every step was agonizing. I awakened every day in a state of perpetual fear, not knowing what kind of shape I would be in and if I would need emergency help. This was reality every single day. I still somehow cared for my children, fighting through with a smile while half my face was numb and numbness was hitting at random places all over my body. Very often, as soon as my husband came home from work, we needed to get me to an emergency room to ensure I was stable and wasn't experiencing life-threatening symptoms. I was barely surviving each day and in a state of panic, fearing something bad was always going to happen.

The suffering I was enduring was tremendous, yet what was even more unbearable for me over everything was the mountain of guilt that I felt when people would make comments regarding me sleeping or the fact that my house was not clean like it should be, or the piles of laundry piling up that I couldn't even begin to lift. Not only did I continuously shame myself for being so sick, but others judged me as well for not being as active or lively as they felt I should be. It became easier to become isolated and no longer stay in touch with friends I usually spoke to. Making plans became impossible because I never knew what I would face each new day, and more often than not, I could not get myself ready and have enough energy to venture out for the day.

Every new symptom surfaced more guilt. I was ashamed of who I was. I was embarrassed of what I looked like. I felt like a horrible mother and person and assumed my kids were never going to look at me the same.

I believed wholeheartedly that I was no longer worthy of being a Mother to my beautiful children. I felt my worth was defined by how productive I was each day. My inability to be the active and involved Mother I was before convinced me that my kids weren't going to live a normal childhood and would have future problems because of my illnesses.

Not only did I believe my children deserved a better Mom, but I also believed that my husband deserved a better wife. My mind continued to tell me that he didn't sign up for this and would be better off having a healthy wife, a wife that wasn't me.

This internal chatter and judgment did nothing but cause me further stress. In fact, these negative thoughts were factors that were contributing to the decline of my own physical and mental health.

The truth is that NONE of these stories I had told myself or others had spoken of me were true! They were nothing but beliefs that had been deeply ingrained in my mind and the minds of those who were judging me!

Of course, it was unfortunate that I faced numerous diseases, and life as I knew it was turned upside down. BUT, despite needing more help and support, I was still there every day for my children. My ability to be active changed, but my heart and my intentions as a mother never changed at all. If anything, I began to appreciate every moment with my kids and husband more than ever. I cherished the smaller things in life and became more attentive to what





was once overlooked. I became grateful for every moment with my children and thankful for the present because, sadly, I believed I would likely not have a future.

My love for my kids and husband was the fuel that kept me going. As much as I was suffering, I would not stop fighting. I was determined to find answers. I was no longer accepting this life sentence of autoimmune disease. I KNEW there was more to the story I was being told about my health, and I was absolutely correct.

When I decided to walk away from conventional medicine, everyone had their doubts, but I focused my attention on my husband's unwavering support and the need to save my life for not only myself but for the beautiful children who still loved me just as much as they did before.

My journey was extremely difficult but well worth every moment. Today, I live disease-free and have enjoyed a healthy life over the last couple of years. I am in a place where I can now testify to what my illnesses and suffering did to my family and the long-term effects it had on my children.

If you ask my children about the years mommy was so sick and had several diseases, do you know what they say? They do NOT even remember a time when Mommy was that sick! They genuinely do not look back and differentiate a time period from when I went from disabled to healthy. Even my oldest child, now 17, will say the same thing. That time in my life didn't impact them in any negative way.

I was still there for them, giving them the love, nurturing, and attention I always did. They could put their head on their pillows every night, knowing they were loved, safe, and protected. I may not have been running around outside as I did before or doing the activities I wanted to, but I was there for them. My love for them never changed. Their love for me never changed. They remember me then the same way as they do now.

Yet, all those years, I silently suffered with the guilt of getting sick. The guilt of not being enough as a mother or wife. The shame of my inability to appear as the mom I once was or what others expected me to be. It's important to note those negative thoughts and beliefs were so damaging that the need to uncover and get to the root of my limiting beliefs was a crucial factor in my own ability to heal and succeed in my healing journey.

If we look at moms from another perspective, we can start changing how we speak about them and the negative beliefs too many are carrying with them. Moms are a crucial and cherished part of this world; it's time we ensure we treat them as such. We must care for them as deeply as



we depend on them. A society that depends so much on the women who raise them should also be encouraging her to make her own well-being a priority.

She cannot be everything to everyone if she does not take care of herself first. We can begin changing the narrative mothers are telling themselves by changing the way we speak about our Moms:

- We must make time for moms' well-being to prevent them from getting sick!
- Tell her you want her to put her cape down on days she isn't feeling herself or because she deserves, like everyone else, to have some me time.
- Reassure her that it's okay to ask for help and offer her help even when she never asks.
- Encourage her to rest when needed.
- Tell her she's appreciated, especially on days when she's feeling her worst.

These shifts in dialogue can make a world of difference in a Mom's life, especially for a Mom who is struggling with anything right now. She is likely suffering from doubt in silence. The statements above help her feel that she is worthy of the care that she gives everyone else and that taking care of herself is what is best for the entire family.

In doing so, she can use her energy to do things that will contribute to her healing. Her focus no longer needs to be on all that she believes she is lacking, and she can now focus on all the positive ways she can help herself and get back to a healthy place.

Moms need to understand that we are everything to our families, even when we are faced with any struggle. Our productivity is not what defines our worth; it does not define our children's development and is not something that they are carrying with them in the future. It's our presence, our intentions. The small moments, the little reminders, bring them reassurance each day. They know who is there for them. They know where they are safe and who protects them. They know where they are loved. They know it's you, their mom, who will always be the place they call home.

**Jacqueline Goncalves**  
**Wellness Coach and Business Owner**  
**Inspired Healing LLC**

To connect with Jacqueline:  
 Email: [inspiredhealingcoaching@gmail.com](mailto:inspiredhealingcoaching@gmail.com)  
 Instagram: [@inspiredhealing\\_](https://www.instagram.com/inspiredhealing_)  
 Facebook: [Become Your Own Healer Academy](https://www.facebook.com/BecomeYourOwnHealerAcademy)  
[www.inspiredhealingcoaching.com](http://www.inspiredhealingcoaching.com)



# How to Overcome Sexual Fear and Shame

Overcoming fear and shame surrounding sex are common experiences that can deeply impact your relationships, self-esteem, and overall well-being. Whether stemming from societal norms, past traumas, or personal insecurities, addressing these emotions is essential for fostering a healthy and fulfilling sexual life.

## 1. Identify and Acknowledge Your Feelings

The first step in healing fear and shame around sex is to identify and acknowledge these feelings. Take time to reflect on your experiences and emotions surrounding sexuality. Recognize that it's normal to feel fearful or ashamed, but understand that these feelings do not define you and can be overcome with time and effort.

## 2. Challenge Negative Beliefs and Assumptions

Fear and shame around sex often stem from internalized beliefs and assumptions about sexuality. Challenge these negative beliefs by examining their origins and questioning their validity. Replace self-critical thoughts with affirming and empowering statements that promote self-acceptance and self-compassion.

## 3. Educate Yourself

Knowledge is empowering when it comes to overcoming fear and shame around sex. Take the time to educate yourself about sexuality, including topics such as consent, pleasure, and diversity. Seek out reputable sources of information, such as books, articles, and workshops, that provide accurate and comprehensive insights into sexual health and well-being.

## 4. Practice Self-Compassion

Be gentle and compassionate with yourself as you navigate healing from fear and shame around sex. Recognize that healing is a process and that setbacks may occur along the way. Practice self-care activities that promote relaxation, stress reduction, and emotional well-being, such as meditation, mindfulness, or journaling.

## 5. Cultivate Open

Communication  
Fear and shame thrive in silence and secrecy. Break the cycle of shame by cultivating open and honest communication about sex with trusted friends, partners, or healthcare professionals.

Share your feelings and experiences in a supportive, non-judgmental environment and seek guidance and validation from those who understand and respect your journey.

## 6. Seek Professional Support

If fear and shame around sex are significantly impacting your mental health and well-being, consider seeking support from a qualified therapist or counsellor. Therapy can provide a safe and confidential space to explore your emotions, process past traumas, and develop coping strategies for overcoming fear and shame in your sexual life.

## 7. Practice Mindfulness and Presence

Mindfulness techniques can help you become more present and grounded in your body, allowing you to experience pleasure and intimacy without judgment or fear. Practice mindfulness during sexual encounters by focusing on your breath, sensations, and emotions, and let go of distracting thoughts or worries.

## 8. Explore Pleasure on Your Own Terms

Take ownership of your sexuality by exploring pleasure on your own terms. Engage in self-pleasure activities that feel comfortable and enjoyable, free from external expectations or pressure. Experiment with different sensations, techniques, and fantasies, and celebrate your body's capacity for pleasure and enjoyment.

## 9. Set Boundaries and Prioritise Consent

Establishing clear boundaries and prioritising consent are essential for overcoming fear and shame around sex. Communicate your boundaries and desires openly and assertively with your partners and respect their boundaries in return. Prioritise mutual consent and enthusiastic participation in all sexual interactions, and never compromise your comfort or well-being for the sake of pleasing others.

## 10. Embrace Vulnerability and Growth

Healing from fear and shame around sex requires courage, vulnerability, and a willingness to embrace growth and change. Be open to exploring new experiences, challenging old beliefs, and stepping outside your comfort zone. Celebrate your progress and accomplishments along the way, and trust in your ability to overcome obstacles and thrive in your sexual journey.

Overcoming fear and shame around sex is a journey of self-discovery, self-acceptance, and empowerment. By identifying and acknowledging your feelings, challenging negative beliefs, and prioritizing self-care and communication, you can heal from past traumas and embrace a more positive and fulfilling relationship with your sexuality. Remember that healing is a process, and be patient and compassionate with yourself as you navigate your unique path towards sexual liberation and empowerment.

Lorraine Crookes

[www.orgasmiclife.me](http://www.orgasmiclife.me)



# The benefits of setting boundaries spiritually

## By Lisa Andrews

Since working within the field of spirituality, I am asked one question regularly: “How do you remain so calm?”. My answer is always the same. I stick to my boundaries unapologetically. Throughout this journey of life and our quest for spiritual growth, we must recognise the significance of establishing boundaries. Boundaries help to protect our spiritual wellbeing by acting like a protective shield. They help us to maintain balance and harmony in our lives. Spirituality, in essence, encourages openness. Living spiritually invites us to unite as one through love. However, this should not be to our detriment.

You may be wondering what exactly are spiritual boundaries? Imagine going about your day inside a bubble. The bubble is the protective layer that keeps you safe and in soul alignment. It makes us feel whole and energised. It is about determining what fits within your spiritual journey. At the end of each day, we should not feel out of alignment with who we are at a soul level. We should be able to put our heads on the pillow and feel content that we didn't act out of character or feel depleted in energy. By adhering to our boundaries, we create a sanctuary that enables us to connect to our inner selves without feeling overwhelmed.

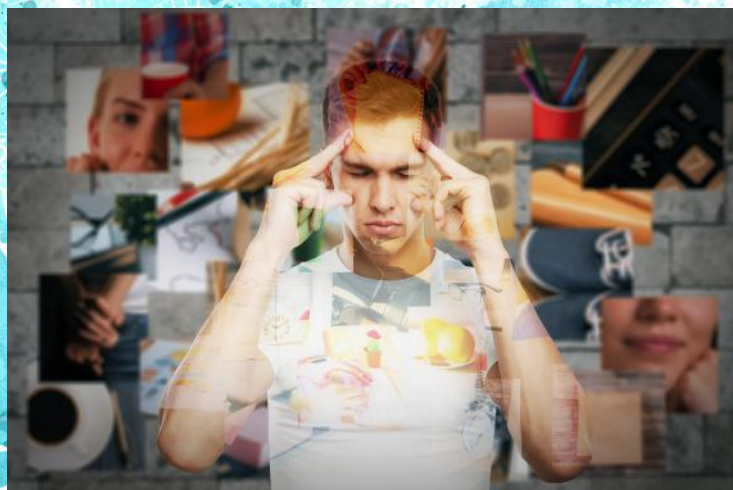
### **Putting yourself first.**

If you are naturally kind and empathic, this step may feel “alien” at first. Like anything in life, it takes practice. Be patient with yourself as you begin to enforce this step.

“You can't pour from an empty cup; take care of yourself first' and “Putting yourself first is not selfish; it is necessary for your wellbeing. Two quote examples explain the importance of self-love. It is a narrative seen all over social media if like mine, your algorithm takes you down the route of spiritual awareness. This message is a vital step when setting spiritual boundaries. It is a directive to loved ones and peers that “this is important to me” and “I am making space in my life for.....” The more we fill our cups, the more energy we have to share with others. It leads to living a happier life.

### **Finding the calm in the storm**

This step is the one I credit for allowing me to live a calm and peaceful life. Life can be chaotic and disappointing and doesn't always go as we hope. Imagine spiritual boundaries to be similar to putting on noise-cancelling headphones. No matter what is happening around you, your mind remains calm and still because you aren't paying attention to the “noise.” Introducing meditation into my daily life had the same effect. It helps me to filter out the things that throw me off balance. Over time, I was focusing more on maintaining inner calm than what was creating “the noise in my life.” It doesn't have to be meditation; it can





be anything that brings peace to us, such as gardening, reading, etc. By introducing this step, we can discover reconnection to ourselves. When we face trials, having a strong spiritual foundation will provide us with stability and strength.

### **Being honest**

What feels right for you? Begin to ask this question frequently. The more you familiarise yourself with the answer, the faster you step towards alignment. Avoiding pleasing people is essential. We can remain polite and kind while saying no to anything that feels wrong. Authenticity is attractive on a soul level. We were not born to be anyone else but ourselves. Being authentic makes the spiritual journey a genuine one.

People appreciate knowing where they stand. Honesty, when it comes from the heart centre, is respected and admired as it comes from the place of good intentions. People around us start to recognise that we are comfortable with our own decisions and will most likely not try to influence us. The more honest I became with myself and others, the less anxious I became. I started to communicate my needs more easily, which simplified my life.

### **Harbouring healthy relationships**

Being clear on what our spiritual values are is imperative for nurturing healthy relationships. By establishing boundaries, we create a framework for mutual respect. This helps enhance our personal relationships and contributes to having strong bonds within our community, home, and place of work. If you have had a relationship or friendship that didn't respect your personal space, it most likely led to toxicity or mental exhaustion.

By explaining what we are okay with or not okay with, we begin to understand more about what makes us happy, therefore chasing more of it. Ultimately, this guides us to our soul path and purpose. We then naturally gravitate towards people on the same wavelength. We gain a sense of belonging when we surround ourselves with like-minded people.

It is important that we do not confuse boundaries for being emotionally unavailable. It is not about putting our walls up. We are able to be emotionally available and still have boundaries. Good, positive people to have around will respect your boundaries. When we embark on a life with boundaries, we strengthen our connection to the divine.



**[www.lisaandrews.life](http://www.lisaandrews.life)**

**[@lisa\\_andrews\\_psychic](https://www.instagram.com/lisa_andrews_psychic)**

# MINDFUL MOMENTS

## Breathe To See The Bigger Picture & Trust The Process

Wisdom kicks in and allows you to see the bigger picture of any aspect of something.

Not everything is black and white. To see the bigger picture, one must have the respect and skills to take a step back, be in stillness, and allow everything to flow and go at its own pace.

It's a bit like being on the ground, sitting on the plane, and just being able to see the huge planes next to you and the staff—whereas when you've taken off, and you're up in the sky, you look out of the window, and you may be able to make out homes, cars, buildings, etc., but nothing much else in detail. The higher up you go, you see the country differently—the vast and enormous land, the edges, and much more.

You have a different outlook now. You can apply this to your life - in all arenas.

When going through a testing or challenging time, go into your inner self and seek the wisdom needed to see the bigger picture in whatever it is. How will each scenario play out, and what is the ripple effect from each action step you take?

You need to know that that wisdom is inside of you, and then you can make informed decisions at work, in your business, with your children, and also in your relationships and in everyday life too.

It's the ability to see situations in an unbiased way, read the room, the energy, and responses, and see what could play out—all while protecting yourself, your peace, and your energy.

### ***It's a great skill to enhance and expand.***

I encourage you to breathe, take a step back, and see the bigger picture in all that you do. Take time out to tap into your inner wisdom and enjoy life. Everything in life is a process, and sometimes, you may feel like running away, burying your head in the sand, and forgetting things or people exist—and for some part of that, it can be done.

The rest is trusting, learning, and actioning the process. In all life situations, trusting and believing that everything works out the way it should is the biggest test because some people feel like they can absolutely control everyone and everything in their vicinity, and unfortunately, they can't.

Unbeknown to them and their principles, everyone has their own brain, thoughts, and beliefs, so everyone is unique, and what one person is thinking isn't necessarily what the rest of the room is thinking.

Everything is a process, so reframing your mindset and seeing the bigger picture can really help you step forward into your strength and make the necessary adjustments so you can allow everything to play out the way it is and see where that takes you and where things land.

Trusting the process and letting everything ebb and flow is the best thing.

### ***It reduces stress.***

It helps the understanding that you can't control everyone or everything. It also makes you aware of what's important and what you truly want.

It also boosts your confidence and self-esteem to know that you are enough, you are competent, and you can change your perspective and path in a split second as you gain clarity on things.

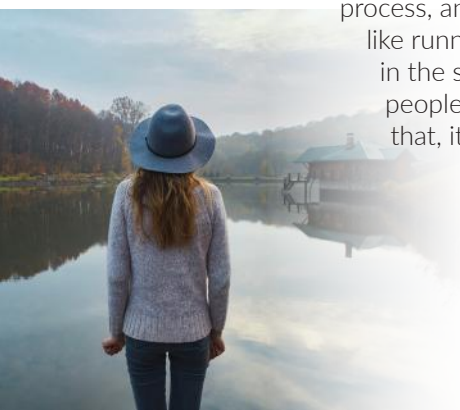
It's important to know that everything is a process - whether you are prepping and cooking a meal OR in basic training in the military, learning to be a nurse or photographer. It's all the same thing, just different aspects.

Decide today to take the pressure off yourself in any given situation and let it play out. There's no point in stressing over the small things when bigger things may come. But don't live your life anticipating those either.

Remember to breathe, see the bigger picture, and trust the process. You've got this!

**By Rebecca Adams**

[www.rebeccaadamsbiz.com](http://www.rebeccaadamsbiz.com)



# ASK FOR **HELP** OR NOT?

In my younger years, asking for help was not one of my strengths. Hell might freeze over first.

Growing up, this is what I understood the message to be:

*If you want it, get it yourself.*

*Don't be so weak; toughen up.*

*Don't you dare start crying or*

*I will give you something to cry about.*

I had an exit strategy from home and school. I turned 15 and left school the same day. The next day, I left home and started my first full-time job. I lived in the nurses' quarters for one year (Dad thought the nuns would keep an eye on me and agreed to me leaving home) I purchased my first car and moved into a shared house. I can still see the look on my father's face as I left the house with my bag in hand.

Some of my clients tell me it wasn't easy to ask for help. Some believe "It's a sign of weakness, you know". I often hear, "I should be able to work this out for myself." Some say. Nothing is worthwhile having if you have not worked hard for it, and god forbid if you go asking for help.

Supporting others comes easy for me; it's in my DNA emotionally, physically, spiritually, and mentally. It's true there is no need to ask for help from anyone. Or so I thought...

I was faced with a critical situation supporting and nursing my partner (Jean) at home through her terminal illness. There were vertical learning curves, things I had no control over and were way out of my league.

The physical aspects of caring for her was my biggest challenge especially in the middle of the night with no one else in sight. We had the hospital bed, tray table, wheelchair, etc., and it wasn't enough. And quite frankly, our two dogs were no help at all.

situation. A couple of times, I did ask for help: Palliative care, they didn't seem to get it! What I found was the left hand was not talking to the right. It appears to me that our healthcare system is at breaking point.

My doctor, well, she came up trumps! My good friend Val came through with the goods, even at 3.30 am, she responded to my text. I was so grateful when she arrived; I couldn't stop the tears.

A couple of times, people asked if they could help. I was perplexed, so I asked why they wanted to help. Clearly, asking for help didn't come naturally to me. Then, I was on a roll; people started to appear from nowhere.

I reflected on this one day when I was outside with my dogs drinking my morning coffee; having support impacted me. I felt incredibly strong yet vulnerable I felt worth it, experiencing the kindness of the human spirit, touched me to the core.

It was like lifting a load with a force under my arms, keeping me upright; I had never felt this before. The force continued day in and day out; I felt it deeply.

I remember thinking my family had it all wrong; support was a good thing; it was a change agent for me. It changed how I felt about myself and how I saw the world. This was indeed a force for good.

My support came as a kind word, meals prepared, appearing on my doorstep... Standing silently while I made difficult decisions, cheering me on when required. Then there was this force for good; there are no words for it; it was and is ever-present.

The challenge was getting the words out of my mouth to ask; I sometimes stuttered, especially when I felt the depth of my emotions rising with such force.

It's astonishing how I had to go through this deeply meaningful experience to learn the essence of asking for help and then allowing it when given.

Asking for help does not mean you are weak; it means you are wise.

## Confidence Coach

**Mary Scott**

[www.maryscottinfluence.com](http://www.maryscottinfluence.com)

I remember asking myself one night at 3.30 am about what I should do next.

I didn't know how to solve the problem/

<https://www.linkedin.com/in/mary-scott-7164a053/>





## Time is My Most Valuable Asset... For Most People, This Isn't True!

"We all have the same 24 hours in a day," they say. Yet, why does it feel like time slips through our fingers, leaving us with a lingering sense of unfulfillment and yearning? The notion that time is our most valuable asset is widely proclaimed but seldom lived. In a world where our lifestyles are predominantly financed by money, the quest for financial stability often leads us to trade our precious time for currency. But at what cost?

### **The True Currency: Time vs. Money**

At the heart of our daily hustle is the belief that money, a means to an end, offers the choices and freedom we crave. Yet, ironically, the pursuit of money often binds us, dictating how we spend our time. The dichotomy of "rich" and "poor" is commonly measured by the amount of money we earn, but this superficial gauge overlooks the essence of true wealth: the ability to earn an income without trading our time for it.

### **The Unspoken Wealth**

Wealth, contrary to popular belief, transcends the binary of rich and poor. It embodies the freedom to generate income passively, liberating us from the time-for-money exchange. Imagine a life where your assets work for you, even as you sleep. This paradigm of wealth is not a fantasy but a feasible reality, yet it is curiously absent from conventional education narratives.

### **My Personal Journey: From Time to Wealth**

Meet Paul Smith, a seasoned educator, property investor, businessman, and serial entrepreneur. With a rich tapestry of experiences spanning 42 years, Paul's journey from a modest beginning to amassing a net worth exceeding £68,000,000 is a testament to the power of strategic choices and the pursuit of wealth beyond conventional employment.





## The Path Less Travelled

Three years ago, Paul's relocation to Monaco marked a pivotal shift towards a life unbounded by the need to exchange time for money. His story, rooted in humble beginnings and propelled by unwavering determination, illuminates the potential within us all to redefine our relationship with time and money.

## Assess, Aspire, Achieve

The journey to wealth begins with a clear assessment of your current net worth and a vision for your desired lifestyle. Tools like Touchstone's net worth calculator serve as a vital first step in this journey, offering insights into your financial standing and the impact of your choices.

Use this link or scan the QR to get your free access now:

<https://bit.ly/3TETMX0>



## Discover Your Financial Standing with Our Net Worth Calculator

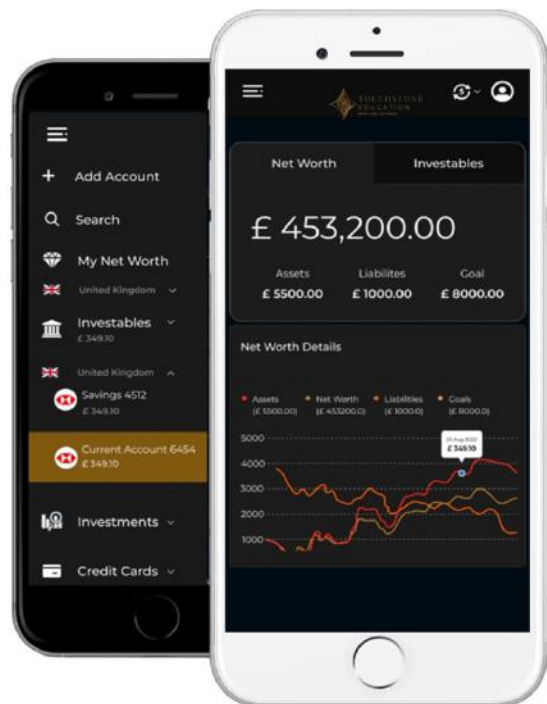
Ever wondered how your financial journey compares to your peers? Are you on the right track for a comfortable retirement? Stop the guesswork – our Net Worth Calculator is here to empower you with clarity and insights.

Do you already have your personalised password?

Submit

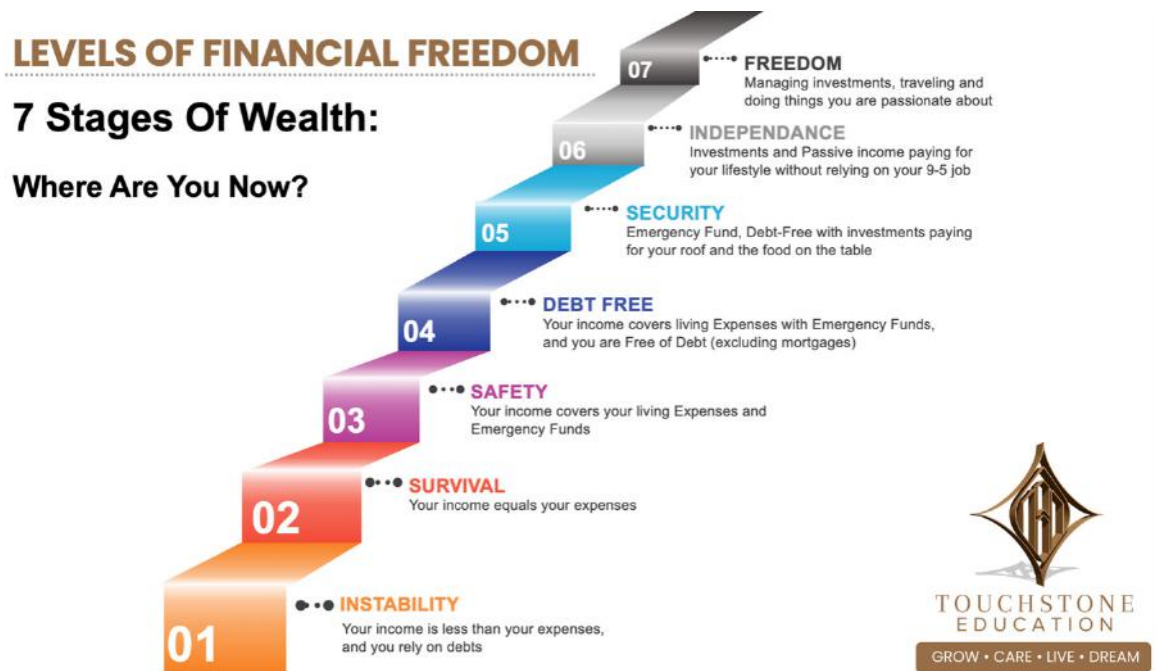
Do not have the personalised password? Request here..

Request Access!



## The Seven Levels of Wealth

Understanding the spectrum of financial well-being is crucial in charting your path to wealth. From the instability of living paycheck to paycheck to the ultimate freedom of complete financial independence, each level reflects a distinct phase in the journey toward making time your most valuable asset.



**Level 1 Instability:** Trapped in a cycle of debt, where expenses always seem to outpace income.

**Level 2 Survival:** Living on the brink, with income barely covering expenses.

**Level 3 Safety:** Achieving a modest cushion, with income securing living expenses and emergency funds.

**Level 4 Debt-Free:** Surpassing survival, living expenses, and emergency funds are covered without the burden of debt. Note that this excludes good debt, such as investment mortgages. A lack of detailed knowledge of good debt vs. bad debt will stop progression to and beyond level 4 wealth, as the danger of investing poorly is simply too high.

**Level 5 Security:** Attaining a level where investments cover basic needs, ensuring a stable foundation.

**Level 6 Independence:** Breaking free from the 9-5 grind with passive income supporting your lifestyle.

**Level 7 Freedom:** The pinnacle of wealth, where managing investments and pursuing passions become the core of your existence.

## The Choice is Yours

Embarking on this transformative journey from work to wealth is a personal decision that can dramatically alter the trajectory of your life. Touchstone Education, founded by Paul Smith, stands as a beacon for those seeking to navigate this path, offering education and coaching tailored to fostering wealth.

## A Call to Action

For those ready to reclaim time as their most valuable asset, Touchstone Education extends an invitation to delve into the world of wealth creation, starting with the foundational asset class of property. This journey is not for the faint-hearted but for the determined souls yearning for a life where time is their own.

## Embark on Your Journey

Join Paul and the Touchstone team for an enlightening two-day online event, Wealth Through Property, and begin your journey towards making time your most precious commodity. The path to wealth is paved with knowledge, choices, and the unwavering belief that you, too, can transform your relationship with time and money.

Click the link or scan the QR:

<https://bit.ly/3ISGrFQ>



## Connect and Learn

To delve deeper into the world of wealth creation, visit [www.touchstoneeducation.com](http://www.touchstoneeducation.com). Subscribe to Touchstone Education's YouTube Channel and join the vibrant community on Facebook to embark on your journey to wealth, where time becomes your most cherished asset.



***Paul Smith's narrative is more than a success story; it's a call to action, urging us to reconsider our relationship with time and money. By embracing the principles of wealth and leveraging opportunities to generate passive income, we can all aspire to a life where time truly is our most valuable asset.***

# Self Care Corner

## Embracing Boredom for Mental Wellness

If you're like me, your phone is always nearby. Between my watch, tablet, and phone- there's a constant influx of items that demand my attention. And honestly, it can become overwhelming. In the age of constant digital stimulation, the very idea of boredom seems like an anomaly. With smartphones at our fingertips, offering endless content, games, and communication, how could one ever be bored? "Feeling bored is best defined as "the aversive experience of wanting, but being unable, to engage in satisfying activity." Simply stated, it's a lack of meaningful engagement." <sup>1</sup>



However, as paradoxical as it may seem, boredom, which many seek to avoid, can have numerous benefits. Let's explore why embracing moments of boredom might be one of the best things you can do for your mind and soul.

### Sparks Creativity

When our brains aren't bombarded with information or tasks, they naturally wander, leading to what psychologists refer to as "daydreaming mode."

"Daydreaming serves a useful purpose—it is essential to creative work. Our innovative ideas emerge first from the default mode network (DMN), where spontaneous, preconscious ideas can connect and attach." <sup>2</sup> This mental state can give rise to creative ideas, solutions to problems, and even personal insights. Many artists and thinkers credit their most innovative ideas to periods of utter idleness.

### Encourages Self-reflection

In the stillness of boredom, we're allowed to turn inward. During moments of boredom, people may reflect on their long-term goals, aspirations, and the direction of their lives. Contemplation can lead to a deeper understanding of personal values and priorities. We can evaluate our goals, feelings, and current life trajectory without distractions. This introspection can lead to a deeper understanding of oneself and pave the way for personal growth.

### Reduces Stress

Boredom and stress are two psychological states that, while opposite, can be interconnected and



influence each other in numerous ways. The relationship between boredom and stress can be complex; individuals may experience these states differently. The constant cycle of input and stimulation can be mentally exhausting. Taking a step back from the digital onslaught gives our brains a much-needed rest. This downtime can reduce feelings of stress and anxiety, promoting overall mental well-being.

## Fosters Mindfulness and Presence



Boredom can act as an invitation to become more mindful of the present moment. Instead of seeking external stimulation, one can turn to the immediate surroundings, observing thoughts, sensations, and the environment. Mindfulness encourages observing thoughts and feelings without judgment. Practicing mindfulness involves acknowledging the feeling without labeling it as good or bad when boredom arises.

This non-judgmental awareness can lead to a more accepting and peaceful relationship with boredom. Over time, this practice can enhance one's ability to be present and fully engage in the current moment. Establishing mindful routines can provide structure and purpose, reducing the likelihood of experiencing chronic boredom. Mindful daily practices, such as meditation or mindful walks, can contribute to a more balanced and engaged life.

## Helps in Detoxifying from Digital Addiction

Accepting and even embracing boredom can help overcome the constant need for digital stimulation. Boredom can act as a catalyst for adopting healthier habits and activities, contributing to a more balanced and fulfilling life. It acts as a digital detox, allowing individuals to disconnect and experience the world without the interference of screens. This can lead to better sleep, improved concentration, and even enhanced interpersonal relationships.

## Improves Mental Stamina

Just as athletes train in high-altitude environments to enhance their physical endurance, enduring boredom can be seen as a mental workout. It improves our patience and fortifies our ability to handle challenges without getting restless or anxious. "Giving your brain the time and space to experience boredom can help you do more overall. A 2018 study found that people who had completed a boring task (sorting a bowl of beans by color, one by one) later performed better on an idea-generating task than their peers who had first completed an interesting craft activity. The "bored" participants outperformed their peers both in terms of idea quantity and quality."<sup>3</sup>

In the grand tapestry of life, moments of action and adventure are juxtaposed with moments of stillness and monotony. While societal norms often stress the former, the latter, characterized by boredom, has its own value. Instead of viewing boredom as a void to be filled, seeing it as an opportunity can lead to a richer, more balanced life. So, the next time you find yourself with nothing to do, resist the urge to reach for your phone and simply be – it might just be the most productive thing you do.

1) "Boredom Can Ignite Self-Discovery;" <https://www.psychologytoday.com/us/blog/two-takes-depression/202208/boredom-can-ignite-self-discovery>

2) "Daydreaming is not slacking off. It's key to creativity and innovation"; <https://www.fastcompany.com/90839875/daydreaming-is-key-to-creativity-and-innovation>

3) "The Art of Being Bored: How to Be More Productive by Doing Nothing," <https://zapier.com/blog/benefits-of-boredom/>

**BEVERLY JOHNSON**

**beverlyjohnson.com**

**IG handle: imbeverlyjohnson**

**Facebook: Coach Beverly K. Johnson**

**Email: hello@coachbeverlyjohnson.com**



# The World of Martial Arts: History, Origins, and Benefits and why I chose BJJ



Martial arts, with their rich tapestry of history and diverse origins, have captivated practitioners and enthusiasts alike for centuries. From ancient combat techniques to modern forms of self-defence and discipline, each martial art offers unique insights into culture, philosophy, and physical prowess.

Whether one seeks physical fitness, self-defence skills, or personal growth, martial arts offer a holistic approach to wellness, blending ancient wisdom with modern practices. Embracing the martial arts journey is about mastering techniques and cultivating a deeper connection with oneself and the world around us.

In this article, we'll be delving into the realm of martial arts; I am thrilled to embark with you on a journey that explores the rich tapestry of history, philosophy, and physical prowess encapsulated within each discipline. I will unravel the origins and evolution of various martial arts, shedding light on their unique cultural influences and practical benefits.

From the battlefields of ancient Asia to the modern arenas of competition, martial arts have transcended time and geography, leaving an indelible mark on human civilization. Each discipline carries within it a story—a narrative of resilience, innovation, and tradition.

In our exploration, I will endeavour to provide you with a glimpse into the historical context and development of martial arts such as Karate, Taekwondo, Brazilian Jiu-Jitsu, Kung Fu, and Muay Thai. We will trace their origins from the secluded dojos of Okinawa to the bustling streets of Rio de Janeiro, uncovering the cultural nuances and philosophical foundations that underpin their practice.

But our journey goes beyond mere history lessons. We will also delve into the myriad physical and mental benefits of martial arts physical and mental. Whether it be the discipline and focus instilled by Karate, the agility and speed honed through Taekwondo, or the problem-solving skills cultivated by Brazilian Jiu-Jitsu, each martial art brings its own unique set of advantages to those who embrace its practice.

As we embark on this exploration together, my aim is to inform and inspire. Whether you are a seasoned practitioner or a curious newcomer, I invite you to join me on this odyssey through the world of martial arts—a world where tradition meets innovation and where the pursuit of mastery is as much a spiritual journey as a physical one.

## Origins and Evolution of Martial Arts

**Karate:** Meaning "empty hand," is a traditional Japanese martial art that traces its origins to the island of Okinawa. Developed over centuries through the fusion of indigenous Ryukyuan fighting techniques and influences from Chinese martial arts, Karate emerged as a system of self-defence characterized by striking techniques such as punches, kicks, and blocks.

Historically, Okinawa's geopolitical position facilitated cultural exchange with China, integrating Chinese martial arts principles into local fighting styles. Karate's development was further shaped by Okinawa's unique social and political landscape, where weapons were banned, prompting practitioners to refine their empty-hand combat techniques.

Central to Karate's philosophy is the concept of "do," meaning the way or path. Beyond physical techniques, Karate seeks to cultivate mental discipline, respect, and harmony with oneself and others. Practitioners, known as karateka, adhere to principles of humility, perseverance, and self-improvement through dedicated training and study.

Today, Karate is practiced worldwide, with various styles such as Shotokan, Goju-Ryu, and Wado-Ryu, each preserving unique aspects of its historical legacy while embracing modern innovations. Whether pursued for self-defence, physical fitness, or personal growth, Karate remains a timeless art form that embodies the enduring values of discipline, respect, and harmony.



**Taekwondo:** A Korean martial art renowned for its dynamic kicking techniques, traces its roots back to ancient Korea. Developed over centuries, Taekwondo incorporates elements of traditional Korean martial arts such as Taekkyon and Subak and influences from Chinese martial arts and Japanese Karate.

The modern practice of Taekwondo emerged in the mid-20th century, with efforts to standardize techniques and establish governing bodies for promotion and competition. In 1988, Taekwondo became an official Olympic sport, further solidifying its global presence and popularity.

At its core, Taekwondo emphasizes speed, agility, and precision in executing powerful kicks, punches, and blocks. Beyond physical techniques, Taekwondo instills values of respect, perseverance, and indomitable spirit in its practitioners, known as Taekwondoists.

Today, Taekwondo is practiced by millions worldwide, both as a means of self-defense and as a competitive sport. Its accessibility and focus on athleticism make it suitable for practitioners of all ages and backgrounds, fostering physical fitness, mental discipline, and personal growth.

**Judo:** Meaning "gentle way," is a martial art and Olympic sport that traces its origins to Japan in the late 19th century. Founded by Jigoro Kano, Judo was developed as a synthesis of traditional Japanese jujutsu techniques, emphasizing throws, pins, and joint locks.

Kano sought to create a martial art that focused on the efficient use of energy and technique rather than brute strength, making it accessible to people of all ages and sizes. Central to Judo's philosophy is the concept of "seiryoku zenyo," or maximum efficiency with minimum effort, and "jita kyoei," or mutual benefit and welfare.

In addition to its practical applications for self-defence and sport, Judo places a strong emphasis on personal development and character building. Practitioners, known as judoka, learn to cultivate discipline, respect, and humility through rigorous training and adherence to the principles of Judo.

Today, Judo is practiced by millions of people worldwide and continues to be a source of inspiration for individuals seeking physical fitness, mental discipline, and personal growth. Its legacy as a martial art and a way of life endure, embodying the timeless values of honour, integrity, and mutual respect.

**Brazilian Jiu-Jitsu (BJJ):** Brazilian Jiu-Jitsu (BJJ) is a martial art and combat sport that originated in Brazil in the early 20th century. Developed by the Gracie family, notably Helio, and Carlos Gracie, BJJ evolved from traditional Japanese Jujutsu and Judo techniques, focusing on ground grappling and submission holds.

What sets BJJ apart is its emphasis on leverage, technique, and strategy, which allows smaller practitioners



to defend themselves effectively against larger opponents. The Gracie family's innovative approach and relentless testing in real-life combat situations made BJJ known for its practical effectiveness and adaptability.

BJJ gained international recognition in the 1990s with the advent of mixed martial arts (MMA) competitions, where Gracie family members showcased its effectiveness against various martial arts styles. Today, BJJ is practiced by millions worldwide, both as a form of self-defense and as a competitive sport.

Beyond its practical applications, BJJ fosters personal growth and character development. Through the challenges of training and competition, practitioners learn valuable life skills such as problem-solving, patience, and resilience. With its rich history and ongoing evolution, Brazilian Jiu-Jitsu continues to inspire and empower individuals on their martial arts journey.

**Kung Fu:** Often referred to as Chinese martial arts, encompasses a diverse array of fighting styles originating from China. With a history spanning thousands of years, Kung Fu has been influenced by various cultural, philosophical, and religious traditions, including Taoism, Buddhism, and Confucianism.

The origins of Kung Fu can be traced back to ancient China, where it was practiced by monks, soldiers, and scholars alike. Over time, Kung Fu evolved into a comprehensive system of combat techniques, encompassing striking, grappling, and weapon-based forms.

What sets Kung Fu apart is its emphasis on fluidity, precision, and internal energy cultivation. Practitioners, known as martial artists or "wushu" practitioners, undergo rigorous training to develop strength, flexibility, and mental focus.

Beyond its practical applications for self-defence, Kung Fu is also revered for its holistic approach to physical and mental well-being. Through the practice of forms, meditation, and philosophical study, Kung Fu seeks to cultivate harmony between mind, body, and spirit.

Today, Kung Fu is practiced worldwide, both as a means of self-defence and as a form of artistic expression. Its enduring legacy continues to inspire martial artists of all backgrounds, fostering a deep appreciation for tradition, discipline, and the pursuit of mastery.

**Muay Thai:** Also known as Thai Boxing, is a martial art and combat sport originating in Thailand. With a history

dating back centuries, Muay Thai evolved from traditional Thai martial arts practiced by soldiers in the ancient kingdom of Siam.

What sets Muay Thai apart is its emphasis on the use of fists, elbows, knees, and shins, earning it the nickname "the art of eight limbs." This comprehensive striking arsenal, combined with clinching techniques and devastating kicks, makes Muay Thai a formidable fighting style renowned for its effectiveness in close combat.

Historically, Muay Thai was practiced as a means of self-defence on the battlefield and later as a spectator sport in arenas across Thailand. It became ingrained in Thai culture, with rituals and ceremonies accompanying matches to honour tradition and pay homage to the art's origins.

Today, Muay Thai has gained global popularity, attracting practitioners from all corners of the world. Its rigorous training regimen, which focuses on conditioning, endurance, and mental toughness, has made it a staple in the repertoire of professional fighters and martial arts enthusiasts alike.

Beyond its practical applications, Muay Thai embodies Thai cultural values such as respect, honour, and discipline. Practitioners not only develop physical prowess but also cultivate a mindset of perseverance and respect for their opponents.

In essence, Muay Thai represents a rich tapestry of tradition, athleticism, and martial skill, carrying forward the legacy of generations of warriors who have honed their craft in the pursuit of excellence.

Each martial art carries within it a unique blend of history, culture, and philosophy, shaping not only the bodies but also the minds and spirits of those who practice them. Whether seeking physical fitness, self-defence skills, or personal growth, the journey through martial arts offers a transformative odyssey where tradition meets innovation. Pursuing mastery is as much a spiritual quest as a physical endeavour.



## Benefits of Practicing Martial Arts

- **Physical Fitness:** *Martial arts training enhances strength, flexibility, and cardiovascular health.*
- **Self-Defence Skills:** *Martial arts equip practitioners with practical techniques for protecting themselves and others.*
- **Mental Discipline:** *Discipline, focus, and perseverance are integral aspects of martial arts training, fostering mental resilience.*
- **Stress Relief:** *Engaging in martial arts provides an outlet for stress and promotes mental well-being.*
- **Cultural Appreciation:** *Learning about the history and traditions of martial arts cultivates a deeper understanding of diverse cultures.*

## My experience with Martial Arts and why I chose Brazilian JiuJitsu (BJJ)

I am privileged to have experienced first-hand the transformative power of martial arts. Having practiced Taekwondo, Judo, Brazilian Jiu-Jitsu, kickboxing, and Kung Fu in the past, each discipline has left an indelible mark on my journey. However, it is with great pride that I now find myself deeply immersed in Brazilian Jiu-Jitsu (BJJ) practice for the past two years. Reflecting on my martial arts journey, I am often asked why I returned to BJJ and why I have been practicing this art for so long. The answer lies in my profound connection to BJJ's philosophy and practice. Unlike any other martial art, BJJ offers a unique blend of technical precision, strategic thinking, and physical exertion that continually challenges and inspires me.

Beyond the physical benefits, BJJ provides a personal growth and self-discovery platform. The intricate nature of grappling and submission techniques fosters a deep understanding of body mechanics and leverage, empowering practitioners to overcome larger opponents through skill and technique. Moreover, BJJ's emphasis on problem-solving and adaptability cultivates a mindset of resilience and perseverance both on and off the mats.

Each day spent on the mats reaffirms my commitment to the journey of self-improvement and mastery, reminding me that pursuing excellence is a lifelong endeavour. Ultimately, my return to BJJ is not simply about mastering techniques or preparing to win competitions. It is about embracing the values of discipline, humility, and respect that lie at the heart of martial arts practice. It is about forging bonds of camaraderie with fellow practitioners who share a common passion and dedication. Above all, it is about honouring the rich legacy of Brazilian Jiu-Jitsu and the profound impact it continues to have on my life.

In closing, I invite you, dear readers, to embark on your own martial arts journey, whether it be through BJJ or another discipline that speaks to your soul. In the pursuit of mastery, we discover our physical capabilities, the depths of our spirit, and the boundless potential that resides within us all.

**MARIZA HOFER**

[www.marizahofer.com](http://www.marizahofer.com)

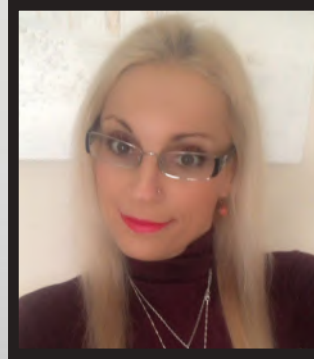






# Let's Talk About Grief

By Nadija Bajrami



***"You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal, and you will rebuild yourself around the loss you have suffered."***

**Dr Elisabeth Kubler-Ross and David Kessler**

In simplest terms, grief is a natural human response to a loss. It can show itself in many ways.

Grief is an intricate tapestry of emotions, thoughts, and physical sensations. It often entails feelings of sadness, anger, guilt, and even relief. People who have experienced death or loss may find themselves navigating this tumultuous terrain for an extended period. It is crucial to understand that there is no one-size-fits-all approach to dealing with grief. Each person's journey is as unique as their fingerprint. For some, the pain may ease with time, while for others, it may remain a constant companion. This uniqueness is what makes the grieving process so intricate.

Grief moves in and out of different stages, from disbelief and denial to anger and guilt, to finding a source of comfort, to eventually adjusting to the loss as well as possible.

For survivors, the grieving process can take a long time, often many years. The challenge of accepting death and dying as the end stage of life is what the grieving process is all about.

We do not talk enough about the effect that grief will have on us. Our culture often makes the bereaved feel alone, isolated, broken, and like they should 'get over it.' If only it were that easy...

Grief can be so powerful that all your usual coping mechanisms are useless. You find yourself physically and emotionally unable to function with any semblance of normality.

***"Grief, I've learned, is really just love. It's all the love you want to give but cannot. All that unspent love gathers in the corners of your eyes, the lump in your throat, and the hollow part of your chest. Grief is love with no place to go."***  
**Jamie Anderson**

People grieving need their pain witnessed, and they need to be able to express how they feel. They need a safe space where their pain can be acknowledged.

A basic grief relationship survival kit

Start by asking the person in grief – 'who did you lose? Tell me more about your loved one. What was he/she like?' Don't worry if this makes them emotional. This is a very helpful question to start with.



Then ask them – 'how did it happen? Tell me more about the circumstances around your loved one's death?' They often need to talk about what happened again and again, and all they need is a safe and non-judgmental space to do so.

Finally, ask them – 'how do you feel? How do you really feel? emotionally, physically, spiritually, socially, and materially?' Grief can impact all those areas in their life, and by asking the questions, they will feel that they matter and that their loss and grief matter.

We often assume that people grieving do not want to speak about the one they lost, but they most often do! Of course, they will most probably cry, but this process will really help them. And if, at some point, you are really stuck, you can also stay quiet and hug them. This will be of tremendous help as you create that safe space for them just to be.

A person in grief is not broken and does not need to be fixed. They want to be heard, to be able to express their feelings, and to matter. Refrain from advising on how to grieve, as grief is unique, and there is no timeline in grief.

### **Final words...**

Grieving the loss of a loved one is the worst pain someone can endure. Be respectful and polite. Never discount anyone's feelings. Offer unwavering support to those navigating the intricate path of grief, reminding them they are never alone in their healing journey.

### **The six needs of the grieving:**

- To Have Your Pain Witnessed**
- To Express Your Feelings**
- To Release the Burden of Guilt**
- To Be Free of Old Wounds**
- To Integrate the Pain and the Love**
- To Find Meaning in Life After Loss**



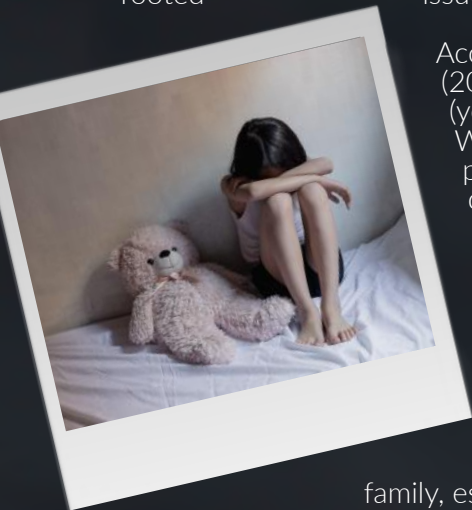
[www.nbhypnotherapy-mindcoaching.com](http://www.nbhypnotherapy-mindcoaching.com)



# *The impacts of political and social policies on families and children effected by incarceration*

Social inequality is a complex issue that takes various forms. Examples include differences in income level, access to resources, levels of power, disadvantaged backgrounds, vulnerability in times of crisis, and characteristics such as age, gender, and ethnicity. These differences can create stigmas that may result in groups and individuals being marginalized and discriminated against within society (Warwick-Booth, 2023).

Some may argue that inequalities are an assertion of political, economic, and cultural power that structure society. These structures may affect the distribution of resources and opportunities available depending on ethnicity, religion, location, gender, and age (Woodhead, Dornan, and Murray, 2012). According to Thompson (2011), social inequality can be defined as the power of ideas strengthened through ideology. Being aware of the functions of various ideologies can prevent the unintentional reinforcement of the status quo and its deep-rooted issues.

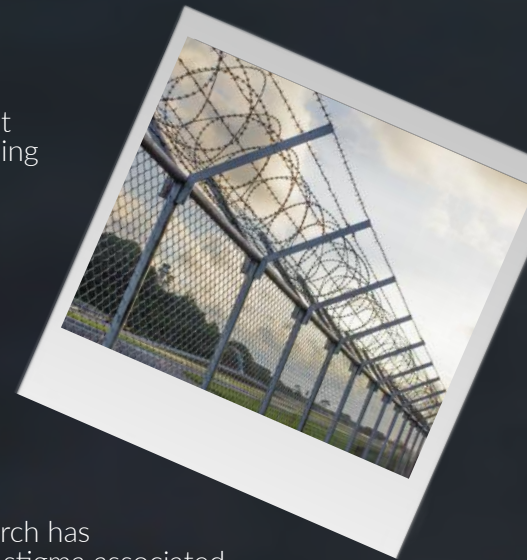


According to Barnardo's (2023) up to 310,000 (yearly) in England and Wales have a parent in prison. This can have detrimental impacts on the family's wellbeing, which could have significant implications on a child's mental and physical health due to the breakdown of the relationships and support networks surrounding the

family, especially if the person in prison was the primary carer. In addition to this, the breakdown of a family relationship due to incarceration can increase the risk of the family entering deep poverty (Joseph Rowntree Foundation, 2023).

La Vigne et al. (2005) argue that the challenges of reintegration from prison back into society can increase the impacts on individuals and their families due to the lack of support they receive in

finding employment and adequate housing due to the stigmas associated with being involved in the criminal justice system. Dependency on family members can have negative impacts on family dynamics.



Furthermore, research has suggested that the stigma associated with prison can be related to the gap in wages when released back into society. Additionally, after five years of the prisoner's release, wages were still reduced, and the negative impact of prison was higher for those who had better opportunities before they were incarcerated (Centre for Crime and Justice Studies).

In addition, government cuts have hugely affected the Crime Prosecution Service (CPS). With fewer resources available for crime prevention, more crimes go unpunished, leaving victims and witnesses feeling unsafe and let down by the system (Guilford, Robins, and Watson, 2023).

In 2013, the government introduced Universal Credit (UC) as part of the welfare reform system. UC is a credit payment that supports families and individuals with the cost of living. It is designed to get people back into work and to support those who work part-time or are self-employed (GOV.UK, 2015).

However, it has been argued that the way the UC was rolled out resulted in many families falling deeper into poverty. The inconsistency in payments and the sanctions put on those who breached regulations have left many families struggling with the cost of living. In addition to the changes to the welfare system, education, healthcare, and childcare have also been negatively affected by government cuts. When families are affected by these cuts, they often turn to their community and family for help; they will then turn to local services and organizations

that help families living in poverty (Caraher and Davison, 2019).

Others have argued that the rollout of universal credit can be conceived as a war on “the poor.” It has been suggested that it is part of a wider campaign to discredit welfare provisions and view the people in receipt of the benefit as incompetent (Caraher and Davison, 2019).

Structural factors such as poverty, family background, lack of education, family support, and overall quality of life can influence an individual’s decision to take part in crime. Numerous studies suggest there is a strong link between serious youth crime and individuals affected by deprivation, poverty, and mental health. According to these studies, some of the most deprived boroughs in London have the highest level of youth violence (City Hall, 2021).

Labeling theory argues that criminal justice interventions increase offending behavior. It suggests that labeling occurs after a person has been involved with the criminal justice system, creating stigma and bias towards known criminals due to the courts and police paying more attention to those who have been involved in the criminal justice system as opposed to those who have not. Labeling theory also implies that government policies may be partly responsible for encouraging intergenerational transmissions of criminal behavior. Investigating these biases is vital in the role of a professional as it increases knowledge surrounding these issues, which is important in preventing repeated criminal behavior (Besemer et al., 2016).

Intersectionality plays a huge role in highlighting the oppression and privileges that overlap and reinforce one another. Studies suggest that black women have different experiences in relation to inequality than a black man and a

white woman due to gender and racial discrimination (Learning for Justice, 2016). According to an article published by the Guardian, women of ethnic minorities are more likely to suffer from physical and financial stress when a family member is incarcerated. In addition to this, it also argued that women of colour, in particular, face emotional and financial burdens due to the lack of support they receive (Sullivan, 2015).

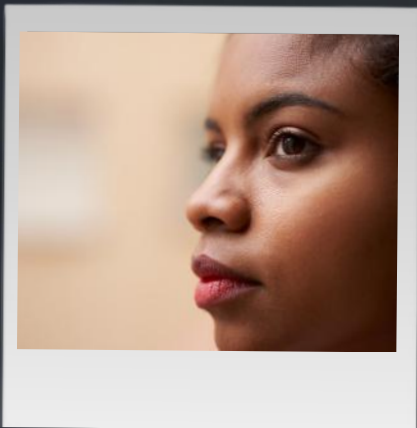
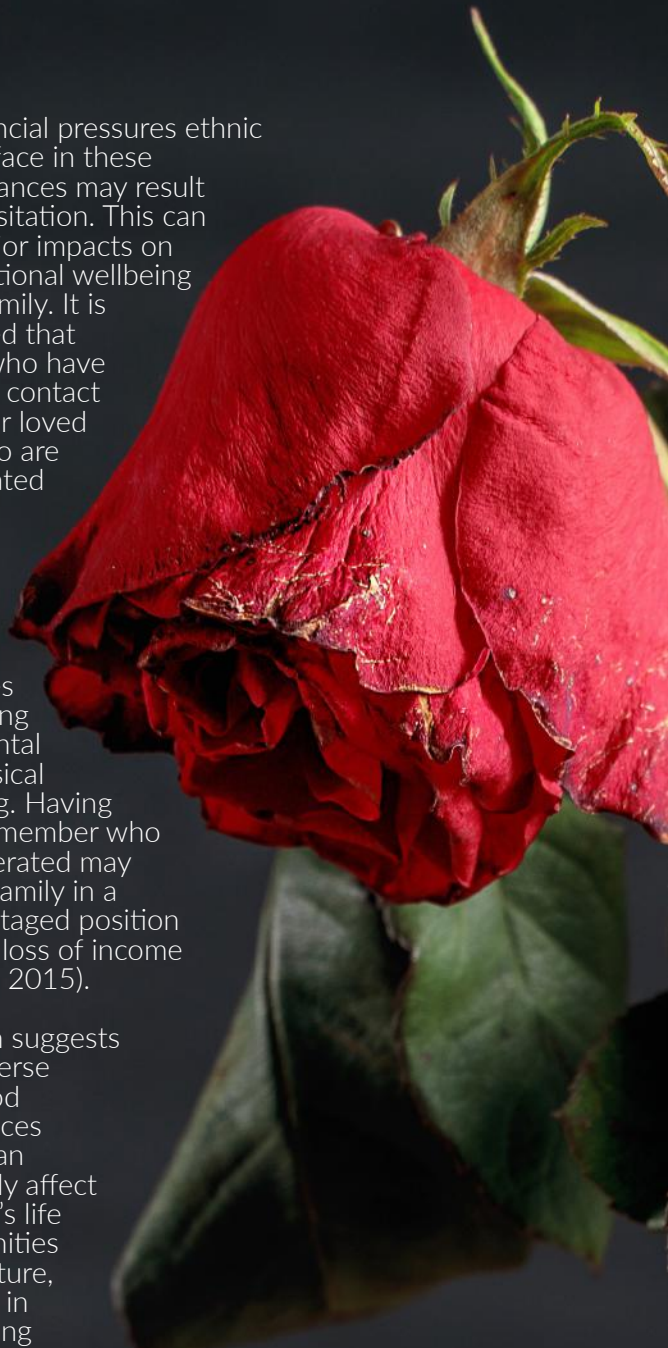
The financial pressures ethnic women face in these circumstances may result in less visitation. This can have major impacts on the emotional wellbeing of the family. It is suggested that people who have frequent contact with their loved ones who are incarcerated have far better

outcomes concerning their mental and physical wellbeing. Having a family member who is incarcerated may put the family in a disadvantaged position due to a loss of income (Sullivan, 2015).

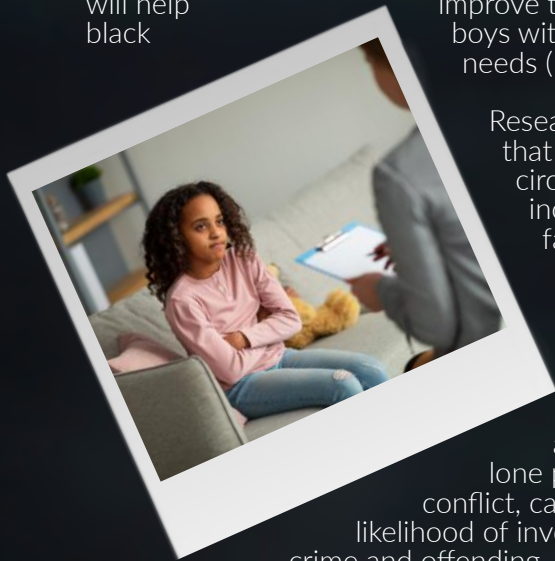
Research suggests that Adverse Childhood Experiences (ACEs) can negatively affect a person’s life opportunities in the future, resulting in them being more at risk of

taking part in crime. It can have an enormous impact on future violence, perpetration, and victimization (Centers for Disease Control and Prevention, 2023). An article published by The Guardian reported that there was great concern for the lack of support ethnic minority children receive from youth offending services. HM Inspectorate of Probation found deficits in the quality of the work conducted within youth offending services (Mohdin, 2021).

Organizations that advocate for Race Equality have condemned these findings and have urged governments to take immediate action to end what is known as the “school to prison pipeline.” The report also found that there was a lack of clarity and curiosity around the reasons why these inequalities exist within the youth offending



services. Furthermore, evidence suggests there is a lack of early intervention within the youth offending services to address the complex needs of boys from ethnic backgrounds. The report indicated that integrity and positive working practices will help improve the support for black boys with complex needs (Mohdin, 2021).

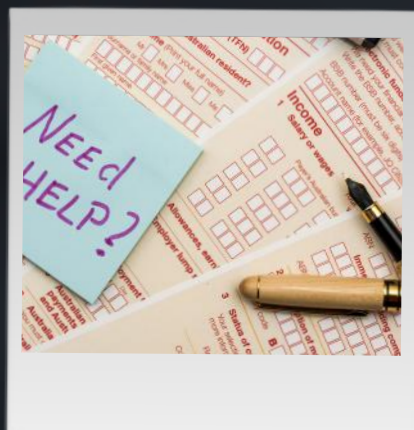


Research suggests that adverse family circumstances, including family factors such as poor parenting, lack of parental oversight, poor

attachments, lone parenting, and conflict, can increase the likelihood of involvement in crime and offending. Poor attachments and parenting can lead to pro-criminal associations, which can often lead to pro-criminal attitudes. Poor socio-economic background and employment status may also increase the likelihood of taking part in crime (HM Inspectorate of Probation, 2023).

The Family Systems theory suggests that boundaries and rules maintain the stability of the family unit. It argues that a family's characteristics and interactions decide the outcome of its relationships. Each member of the family interrelates with one another. Adverse circumstances such as incarceration mean readjustment to the family structure, which may have major impacts on all members of the family (Family Systems Theory, 2018).

An article published by the Guardian in 2021 suggested that to reduce crime, we must tackle inequality and poverty. Police constable Andy Cook argued that the best crime prevention is increased opportunity. Substantial funding and infrastructure in the inner cities and more deprived areas would help reduce crime and poverty (Dodd, 2021).



The importance of being trauma informed when working with families or children experiencing adversity is vital in ensuring they receive the proper support, especially among practitioners who work with children involved in the justice system Gray et al. (2021). Working with vulnerable families is a key enabler to good practice in ensuring the safeguarding of children and vulnerable adults

affected by incarceration. However, evidence suggests that the definition of partnership can be poorly defined, leaving the style of working and the services supplied open to individual interpretation. (Clarke, 2020).

Working with Troubled Families (2011) was a government initiative under the conservative party aimed to improve the lives of those families in need of support due to a wide range of issues, including unemployment, debt, school attendance and attainment, mental and physical wellbeing crime, and anti-social behaviour, domestic violence, and abuse. When the initiative was first set up, it aimed at the 120,000 families considered troublesome, hoping it would turn their lives around. Promoting the family intervention model by the government was a way of finding these families considered anti-social.

However, many local authorities found it difficult to find the required number of families within the area they were working in using the TFP (Troubled Families Programme) and instead chose to use existing services. The framework around child development assumes that the white middle class is superior in parenting. As a result of this, practitioners may reinforce practices aimed at ethnic minority families from poor working-class backgrounds, which may create a power struggle between the practitioner and the families they are working with due to the practitioner's attempts to get the family to conform to certain expectations (Crossley, 2018).

Making practices more inclusive when working in partnership with vulnerable families from diverse backgrounds may sometimes involve a very painful process of challenging their own discriminatory practices and attitudes towards disadvantaged groups and vulnerable families. We must critically reflect on our own values, attitudes, and beliefs as professionals as they mediate our working with children and their families (Richards, 2018).

(UNCRC Article 27) States parties, in accordance with national conditions and within their means, shall respond appropriately to aid parents and others responsible for the child in implementing this right and supply material in case of need. Article 39 also says parties shall take all proper measures to promote physical and psychological recovery and

social reintegration of a child victim of any form of neglect, exploitation, or abuse; torture or any other form of cruel, inhuman, or degrading treatment or punishment; or armed conflicts.

Such recovery and reintegration shall take place in an environment that fosters the child's health,

self-respect, and dignity. Assistance and support programmes, particularly regarding nutrition, clothing, and housing (UNCRC, 1989)

The Troubled Families program was relaunched as the Supporting Families program (2021), an improved service with strengthened aims and intense collaborative support to help care for the child in need. However, seeking family views, engaging with the family, and working closely with parents and carers is vital when it comes to understanding the issues and circumstances around the adversities they may face and the solutions. Disregarding the views of the parents and carers is not an effective practice when working in partnership with families (Working in Partnership, 2021).

Humility and respecting other people's professional perspectives are key enablers in effective communication and maintaining trusting working relationships with families that need professional support. Nonetheless, parents, family, and carers are the main support systems in a person's life. Parents and professionals must be transparent when communicating their problems and the support they need (Challenging Behavior Foundation, 2021).

Applying Bronfenbrenner (1979) should be central to the practitioner's role when working with children and families, especially those from adverse backgrounds. The link between a child and their immediate environment is a key enabler in their development. Families who face adversity may need additional support outside their support system. The services and organisations that support families who are disadvantaged must uphold good intentions and uphold values of inclusion, equality, and, most importantly, integrity for the support to be effective.

The interactions between professionals and the families may contribute to the outcome of the family environment. The practitioner's beliefs and actions form part of their character. Bourdieu (2003) argues that Habitus is important in the relationships between professionals and families. Internalized thought processes majorly impact how we think, act, and perceive one another. These characteristics and attributes are a result of societal conditioning. Our interpretations of others can create unconscious bias, which can have major implications for the families they support (Fearnley, 2019).

Reflecting on knowledge and skills as a professional is vital in successful professional practice. It is an essential tool aimed at helping professionals learn from experience, embrace the positive and negative by processing their emotions, and adapt to change. The reflective model can be applied to various settings as it offers a guide on how to support effective working relationships (Bassot, 2015).

## References.

- Barnardo's. 2023. Believe in children. Children with a parent or a relative in prison. <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/children-with-a-parent-in-prison>
- Besemer, S., Farrington, D., Catrien, C., Bijleveld, H. (2017) Labelling and intergenerational transmission of crime: The interaction between the criminal justice system and a convicted parent. CCJS <https://www.criminologyandjustice.org.uk/publications/cjm/article/looking-beyond-re-offending-criminal-records-and-poverty#:~:text=That's%20where%20unlock's%20focus%20is,to%20name%20but%20a%20few>
- Caraher M and Davison R (2019) The normalisation of Food Aid- What happened to feeding people well? Emerald Open Research
- Centers For Disease Control and Prevention. CDC 24/7: Saving Lives. Protecting Children. Adverse Childhood Experiences. (2023) <https://www.cdc.gov/violenceprevention/aces/index.html>
- Challenging behavior Foundation. 2021. Working in partnership. [online] Challenging Behavior Foundation. Available at <https://vimeo.com/154725535> [Accessed 12 August 2021]
- Clark, RM. (2020) *Childhood in Society for the Early Years*. 4th edition. Learning Matters;
- Crossley, S. (2018) *Troublemakers: The construction of "troubled families" families as a social problem*. The Policy Press.
- Dodd, V. (2021) Tackle poverty and inequality to reduce crime, says police chief. Available in *The Guardian*. <https://www.theguardian.com/uk-news/2021/apr/18/tackle-poverty-and-inequality-to-reduce-says-police-chief>
- Family relationships. (2023) HM Inspectorate of probation. Available at <https://www.justiceinspectorates.gov.uk/hmiprobation/research/the-evidence-base-youth-offending-services/specific-areas-of-delivery/family-relationships/#:~:text=divorce%20or%20separation%20of%20parents,convicted%20of%20a%20violent%20crime>
- Fearnley, B. (2018) *Family Systems Theory. Becoming a reflexive and reflective practice educator: considering theoretical constructs of Bronfenbrenner and Bourdieu for social work student field placements*.
- GOV.UK. Universal Credit. Available at <https://www.gov.uk/universal-credit>
- Gray, P., Smithson, H., Jump, D. (2021) Serious youth violence and its relationship with adverse childhood experiences. *HM Inspectorate of probation. Academic insights 2021/13*. <https://www.justiceinspectorates.gov.uk/hmiprobation/wp-content/uploads/sites/5/2021/11/Academic-Insights-Gray-et-al.pdf>
- Guilford, C., Robins, J., Watson, S., (2023). *The Guardian*. The austerity-hit CPS can't cope, and people aren't getting justice. We, the police, want the power to fix that. Available at <https://www.theguardian.com/commentisfree/2023/feb/27/austerity-cps-police-crimes-officers-charges>
- Joseph Rowntree foundation., (2023) What protects people from deep poverty and what makes it more likely.
- La Vigne, N. G., Naser, R. L., Brooks, L. E., & Castro, J. L. (2005). 'Examining the effect of incarceration and in-prison family contact on prisoners' family relationships. *Journal of Contemporary Criminal Justice*, 21(4), 314-335.
- Learning for justice. (2016). <https://www.youtube.com/watch?v=w6dnj2lyYfE>
- Richards, Lynn, (2018) *Power, Inclusion and Diversity*, pp. 117-126
- Brown, Zeta and Ward, Stephen, (2018) *Contemporary Issues in Childhood* Routledge
- Mohidin, A. (2021) 'School-to-prison pipeline': youth justice services failing black boys. *The Guardian*. Available at <https://www.theguardian.com/society/2021/oct/21/youth-justice-services-still-failing-black-and-mixed-heritage-boys-finds-report>
- Richards, L. (2018) *Power, Inclusion and Diversity*. In: Brown Z, Ward S eds. *Contemporary Issues in Childhood: A Bio-Ecological Approach* / Routledge; 2018. P.117-126. Available at Supporting Families Programme (2023) <https://commonslibrary.parliament.uk/research-briefings/cbp-7585/>
- Sullivan, Z., (2015) Women bear emotional and financial burden of incarceration, study finds. <https://www.theguardian.com/us-news/2015/sep/15/women-emotional-financial-burden-incarceration-study>
- The link between poverty and violent crime. (2021) <https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/londons-violence-reduction-unit/link-between-thompson>
- Thompson, N. (2017) *Promoting Equality: Working with Diversity and Difference: Working with Diversity and Difference*. Fourth edition. London, UNITED KINGDOM, Red Globe Press.
- UNCRC (1989). Available at. [https://downloads.unicef.org.uk/wp-content/uploads/2010/05/UNCRC\\_united\\_nations\\_convention\\_on\\_the\\_rights\\_of\\_the\\_child.pdf](https://downloads.unicef.org.uk/wp-content/uploads/2010/05/UNCRC_united_nations_convention_on_the_rights_of_the_child.pdf)
- Warwick-Booth L. 2022. *Social Inequality*. Third edition. SAGE;
- Woodhead, M., Dornan, P., Murray, M. (2012) What equality means to children: Evidence from young lives., *Young lives.*, University of Oxford, UK., The Open University.



[www.shadesofreality.co.uk](http://www.shadesofreality.co.uk)  
**Shardia O'Connor**

# Adventures in Love



**Are you speaking your Partner's 'Love Language'?**  
**We all want to be loved, but how we feel loved can vary.**

*Couple's therapist Lilliana Gibbs unpacks the idea of the 5 Love Languages.*

We usually expect our partner to respond to a loving gesture as we do, so if a surprise gift fills you with excitement and joy, you are likely to enjoy giving gifts to others. But gifts may not be high on your partner's list of ways that they feel loved and special. For them, it may be touch – hugs, walking hand in hand, and starting each day with a kiss. Or it might be ensuring time alone together on weekends.

We all have preferences that satisfy our emotional needs, and thirty years ago, relationship expert Gary Chapman developed the Five Love Languages as a guide to the primary ways we feel loved: Touch, Time, Tokens, Tasks, and Talk. Loving relationships are complex, and this is a simplified way of understanding some basic needs, but simple can be useful.

## **1. Touch - Physical Touch**

Not surprisingly, a person whose primary language is physical touch is very touchy/feely. Hugs, holding hands, sexual contact, and thoughtful touches on the arm, shoulder, or face are all ways to show concern, care, excitement, and love. Physical presence and accessibility are crucial, while neglect will feel miserable and destructive. Physical touch fosters a sense of security and belonging in any relationship and is particularly important for some folk.



## **2. Time – Sharing Quality Time**

Nothing says, "I love you," like full, undivided attention. Being present for this type of person is critical; it makes your significant other feel truly special and loved. Making time to be together is highly valued. Making plans and dates to spend time together alone means your relationship is a priority in addition to being with family and friends. Distractions, postponed dates, or the failure to listen can be especially hurtful. Time also means sharing quality conversations and activities.



## **3. Tokens - Receiving Gifts**

The receiver of tokens thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows you are known and cared for. A missed birthday or a hasty, thoughtless gift would be disastrous – so would the absence of everyday gestures. Gifts and surprises are representations of love and are treasured greatly, tokens say you're thinking of me when we're apart, and that translates into knowing you are loved.



## **4. Tasks - Acts of Service**

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on a 'Tasks' person will speak volumes. The words they love to hear: "Let me do that for you." Taking responsibility for shared jobs and researching a new purchase or a holiday will feel supportive and precious. Laziness, broken commitments, and making more work for them says their feelings don't matter. Finding ways to serve your partner will be deeply valued.



## 5. Talk - Words of Affirmation

Spending time talking together is essential, and if this is your love language, unsolicited compliments mean the world to you. Hearing the words “I love you” is important – hearing the reasons behind that love will be deeply felt. Share what it is you admire and appreciate. Insults can leave you shattered and are not easily forgotten. Kind, encouraging, and positive words are truly life-giving. Most couples will share a couple of these 5, but invariably, there will be differences too. Recognising and attending to the other’s particular preferences is an active expression of love.



It’s useful to discover your own preferences, and those of your partner.

You can do this free online <http://www.5lovelanguages.com>. And try this short exercise with your partner.

### **Share your Love Languages This delightful little process takes about 10 minutes.**

**1)** Each of you take a sheet of paper and, working alone, make a list of all the things you can think of that you would enjoy receiving from your partner. Flowers, a new phone case, compliments, hand holding, surprises, breakfast in bed, that delightful thing they do with their tongue, a weekend away, going to bed earlier, sleeping naked, fixing the squeaky door, doing the online shop, finding a good comedy to watch.... You get the idea. And do include the things your partner already does that you enjoy. You just write without stopping for 10 minutes and make a long list.

From this, you can identify your own ‘love language’ preferences.

**2)** Now swap lists. Keep their list handy and use it. While there are no obligations to do anything, recognise that what you hold in your hand is very valuable information giving you the power to surprise and delight your partner. And the pleasure works both ways - gifting something they want from you can be as rewarding as receiving their attention to something you desire.

We each have different ways of feeling connected and of knowing we’re special and loved, so it’s important to understand and respect our partner’s emotional needs and to respond to them.

***There is only one happiness in this life, to love and be loved.***  
***- George Sand***

**By Lilliana Gibbs**

[www.theredcouch.co.uk](http://www.theredcouch.co.uk)





## MOVING BEYOND MINDSET WITH ANCIENT UNIVERSAL PRINCIPLES

Fear is one of the greatest qualities that humans have wrestled to understand and overcome. In ancient and modern times, it has been said that anything is possible without fear.

***Fear is both natural and artificial.  
Fear can be friend and foe.***

Fear illustrates the duality of life, the yin and yang of existence. These foundational principles are the original science of life, developed, applied, and tested over thousands of years. They allow infinite growth, endless expansion, and limitless potential. They exist beyond the mind and create the vastness of time and space. In my 12 Ancient Universal Principles, I have captured the essence of yin and yang to create a master guide, the ultimate roadmap for insight, growth, and self-discovery.

Welcome to my seventh column exploring moving beyond mindset with ancient universal principles. These principles will help you release fear, embrace change, and master uncertainty.

### ***Everything Changes (aka Change is the Constant of The Universe)***

Change is inevitable. This Ancient Universal Principle #7 reminds us that whether you like it or not, whether you feel ready for it or not, tomorrow is unpredictable. Nothing ever stays the same. You will never be the same person you are today. You can try to control who you are and the future. You can try to master your mind to create every outcome that your intellect desires. But you will fail unless you align your heart and soul with the flow of universal energy. And worse, you will become chronically stressed, frustrated, and exhausted in your quest.

Like a warrior on horseback who rides with the wind into battle, sitting backward bearing no weapons, you must trust that you are already skilled to win the day. Every day. You are your feeling of security. You have yourself. You came to this planet ready and able to fulfill your destiny. Do not fear that which you are not. Have faith in your inner power.

***As Eleanor Roosevelt has stated, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face . . . You must do the thing you think you cannot do".***

**“My Mission Is  
Greater Than  
My Fear”  
Lidia Kuleshnyk,  
Lady Apona**



You need not use your mind to win every battle. While mindset is beneficial to create strategic plans, your inner knowing and instinct will create the most effective pathway to your highest levels of success and fulfillment – a life of inner security, free of the burden of attachment to the distractions of the mind.

***“Everything That Happens To You Is What You Lack. All That Is Antagonistic, Unbearable, Is Complementary.”***

This Ancient Universal Principle #4 can be a tough taskmaster. The Universe is working for you, even though it may feel otherwise. You experience hardships, just like everyone else. Yet your journey is unique. When you are going through a challenging time, connecting with the higher purpose of it all may be difficult. Ultimately, every experience is your teacher. As a high performer, you have the natural ability to turn challenges into opportunities and to learn and grow from the most difficult circumstances. Not doing so can create an imprint of doubt and lack of confidence that leads to instability, insecurity, and fear, all of which are major barriers to achieving your goals.

Fear can be a natural quality that helps you create positive responses to your world. This fear is a deep connection to your power, part of your inner navigation system that brings greater awareness, clarity, and actions to support you. This type of fear drives me forward to find solutions to unexpected circumstances and crises. I can feel the consequences of what may happen if I don't act. I become highly motivated to meet the challenge and avoid the danger of what may lie ahead. I move forward regardless of the circumstances. On a broader, less immediate scale, I call this fear “a healthy concern.” It is a message from my soul. When I am concerned about well-being and the future, I feel a deep calling to act. Healthy concern is a driving force in my mission to help humans reclaim their sovereignty.

Fear can also be an artificial quality that creates hardships in your life. This fear is a detrimental construct of the mind, a disconnect from your power, a burden that clouds your thinking, pulls you off center, and drains your energy. This fear can create stress, anxiety, overwhelm, and even

paralysis. When experiences result in a loss of confidence, you can feel insecure and uncertain about the future. We are at a time of growth on the planet when many humans commit to self-discovery, releasing past imprints and patterns. The inner yearning to create a better life with higher consciousness is a pathway for healing, evolution, and the release of fear.

Eighteen thousand years ago, ancient cultures predicted it would take courage to live on the planet at this time. You are here. Therefore, you have courage. Embrace it. Feel it. You can do whatever it is that you are called to do. When you feel fear and take action, you are living with courage. You can also act with courage while releasing fear. There are two fundamental pillars to cultivate within yourself: a strong core energy, your life force, and a strong relationship with yourself, “know thyself.” By creating a healthy lifestyle while expanding self-awareness, you create the energy and the inner connection to feel strong, stable, and secure. Then, you can rely on yourself. You can live with courage.

When I need inner guidance to take brave and powerful actions, I first go to my 12 Ancient Universal Principles. I ask myself what insights they are igniting, what new perspective they are revealing, and what vision they are clarifying.

## **12 Ancient Universal Principles**

- 1. Everything is Energy***
- 2. Energy Never Lies. You Can't Fool Mother Nature***
- 3. For Every Problem, There Is A Solution***
- 4. Everything That Happens To You Is What You Lack. All That Is Antagonistic, Unbearable, Is Complementary***
- 5. Everything That Has A Front, Has A Back. The Bigger The Front, The Bigger The Back.***
- 6. Everything That Has A Beginning Has An End.***
- 7. Everything Changes (aka change is the Constant of The Universe)***
- 8. There Is Nothing Identical***
- 9. Divine Alignment, Is Divine Timing***
- 10. You Are Only As Strong As Your Weakest Link***
- 11. Yin and Yang Are Greater Than Willpower***
- 12. The Capacity Principle: Know Your Limit, Live Within It™***

*“Courage Is The First Of Human Qualities Because It Is The Quality Which Guarantees The Others “*  
**Aristotle**



With this strong foundation of inner knowing and trust, I move forward with two questions:

- ***Am I prepared?***
- ***Am I secure in my knowing that I am doing the right thing?***

If I answer “Yes” to both of these questions, then I have the courage to act. I am fearless. I am ready to go, in flow, with no doubt or inner resistance. I take on the challenge before me without drain, distraction, or regret. I move beyond confidence into my higher state of being, able to achieve my goals, fulfill my soul duty, and accomplish more with less time, energy, and resources. I live my destiny and create a legacy for future generations.

***“What you leave behind is not what you engrave in stone monuments, but what is woven into the lives of others”*** Pericles

Life is uncertain. Trust in yourself. When you understand fear and turn it into a friend rather than a foe, you can access your deepest power and live with security and freedom. You hone your self-mastery as you become the conscious leader of your life and the world.

When you apply my mantra, ***“My Mission Is Greater Than My Fear,”*** anything is possible. Embrace the 12 Ancient Universal Principles. Live your passion and create the impact, the legacy, of your life.

Join me for my next column, where I will continue to explore Moving Beyond Mindset With Ancient Universal Principles.



***Lidia Kuleshnyk is a High Performance Wellness Coach, 4 X Best Selling Author and Founder of AponaHealing.com. As a Renaissance Woman and Thought Leader, Lidia offers pathways, for every stage of personal development, to help you reclaim your sovereignty and live a Centered, Connected, Conscious™ Life.***

**Connect with Lidia Kuleshnyk**  
**[www.AponaHealing.com](http://www.AponaHealing.com)**

# Retaining Employees

## The Crucial Role of Internal Recruitment in Securing Top Talent

By Penelope Layzell

In the competitive landscape of talent acquisition, retaining employees emerges as a pivotal strategy, particularly when internal recruitment can reduce time-to-hire by up to 12 days and curb persistent labour shortages. Companies are finding immense value in this practice, with 73% of hiring professionals emphasising its growing significance as a means to nurture and elevate existing talent within the organisation.

Internal recruitment not only optimises performance by leveraging the nuanced understanding of company goals that current employees possess, but it also serves as a tangible demonstration of commitment to employee growth, fostering a culture where career progression is evident and contributing to heightened job satisfaction and engagement.

### The High Cost of Employee Turnover

Employee turnover represents a significant financial strain on businesses, with costs ranging from one-half to two times an employee's annual salary.

The repercussions of high turnover rates extend beyond the immediate financial losses. They can cause a ripple effect of reduced productivity, potential missed deadlines, and a drop in team morale, all

of which contribute to a less stable and inefficient working environment. In the UK, the average turnover cost per employee is estimated at £11,000, escalating significantly for specialised or senior positions due to their higher training and equipment costs.

### Benefits of Internal Recruitment

Internal recruitment is a strategic approach that offers an array of advantages for organisations aiming to retain top talent and optimise their workforce. Here are some of the key benefits:

**Cost Efficiency:** By promoting from within, companies can save on external advertising and recruitment fees, as well as reduce the costs associated with background checks and other pre-employment screenings.

**Time Savings:** Internal candidates require shorter onboarding and training periods thanks to their existing familiarity with company operations, which accelerates the hiring process and minimises downtime.

**Employee Morale and Engagement:** Providing opportunities for advancement demonstrates a company's investment in its workforce, enhancing job satisfaction and loyalty, which are pivotal for maintaining high morale and engagement.

Additionally, internal recruitment ensures a proven cultural fit, as employees are already assimilated into the company's environment, thereby mitigating the risks associated with hiring externally. It also fosters a positive work culture by nurturing future leaders and retaining employees who understand the business well.

### Creating a Culture that Supports Internal Mobility

Creating a culture that supports internal mobility is essential for fostering a workplace where employees feel valued and see a clear path for growth. Here are key initiatives that can help achieve this:

**Invest in Employee Development:** Offer robust training programs that focus on both upskilling and reskilling, enabling employees to advance their careers and adapt to changing business needs. This investment shows a commitment to their professional growth.

**Promote a Supportive Environment:** Cultivate a work atmosphere that is inclusive and supportive, where every employee feels they have an equal opportunity to grow. Regularly communicate with employees to understand their career aspirations and provide the necessary support to help them reach their goals.

**Leverage Data-Driven Learning Platforms:** Implement learning and development (L&D) platforms that provide personalised, scalable, and measurable training.

By integrating these elements, companies can create a dynamic internal mobility culture that not only retains talent but also drives continuous improvement and innovation within the organisation.

### Conclusion

Employing an effective internal recruitment strategy is more than just a cost-saving measure; it is an investment in a company's future and the well-being of its workforce. From fortifying employee morale to elevating overall performance, the benefits of nurturing talent within cannot be overstated. The methodologies outlined indisputably lead to a robust, dynamic work environment where loyalty, efficiency, and productivity flourish. Meanwhile, costs and disruptions associated with high turnover are mitigated, establishing a stable foundation for enduring success.

For those ready to embark on enhancing their internal recruitment processes, taking the next step towards fostering a culture of growth and opportunity is but a hire away.

penelope@penelopelayzell.com



# Cemeteries are the richest places

Permission granted to follow your dreams!  
Your dreams help everyone.



Put everyone else first. That's what "good" moms' wives, daughters, and sons do, right? Push your goals, dreams, and desires to the back burner (again) to make time and space for everyone else. If you don't, that means you're "selfish."

Doesn't it seem like the minute it's time for you to work on your goals, dreams, and desires, the phone rings, or you get a text message that someone needs you? (That's not a coincidence; more on this later.) And right when you're about to say, "No, you have plans," guilt rears its ugly head to keep you in your place, and like a "good girl," you put your goals, dreams, and desires off for another day, week, month, year(s).

Your inner critic even adds two cents, saying,  
**"What will people think if you tell them no?"**

X-ray technician instead. She said her nursing program was too hard and that she couldn't do it. She said she was not "smart enough."

I asked her, "What's going on? You've never once said anything about X-ray tech, only that you wanted to be an RN." She handed me a test she had just gotten back. She failed it. I mean, she really failed it—not even close to passing. She was only six weeks into her program, and she could not fail any more tests for the next four years. This was not a great way to start nursing school.

I took her into my office and asked her to show me all her notes from class so I could get an idea of what she was learning. It was Anatomy and Physiology. As a massage therapist, it was my favorite subject! My massage school program was very similar to nursing school. In fact, at one



## Sound familiar?

In my work as a money energy & manifestation coach, this is another way I see people's dreams, goals, and desires stay inside them. Do you want to ensure your ideas, goals, dreams, and desires come to life? Then read on because I'm granting you permission to put yourself first," and I will show you how putting yourself first IS one of the most loving things you can do for others.

Before I became a money energy and manifestation coach, I was a massage therapist. I graduated from massage school the same year my oldest daughter graduated high school. She knew during her senior year of high school that she wanted to be a nurse. We did the college tours that summer, and we knew it would be an intense nursing program. She could only fail one test for the whole four years of her program, and she had to maintain a grade point average of 3.2 or higher.

About six weeks into her first semester of college, she came home from her class hysterically crying, saying that she wanted to drop out of nursing school and become an

point in my studies, I almost switched out of massage school to become a nurse.

I sat her down, reviewed the test, and understood everything. I knew exactly what her teacher was trying to teach her and how I could help her understand it. She just needed one minor tweak. As I explained it to her, a light went on in her eyes. Something clicked. She said, "Oh."

## She got it.

It was a huge aha moment. Everything changed for her right there on the floor of my office. Today, she is a registered nurse at a local cancer research hospital in New York.

## Then it was my turn for the aha...

I realized that had I not gone to massage school, had I not put myself first, if I had let the guilt, the fear, and not knowing how it would all work out win and keep my goals, dreams, and desires inside me, I NEVER would have been able to help my daughter that day, and she would

not be a nurse now. What's worse is my daughter would have believed she wasn't "smart enough." (I cringe even as I write these words. That would have haunted both of us.)

This is the power of putting yourself first and following your dreams. It's not selfish at all. Is there something you want to pursue for yourself but not because you feel guilty, like you're letting people down, or selfish?

I hereby grant you permission to follow your dreams, goals, and desires and make them real in your life **FIRST**.



**"Your dreams aren't just for you, they're for everyone."**

**Laurie Juskiewicz**

You must go first so others can go too. When someone sees you reaching your goals, dreams, and desires, others know it's possible

for them, too. You are their proof. Earlier, I mentioned that the minute you're ready to work on your goals, dreams,

This is to say, go after what excites you. You are a crucial component in this world. Your dreams matter, and they're not just for you. There are people out there right now (just like my daughter) who need your goals, dreams, and desires to come true so theirs can come true.

I have a permission wand on my desk that I keep handy not just for myself but also for my coaching clients. When I see them saying what they want but they're not sure if it's "okay" for them to pursue it, I pick up my permission wand, wave it over their Zoom square, and say, "Permission granted." Then they say to me, "I don't know why, but that's exactly what I needed to hear."

Right now, I am waving my permission wand over you, permitting you to go after your goals, dreams, and desires. Don't let them be buried with you.

What's one small action step you can take to honor your dreams, goals, and desires?

**P.S. You are sooo much closer to what you want than you think.**



and desires, the phone rings, or you get a text message that someone needs you. This is NOT a coincidence.

### **Let me explain.**

Often, an unexpected phone call or text message from someone asking you for help that is actually unimportant and can wait is the Universe throwing you a "curveball" check-in. The Universe wants to see if you're going to do what you told yourself you would do and say no to this seemingly unimportant curveball or if you're going to "cancel yourself" and say yes to the other person.

Be on the lookout for these Universe check-ins because chances are really high that they'll happen the moment you decide to go for what you want!

Just like in my last article in this magazine, I didn't have the full tuition for massage school. I could have said it's not "meant to be" and given up on my dream of massage school then and there. The Universe was checking in to see how much I wanted it. I wanted it so much, and I trusted it would work out. That's when my hubby got the extra work assignment covering my tuition.

**By Laurie Juskiewicz**  
**Money Energy & Manifestation Coach**

[www.manifestmoneywithlaurie.com](http://www.manifestmoneywithlaurie.com)



## Part 2

# THE GLORIOUS RESPONSIBILITY OF HAPPINESS

If you consider how many challenging events you have been through in your life, consider also how you have continued to build your resilience muscle. The path to happiness will never be linear or a steady trajectory. There will be times of celebration, and also possibly many bathroom floor moments. For some, the balance may be tipped in favour of the latter. This is how I describe my experiences in life. Losing both my mother and grandmother when I was 16 years old to cancer had a profound impact on how my behaviour patterns developed. When young people experience trauma, it can interrupt the normal development of the brain.



The teenage brain grows significantly during this period of development. The area in the brain responsible for logical reasoning and decision-making (the Pre-Frontal Cortex) develops later. Hence, a young person will operate more dominantly from the emotional centre, otherwise known as the Amygdala. This explains why teenagers can be more reactive, make impulsive decisions, and demonstrate risk-taking behaviours. For a young person who has been through trauma, emotional regulation, and logical decision-making may be more difficult.

This was certainly true for me. Throughout my teen years after Mum's death, I was not like my friends. I couldn't make decisions about what to do after completing secondary school, and I engaged in destructive behaviours—moments of temporary joy resulting from big nights out at nightclubs losing myself in the intoxication of alcohol. I now know that was a maladaptive coping mechanism. At the time, it helped me escape my reality while being the life of the party and being around others. I was the funny girl until I wasn't. The short-lived high would usually tip over the edge to become my emotional undoing.

Temporary moments of joy release Dopamine in the brain, which is a 'reward' chemical. It gives a brief high which is how behaviours are formed. 'It feels good, so I'll do it again.' It can be argued that this is how a habit of alcohol dependence is formed.

At 19, I met my first boyfriend, and every weekend revolved around the drinking culture with our friends.



Partying was our focus. There was a different gathering each week at a friend's house. The more intoxicated I became, the more uninhibited I behaved and the more falsely confident I felt.

This pattern continued for years into my 20s. Even when I relocated to a rural area with my boyfriend, broke up, changed jobs, and disconnected from my family and friends back home, I was stuck in these behaviours. I threw myself into new relationships, came on too strong, and had my heart broken several times. I was angry, and my heart ached as I desperately searched for somewhere and someone to feel safe and loved.

I ran—from my feelings, responsibility, fear, guidance, town to town, and from each broken heart to the next. I searched for life's answers everywhere but within myself. As much as I was vulnerable but didn't know it, I was also incredibly resilient. I was adventurous. After Dad remarried, and I inherited step-siblings, I was chronologically entering adulthood. I embraced my decision-making freedom and moved away from home several times. In my escape, I was also opening up to the new. New environments, new people, new independence, new skills, and new strengths. It wasn't all bad. I became a great problem solver and a 'fixer.' I also moved fast, so I successfully worked in the hospitality industry. Unfortunately, that also reinforced the social drinking culture. I worked hard. By the time I was 23, I was working around 60 hours per week. Before long, I woke up one morning with violent pain pounding in my head. Unable to lift my head from my pillow, I called out to my housemate, who drove me to the hospital.

After a diagnosis of Viral Meningitis and a week in hospital, my wellness became concerning. At the time, I was living seven hours away from my family. The doctor called my father, asking him to be prepared to fly over if I didn't improve in the next 48 hours. Thankfully, I recovered, but it was the beginning of the end of that phase. During that week, something changed in me. I didn't know at the time that part of me was crumbling and a new era was beginning. It was time to go home. Upon returning to the arms of my family, I didn't know what I wanted to do or how to feel. I felt a heaviness in my chest that never seemed to go away, no matter how much I tried to numb the sensation with alcohol, sleeping

or socialising. My step mum saw the signs. Dad wanted me to be okay but wasn't sure what to say. He was also still hurting but happy in his new marriage. My sister lived with them and was struggling in her own ways.

I shoved all those big feelings down so far into my belly that I couldn't even cry. Until one day, I did, and I didn't stop. My Step mum sat me down. She held me and acknowledged my sadness and grief. She said, "Do you think it's time to start some counselling? I know someone wonderful." It took all my courage to allow the word 'yes' to breathe out of my mouth. When it did, I felt the burden release from my shoulders like laying down an oversized backpack. The world's heaviness and my childhood felt a little lighter as we called the counsellor's office to make the appointment.



This was the very beginning of my healing—the one teeny baby step in a direction that was as scary as it was liberating. Sharing my experiences and feelings with a stranger who felt safe to me, who didn't judge me, who didn't turn it back around on herself, and who really listened, allowed the crack in my heart to grow a little smaller, one millimeter at a time.

That was 30 years ago, and one poignant message the grief counsellor shared has stuck with me forever. She said, "Every event in your life and every preceding experience prepares you for the next point of change." That sentence was like a lightning bolt through my soul. I soon realised through my tears and sadness that I was powerful enough to create a new experience in my life. I wondered at the time if I could tell a different story to one of enduring emptiness.

Throughout my life at that time, I took risks without fear. Maybe I didn't consider the consequences often when they involved destructive behaviours, but I was also brave in many ways when making big decisions. Changing jobs, studying, and moving interstate were life-altering events

that I grabbed with both hands to embrace the great unknown and see where it would lead me. "Take every opportunity you get," was something my mother said to me in her dying days as I sat beside her bed watching her breathe. I took her advice literally.

I'm proud of that time in my life. I was fiercely independent. I did seek out opportunities to learn more and be more. I rarely said no. I was alive in my soul enough to invite new people into my world and get uncomfortable with new challenges. Resilience became my middle name. I was finally out of the cloud of my grief and sadness – or was I?

After another adventure, living away from home in another state without any support, at the age of 24, I knew it was time to anchor back to home for good. I spent five years running to the next exciting thing I thought would bring me happiness. What I learned at that time of my life is that happiness is never going to be waiting in a new job, new location, or even new friends. Happiness is only ever going to be nurtured and embraced **within** you. I didn't know all the events that would be coming around the corner, or that life would be different in every way from then on. There was still a hole in my soul that I felt could never be filled, as I missed my mother, but I also grew up, put on my big girl pants, and got on with life.

***The Glorious Responsibility of Happiness is based on the belief that happiness begins with us taking responsibility. For our thoughts, feelings, reactions, and behaviours. No matter our circumstances, we can choose happiness. As I continue to share my story in the next issue, I encourage you to consider how your own life experiences have shaped you. Become curious about who you really are, and be honest with yourself. This is the beginning of change, and healing.***

By Ali Williams



[www.alijwilliams.com](http://www.alijwilliams.com)

# Serving Startups

In the ever-evolving entrepreneurship landscape, startups are the bold pioneers, fearlessly venturing into uncharted territories and shaping the future. Startup businesses face both unprecedented challenges and opportunities in today's digital age, where technological advancements and global connectivity redefine the rules of engagement. Navigating this dynamic landscape requires agility, resilience, and a keen eye for innovation to thrive amidst uncertainty.

As a 24-year-old digital nomad and entrepreneur who has successfully navigated the complexities of the marketing industry and built several businesses into high six and even seven-figure, I have come to understand the potent influence of digital marketing in propelling startup success. I've experienced firsthand the transformative power of digital tools, which facilitate remote work and create exciting business prospects. Through my journey in the marketing industry, I've developed a set of digital marketing strategies finely tuned for startups. In this piece, I aim to provide practical tips and insights to help startups leverage digital marketing effectively, propelling their businesses to unprecedented success.

## *Understanding the Startup Landscape in Navigating Digital Marketing*

### Market Research

Comprehensive market research lies at the core of every successful start-up venture. This critical step involves delving deep into market trends, customer preferences, and competitor strategies. Through meticulous analysis, startups gain invaluable insights that enable them to identify untapped opportunities and precisely refine their business models.

In today's digital era, conducting thorough market research allows startups to gauge the pulse of the best target audience. It empowers them to stay ahead of the curve in a dynamic and competitive landscape. Market research serves as a linchpin in the success of startups in the digital era, providing them with the necessary intelligence and foresight to navigate the complexities of the market landscape with confidence and agility.

### Strong Brand Identity

The symbiotic relationship between strong brand identity and digital marketing lies at the heart of start-up success in the digital era. By prioritizing the development of a compelling brand identity and leveraging digital marketing effectively, startups can differentiate themselves, cultivate meaningful connections with customers, and thrive in an increasingly competitive landscape.

In the realm of digital marketing, a distinct brand identity serves as a beacon, guiding target audiences to the various offerings amidst the vast sea of online content. A strong brand identity is not just desirable but imperative for startup success. Crafting a cohesive brand image encompassing everything from logo design to brand messaging is pivotal for standing out amidst fierce online competition. Thus, investing in a compelling brand identity is not merely a choice but a strategic necessity for startups navigating the digital landscape.

### Startup Business Idea

The significance of a startup business idea in leveraging digital marketing cannot be overstated. The business idea forms the very foundation upon which the entire digital marketing strategy is built. A unique and innovative startup business idea can set you apart from competitors in the digital space. With countless online businesses competing for consumers' attention, differentiation is the key to standing out and capturing market share. A startup business idea provides a unique value proposition that sets the brand apart, making it more memorable and desirable to consumers. Aligning the best digital marketing strategy with a business idea can maximize the chances of success in the highly competitive digital landscape.

Market research is the foundation, providing insights into what consumers want and how the market behaves. With this knowledge, a strong brand identity is crafted, capturing the essence of the business and appealing to the target audience. This cohesive brand identity then brings life to the startup business idea, making it relatable and attractive in the eyes of potential customers.

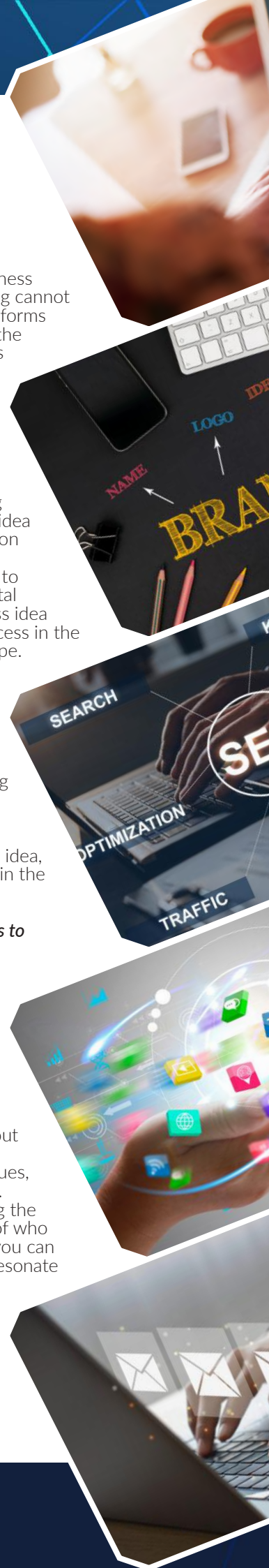
## *Startups Practical Tips and Insights to Leverage Digital Marketing*

### 1) Craft Your Unique Brand Story

In the vast digital expanse, a brand story can be a secret weapon in the digital landscape. It is like a beacon guiding your audience to your doorstep. Startups, take heed. Crafting a compelling narrative isn't just about showcasing a product or service; it's about sharing the journey, values, and vision that define your brand. Authenticity is key here; by baring the soul and painting a vivid picture of who you are and what you stand for, you can forge genuine connections that resonate deeply with your customers.

### 2) Embrace Content Marketing

In the digital kingdom, where content reigns supreme. Invest in creating valuable, relevant, and engaging content across various platforms. Whether it's a







thought-provoking blog post, a captivating video, or an engaging podcast, content is the ticket to commanding attention and winning hearts online. Invest great time and resources in creating content that's valuable, relevant, and downright irresistible. With every piece that can be published, it is more than attracting and retaining customers. It can solidify the brand's presence, boost its visibility, and establish itself as a trusted authority.

### 3) Harness the Power of Social Media

Social media platforms offer unparalleled opportunities for startups to personally connect with the target audience. It is the marketplace where conversations never cease, and connections are forged with a single click. For startups, it's a goldmine of opportunities waiting to be seized. Identify the platforms where the target audience can hang out and dive in headfirst. Craft content that speaks directly to their hearts, minds, and funny bones, and watch as engagement skyrockets. Remember, it's not just about broadcasting a message; it's about sparking conversations, building relationships, and fostering a sense of community around the brand.

### 4) Optimize for Search Engines (SEO)

In the digital jungle, Google is king, and if you want to be seen, you have to play by its rules. Optimizing a website for search engines is crucial for driving organic traffic; that's where SEO comes in. Dive deep into keyword research, uncovering the phrases the audience is typing into the search bar. Then, sprinkle those golden nuggets strategically throughout the website, optimizing content, meta tags, and backlinks along the way. Keep content fresh, relevant, and enticing, and watch as Google rewards every effort with a steady stream of organic traffic.

### 5) Invest in Paid Advertising

While organic reach is sweet, sometimes it needs a little extra to get your message out there. Enter paid advertising as a powerful tool in the digital marketing arsenal. Experiment with platforms like Google Ads, Facebook Ads, and Instagram Ads, targeting the audience with laser-like precision and tracking the campaigns with eagle-eyed precision. Set clear objectives,

craft compelling ad copy, and keep a close eye on the ROI to ensure it can get the most bang for your buck.

### 6) Leverage Email Marketing

Don't underestimate the power of email marketing in nurturing leads and driving conversions. Build an email list of subscribers interested in the products or services and send them personalized, value-packed emails. From promotional offers and product updates to educational content and customer testimonials, use email marketing to stay top-of-mind and drive engagement with the audience.

### 7) Utilize Data Analytics

Data is the backbone of effective digital marketing strategies. Leverage analytics tools like Google Analytics, Facebook Insights, and email marketing platforms to track and analyze key metrics. Gain insights into the audience's behavior, preferences, and demographics to refine the marketing campaigns and optimize the overall strategy for maximum impact.

### 8) Stay Agile and Adapt

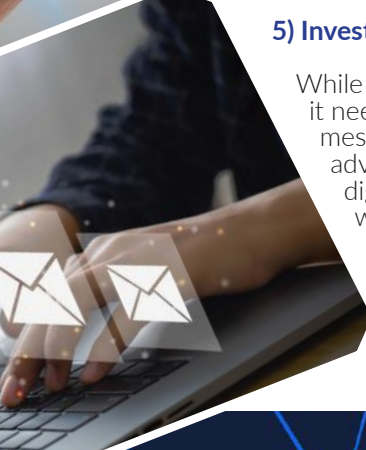
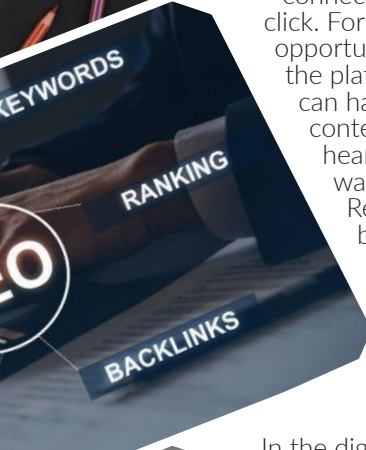
In digital marketing, one thing's for certain: change is the only constant. That's why startup businesses must stay agile, adaptable, and ever-vigilant. Keep an eye on emerging trends, technological advancements, and shifts in consumer behavior. Experiment with new strategies, learn from the successes and failures, and iterate your approach accordingly. Remember, fortune favors the bold in the digital realm, and those who dare to embrace change will always come out on top.

In conclusion, digital marketing holds immense potential for start-ups. It's like the engine that drives startups forward in today's competitive world. But it's not just about competition; it's about growth. Digital marketing gives startups the flexibility to adapt and evolve as they grow. It's not just about getting the name out there; it's about creating meaningful connections with the audience and turning them into loyal customers.

In my journey as a digital nomad and entrepreneur at the age of 24, I've seen how digital marketing can completely transform a business. Digital marketing levels the playing field. Startup businesses don't need a big budget or a huge team to get started. With creativity and dedication, they can compete with even the biggest players in the market.

So, to all the entrepreneurs out there, don't underestimate the power of digital marketing. It's not just a tool; it's a game-changer. Embrace it, learn from it, and watch your startup thrive in the digital age.

[www.shebosstraveler.com](http://www.shebosstraveler.com)





# My Introduction

by Angeline Mitchell

I was born and raised in Minnesota, worked in the family business, and went to college. Yet I did not graduate because I had a mission and vision far greater than my parents projected, so I moved to New York in 1985.

My background is in sales and marketing in the advertising/direct mail industry. When I was very young, in my 20s, I thought I had met the love of my life, a very successful businessman who owned his own advertising/direct mail business. We married, and I soon became very successful, working in his business selling advertising/direct mail to businesses/restaurants in NYC and earning a six-figure income.

In September 2001, The World Trade Center collapsed, and business income fell 90% that year. While my husband chose to seek retirement, I set out to work in corporate America and proudly made a name for myself.

Sadly, my husband's face did not exude similar pride but only jealousy, resentment, and arrogance. I struggled with this issue for years. I was fearful of bringing this to the attention of the New York State Police and authorities.

He isolated me from my family and friends, denied me access to our banking accounts, insulted and demeaned me, humiliated me in public, and yes, he did strike and throw me against the wall in the middle of the night. I was hospitalized that night and subsequently had reconstructive nose surgery.

The list goes on and on. I realized that I became the victim of Physical and Verbal Assault and Abuse, which continued for the next seven years.

In May of 2010, realizing that he had a slew of mental health issues and the verbal and physical abuse he heaped on me, I made the change and filed for divorce. I also had a court-ordered protective order for one year during my transition period. I was forced to leave my home many times and live in hotels and motels during this horrible

time in my life. I lived on borrowed money from my parents. During this time, the New York State Police, the Dutchess County Sheriff, and the local authorities knew my whereabouts and were very supportive.

We all have choices. What a beautiful thing. I soon grew empowered to not only seek refuge and healing by surrounding myself with positive, outgoing, and caring people but also to inspire and support others to do the same. Relocating to Saratoga has captured this essence for me.

In October 2010, I decided to enter into the online space and joined a health and wellness company I was super passionate about. Coni Constantine, my upline 5-Star Diamond coach, contacted me about being a Team Beachbody Coach in the New York region. Realizing that I have a passion for health and fitness and the desire to inspire others to achieve their health and wellness goals, I decided to join Team Beachbody as a coach for six years.

While Team Beachbody was my stepping stone, I decided to leave this company because I had a vision and plan to help women who have suffered from domestic violence find their voice and empower them to step into their power and discover their true purpose.

After leaving my abusive ex-husband, which was my first step to feeling FREE and transitioning from a victim to a victor in her life! I always say to have an exit plan, communicate with security, and not do it alone! I started working in an advertising agency from 9 – 5. A lot of traveling was required. Initially, it wasn't so bad, but it did become extraneous, which led me into the next phase. The job paid her a decent wage, but something inside me sought more than a decent wage. I knew I had a message to share but didn't know how.

So, I invested in a millionaire mentorship group. And it put her on a new path! Today, I am still invested in this group and have grown so many thanks to its mentors and amazing women (sisters!) who have shared and supported her goals to change the world. ***I was growing slowly but learned that the hardest thing about growth is letting go of limiting beliefs.***

Now, I had to put myself in the hot seat by hosting webinars and doing Facebook Lives. Public Speaking is a big fear for everyone, and Angeline was no different! She had to tackle this as well. But her mentors and partners were by her side all the way, pushing her to be better.

I continued to surround myself with high-vibe individuals. Angeline began to experience tremendous personal and professional breakthroughs. She then started her coaching business, received invitations to speak on popular podcasts, and was a special guest last year on Inspired

News Radio and the Women 4 Women Radio Network out of Canada. This year, I was a special guest on the Pink Panther Podcast out of the U.K., Hot Topics the Podcast, and The Strong Enough Podcast Shows.

Angeline is a Women's Empowerment Partner dedicated to helping women who have suffered domestic abuse regain their power and acquire the necessary tools to heal and embrace goodness and love in their lives. Having experienced similar struggles, Angeline understands the journey firsthand and is determined to provide guidance and community so women can thrive and succeed.

***My mission is to empower and heal women worldwide who have experienced domestic violence, providing them with the tools, resources, and support they need to reclaim their lives and thrive.*** I am dedicated to creating an incredible community that understands, empathizes, and uplifts each other, fostering a safe and nurturing space for healing and growth.

Together, we are breaking the silence, shattering the stigma, and creating a world where survivors can heal, find their inner strength, and make a future filled with hope and possibility. I aim to impact 1000 women worldwide, empowering them to rewrite their stories and reclaim their power.

Together, we can create a ripple effect of healing, empowerment, and support that extends far beyond borders, inspiring and uplifting women from all walks of life. Join the movement and become part of a community that believes in the transformative power of healing and the strength that arises when women come together to support one another.

Inside the Let's Break the Silence Program, you'll be taken through my signature nine-step process designed to help you release and heal past wounds that have left you feeling overwhelmed, inferior, and lost. You will learn how to rediscover yourself and be empowered as you step into your divine power and identity, leading you to your true purpose and calling in life that God is calling towards.

My work now is having a significant impact on women. My Podcast Let's Break the Silence with Angeline has grown to 8 countries, with over 4000+ downloads and an average audience of 450+ per week. I have over 200 Episodes, and I am grateful for the opportunities this year to speak at a Live Virtual Speaking Summit Event for Women Coaches and Entrepreneurs called "Getting out of your own Damn Way," run by two amazing women who have experience in the Public Speaking industry.

I am also a Board member of the Take Back the Night Foundation, based in Philadelphia, Pennsylvania. I am in charge of the Financial committee that raises funds for sexual violence victims.

Opportunities for future speaking events will be coming down the line for next year. I am also planning a Retreat with two other women entrepreneurs for next year in April 2024 at a location to be determined.

I am honored and blessed to be part of the most relevant, fastest-growing personal development book series in the world and a co-author in the Change Book Series. My mission is to give women hope that we all have a voice for change and justice. Too many women out there are seeking hope and wanting change so they can live the abundant life they truly deserve.



Here are some testimonials from my clients about my program:

**Dawn Howell:** "When I met Angeline a couple of years ago, I was instantly drawn to her spirit. She kept talking about limiting beliefs; I didn't know what that meant. Because of her, my eyes were opened, and once I let go of my self-limiting beliefs, everything changed. Thank you, Angeline. You are an amazing friend and an incredible sister in Christ, and I am so happy to be on this growth journey with you."

**Dorinda Burke:** I met Angeline through a mentoring program in which we were both involved. We clicked instantly, as we shared the same perspective on life. As I got to know Angeline better, I realized that she was on a mission to help women who have been domestic violence survivors.

Angeline is a kind, warm lady with much to give the world. She is smart, intelligent, and a great leader. I am so honored to have her as my coach."

**Alli MacDonald:** "Angeline helps remove self-limiting beliefs, helps you define your worth, and makes it easy to do the homework. I enjoyed being a part of her masterclass so much!"

[www.letsbreakthesilence.com](http://www.letsbreakthesilence.com)

# You Can't Change Anyone, But You Can Change The Relationship

## MARRIAGE MINDSHIFT

Welcome back to our journey into the heart of relationships, where we continue to explore the art of transforming our connections with those we love. Whether you're joining us for the first time or you've been part of this conversation from the beginning, our mission remains the same: to discover and implement ways to enrich our relationships, making them more fulfilling and resilient.

In our last discussion, we touched on the fundamental truth that while we cannot change others, we have the power to change the dynamics of our relationships. This power comes from within through self-awareness,

understanding, and embracing mutual growth. Today, we delve into a transformative concept that has completely reshaped the way I approach relationships: I call them Marriage Mindshifts (even though they apply to all relationships). These insights, derived from my experiences and crystallized in my work



with countless individuals, are designed to challenge and refine our understanding of what it means to be in a relationship. Although I'll briefly discuss them here, I dive even deeper into these mindshifts in my new international bestselling book, *Finding Beauty In Your Broken Pieces: The Art and Science of Transforming Any Relationship*.

### 1: Your Partner is a Perfect Reflection of Your Beliefs

In exploring the profound connection between our deepest beliefs and the dynamics of our relationships, we uncover a fundamental truth: our partners act as mirrors, reflecting our subconscious beliefs back to us. This revelation, rooted in the Universal Law of Thinking, suggests that we must first delve into and transform our underlying beliefs to alter our relational outcomes.

These core beliefs, often absorbed from childhood and solidified through life experiences, shape how we perceive and interact with our loved ones. By identifying and reevaluating these deep-seated convictions—whether they cast a shadow of doubt or shine a light of positivity—we open the door to transforming our relationships and self-perception. This process of introspection and belief adjustment paves the way for healthier, more fulfilling connections, proving that the journey toward improved relationships begins within the landscape of our minds.



### 2: All Healthy Relationships are Built on a Foundation of Self-Trust

Discovering the cornerstone of all thriving relationships lies not just in mutual trust but fundamentally in the bedrock of self-trust—a revelation that reshapes our approach to connections and personal integrity. In a profoundly personal journey shared within these pages of my new book, the moment of clarity comes when I realized that trust isn't a commodity to be earned from others, but a gift we first bestow upon ourselves.

This self-trust empowers us to navigate relationships confidently, make decisions rooted in our values and well-being, and ultimately, project a more authentic and open-hearted version of ourselves into our partnerships. It's a profound understanding that when we trust ourselves, we lay a foundation for healthier, more resilient relationships, breaking cycles of doubt and fear by anchoring in our sense of truth and reliability. This journey of cultivating self-trust is not just about believing in our decisions; it's about reconnecting with a deeper, more universal trust in life itself, setting the stage for transformative love and connection.

### 3: It Only Takes One Person To Transform Any Relationship

Embracing the empowering notion that "It Only Takes One Person To Transform Any Relationship" fundamentally shifts our perspective on personal agency and the power of individual transformation within partnerships. As I shared in my last article, relationships are an open system that is inherently adaptable, evolving in response to changes within any one part. By focusing on self-improvement and consistent, positive change, we can influence the overall dynamics of our relationship, compelling it towards a more harmonious state.

This concept challenges conventional wisdom, highlighting that transformation does not necessitate the simultaneous effort of both partners but can be initiated by one, setting a new course for the relationship. Through my own experiences and studies in my master's program, it's clear that by being the change we wish to see in our relationships, we embody the potential to catalyze profound shifts, illustrating the transformative

power of self-awareness, personal growth, and the courage to embrace change unilaterally.

### 4: Everything Is a Relationship

The revelation that "Everything is a Relationship" invites us to a transformative understanding: our lives are a rich tapestry of interactions, where every element—thoughts, objects, or the environment—plays a crucial role in shaping our experiences. This mind-shift illuminates the often-overlooked truth that the principles we apply to our personal connections are equally relevant to every facet of our existence.

It encourages us to recognize the interconnectedness of our lives, where even the most mundane interactions can have profound implications for our well-being and personal growth. By embracing this holistic view, we're

encouraged to cultivate mindfulness and intention in all forms of engagement, leading to a life where every relationship is nurtured with care and depth. This approach enriches our interactions with others and deepens our engagement with ourselves and the world around us, paving the way for a more harmonious and integrated way of living.

**Implementing These Mindshifts: Practical Steps**  
Grasping the essence of these Marriage Mindshifts opens a gateway to profound personal and relational transformation. Yet, understanding is merely the first stride on this journey. True change arises from deliberate

action—integrating these insights into the fabric of our daily lives requires introspection, open dialogue, and an unwavering commitment to growth. Below, we delve deeper into practical strategies designed to foster this transformative process:



### Deepening Reflection and Journaling

Beyond simply reflecting on your beliefs, dive deeper by questioning their origins. For each belief about relationships that you identify, trace it back to its roots. Ask yourself: “When did I first start believing this? Can I recall a specific moment or event?” This exploration can unveil patterns and offer clarity, allowing for a more conscious restructuring of your beliefs. Journaling about these experiences provides a tangible record of your journey, serving as a mirror to reflect on your growth over time.



### Expanding Trust-Building

Building self-trust extends beyond daily self-care; it encompasses honoring your word to yourself. Start small by making easy commitments—from waking up at a certain time to dedicating a few minutes to meditation or exercise each day. Celebrate these victories, however minor they may seem, to reinforce your trustworthiness in your own eyes. Gradually increase the scope of your commitments to include larger goals, always maintaining alignment between your actions and your values. (Make sure to check out my next article, where I share my #1 Self-Trust tool!)

### Cultivating Communication

Open dialogue is not just about talking; it's about listening with empathy and without judgment. Practice active listening with your partner by fully focusing on their words, summarizing their points, and acknowledging their feelings. This reciprocal exchange fosters a deeper

connection and mutual understanding, paving the way for more meaningful interactions. Regularly set aside time to discuss the day-to-day aspects of your life together and your dreams, fears, and the growth you each wish to achieve.

### Broadening Initiatives for Positive Change

Beyond identifying a single change, create a roadmap for personal development that aligns with your relationship goals. This might include attending workshops or seminars, reading books on personal development together, or engaging in couple's therapy sessions focused on growth rather than conflict resolution. Commit to a continuous learning mindset that embraces growth as an ongoing process rather than a destination.

### Embracing Vulnerability

Allow yourself to be vulnerable with your partner about your desires to change and grow. Share your insights from the Marriage Mindshifts and discuss how you can support each other in this journey. Vulnerability fosters intimacy and trust, creating a safe space for both partners to explore their transformation.

Implementing these mindshifts is a journey of self-discovery and relational enrichment. By taking these practical steps, you foster a deeper connection with your partner and embark on a path toward becoming the most authentic and loving version of yourself. Remember, the transformation of any relationship starts with the individual. By committing to these practices, you're setting the stage for a relationship that not only endures but flourishes in the richness of mutual growth and understanding.



### Looking Ahead

As we continue this journey, we'll explore deeper into how these mindshifts can be applied through the Inner Mosaic Method, a proprietary approach designed to help you piece together the beautiful picture that your relationship has the potential to become.

Remember, the journey of transforming your relationship is ongoing and filled with

opportunities for learning and growth. By embracing these Marriage Mindshifts, whether you're married or not, you open yourself to a world of possibilities, where every interaction is an opportunity to deepen your connection and understanding

**By Samantha Kaaua,  
Marriage Mindshift Coach**

[www.thegemms.com](http://www.thegemms.com)



# The Marriage Fixer

[www.liamnaden.com](http://www.liamnaden.com)



Marriage isn't just about the good times; it's also about how we navigate the tough ones, like when we need to help our spouse forgive us and overcome resentment. This journey is crucial for keeping our marriage strong and full of love. So, let's dive into some practical ways to work through these emotional challenges.

The first important thing is to figure out what's causing the upset in the first place. Sometimes, it's something big and obvious, like cheating or a major embarrassment. Other times, it's the smaller things that build up over time, like not listening enough or making too many jokes at their expense. Your spouse may be unsure as to why they harbour those negative feelings towards you. So, pinpointing the root cause is your first step toward making things right.

Next, it's crucial to spot the warning signs of building resentment and hurt. You can usually tell something's up if your spouse starts pulling away, talking less, avoiding closeness, or seems to care more about other things than your relationship. These are red flags that shouldn't be ignored. If you do, the negative feelings can build and fester until they become out of proportion to what originally happened to cause them. The warning signs are your cue to dive deep and start the healing process.

It's also important to realise the nature of the resentment. It comes in two main forms. One is when your spouse wants to forgive but doesn't quite know how to let go of the hurt. The other is when they're not ready to forgive because they still feel wounded. Knowing which type you're dealing with is crucial for determining your next steps and how best to handle the healing process.

Ultimately, you're aiming for real and unconditional forgiveness, where all the pain and hurt are left behind. This kind of forgiveness doesn't keep a score of who did what. It's all about wiping the slate clean and moving forward with love and understanding.

## To achieve that, there are five steps:

### **Step One: Encourage Your Spouse to Own Their Feelings.**

It's important for your spouse to acknowledge their emotions and accept their feelings of resentment and hurt. You can be there for them, but they need to take the steps towards forgiveness themselves.

### **Step Two: Learn to Forgive Yourself.**

We're all human and make mistakes. Forgive yourself for what's happened and commit to doing better. What has happened

has happened. Accept that and move forward. This step is key for your own growth and for creating a healing environment.

### **Step Three: Apologize Sincerely.**

A heartfelt apology goes a long way. Let your spouse know you're genuinely sorry for what has happened and that you're committed to making positive changes to both yourself and your relationship.

### **Step Four: Remember, You're Both Human.**

Gently remind each other that everyone makes mistakes. This is a natural part of life and can't be avoided. This can help both of you see the situation in a more forgiving light and reduce any blame game.

### **Step Five: Create a Positive Space:**

Work on making your relationship a place of positivity and support. Focus on the good in each other and the relationship, and try to steer clear of negative thoughts and actions.

Dealing with hurt and resentment in a marriage can be challenging. Holding on to these negative feelings well beyond their "use by" date can keep a relationship stuck or even on the path to destruction. But it doesn't need to be that way. It's definitely something you can work through together. By taking these steps with empathy and dedication, you can help your spouse move toward forgiveness. It may take time, but the effort is worth it.

Remember, forgiveness is a personal journey, and your role is to be supportive and loving through it all and work on your thoughts, feelings, and actions.

You and your spouse can strengthen your marriage and enjoy a stronger connection with patience and understanding. Learning to overcome feelings of resentment and hurt can be one of the greatest gifts in doing that.





# Do I Walk Away or Stay?

## Dealing with Conflict in the Early Stages of a Relationship



Would it surprise you to know that conflict in the early stages of a relationship is not uncommon and is quite natural? But what is significant is the way you deal with it. In fact, how you handle any early relationship conflicts when you start dating can set the tone and pattern for your relationship's future, so being equipped to address them is key. *And a caveat here, I am referring to healthy relationships, not abusive ones, where one partner uses conflict to control the other coercively.*

But surely any early conflict signifies that the relationship is wrong? Not necessarily. In the initial stages of developing a relationship with someone, differences may arise. You are both individuals with your own experiences, values, and communication styles. Navigating these differences can be challenging but can also be an opportunity for learning and growth.

The first step is to understand the nature of the conflict. Is it a fundamental difference in values or a misunderstanding? Are you clashing on core issues, or is it

Early conflicts can also be an opportunity to establish healthy boundaries. It is about communicating your needs and expectations clearly. If a particular behaviour is causing discomfort, address it early on. Setting healthy boundaries is not about trying to change the other person but ensuring that both individuals feel respected and comfortable in the relationship.

*Emotional intelligence plays a significant role in resolving conflicts. It involves being aware of your emotions, understanding them, and effectively managing them.* It is equally important to recognize and empathize with your partner's emotions. A relationship where both individuals are emotionally intelligent is better equipped to handle conflicts constructively.

While conflict resolution is crucial, it is important for your well-being to recognize when it is time to walk away. For a healthy relationship, both individuals must be committed to understanding and supporting each other. If they do and iron out the wrinkles causing conflict, it can



a matter of miscommunication? Identifying the root cause is crucial in determining whether the relationship has potential or if it is better to part ways early on. Effective communication is the cornerstone of any successful relationship. It's about learning each other's communication styles in those early stages. If conflict arises, approach it with an open mind and a willingness to understand the other person's perspective.

*Be clear about your feelings, but also be a good listener. Misunderstandings can often be resolved through open and honest communication.* And do not be afraid to ask for a time-out. Avoiding a relational reflex response (as I term it) in the heat of the moment gives you time to pause, re-assess, and then respond when you have had time to consider.

Some conflicts stem from differences in core values. These are the deeply ingrained beliefs that shape how we see the world. And our view of the world may be very different. If conflicts arise around values that are non-negotiable for you, it might be a sign that the relationship is not aligned for the long term. For example, if you prioritise honesty and find your date being dishonest, it's crucial to evaluate if this misalignment is something you can navigate or if it is a dealbreaker.

strengthen the bond between them. But if the conflicts are recurring, leading to emotional distress or a constant clash in fundamental values, it might be a sign that the relationship is unhealthy. *Knowing when to walk away is a form of self-care, acknowledging that you deserve a relationship that aligns with your values and brings you joy.*

Dealing with conflict in the early stages of dating may be a common dilemma, but approach it with a balanced perspective. Assess the nature of the conflict, communicate effectively, and be attuned to your own needs and values. Bear in mind that it's not about avoiding conflicts but navigating them together with respect and understanding.

And remember that while conflicts can be challenging, they can also be transformative, laying the groundwork for a relationship that withstands the test of time.

By Celia Conrad

*Celia Conrad, your Relationship Guru, is a former family lawyer and relationship expert offering emotional and practical support on dating, thriving relationships, break-up and divorce, personal loss and bereavement.*

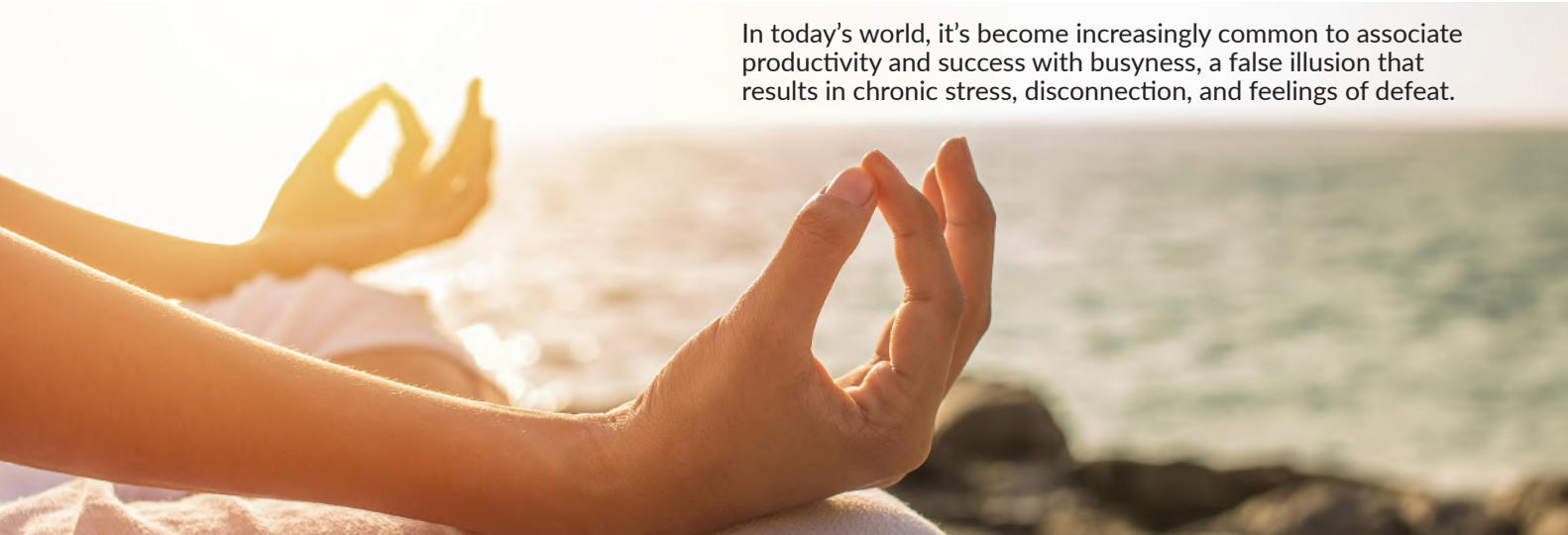
[www.yourrelationshipguru.com](http://www.yourrelationshipguru.com)



# Mindfulness Matters

## The Secret to Improving Productivity, Progress, and Inner Peace

In today's world, it's become increasingly common to associate productivity and success with busyness, a false illusion that results in chronic stress, disconnection, and feelings of defeat.



Amidst the chaos of today's brimming productivity crisis arises a revolutionary approach to enhancing efficiency, improving personal progress, and achieving inner peace.

### ***The key is Mindfulness***

Many of us are caught in a perpetual cycle of busyness, constantly striving for more without ever considering whether this endless pursuit of productivity brings us true happiness. We fill our schedules with meetings, tasks, and commitments, leaving us feeling overwhelmed and drained. It's as if we are racing towards a finish line that keeps moving further away. The reality is that our time here is short, and life is worth living with purpose, intention, and peace. With the power of mindfulness, anything is possible.

### **Uncovering the magic of mindfulness**

Mindfulness is an active state of presence, where you're able to master the art of observation, without judgement. The goal of mindfulness is to help cultivate a greater sense of awareness of your thoughts, emotions, behaviour and surroundings, ultimately fostering a stronger connection to self and a deeper sense of present moment awareness. By fully engaging in the present moment, you unlock the gift of mindfulness and will enjoy its many benefits. These include stress reduction, enhanced concentration, improved cognitive function, improved emotional regulation, and a more positive self-concept. The benefits of mindfulness are diverse, from mental, physical, and emotional wellbeing to professional and relational benefits. As a practice deeply rooted in ancient traditions, mindfulness has gained recent and rapid popularity for its transformative and long-lasting effects on individuals, organisations and communities across the globe.

### **Stress less with mindfulness**

One of the most common benefits of mindfulness is its ability to reduce stress. Mindfulness practices such as deep breathing promote your ability to regulate your nervous system from the fight or flight response into your parasympathetic response, where you are able to rest, digest, and regulate. Mindfulness practices promote relaxation and allow you to develop a healthier response to your stress triggers. This directly correlates to your cognitive ability, including focus and memory, which confirms that mindfulness can influence your productivity, progress, and inner peace. This can be achieved through a series of simple daily practices such as paying attention to your breath, honouring sensations in your body and observing any thoughts and emotions as they arise, without becoming judgemental or entangled in them.

### **Unveiling the Productivity Crisis**

It's no secret that stress levels are rising significantly across the globe, with work-related stress being one of the top contributors to burnout and mental health concerns. Stress and burnout in the workplace are significant concerns that can impact individuals and organisations on a wide-scale. Work-related stress is becoming increasingly common, with reports that up to 80% of workers feel stress on the job, and nearly half say they need help learning how to manage their stress levels effectively. Stress has also now been acknowledged as a global epidemic, with work-related stress being linked to serious health concerns such as cardiovascular disease and long-term mental health issues. Chronic stress often significantly affects productivity, performance, engagement and wellbeing, requiring significant intervention and recovery periods.



## 5 Minutes to Inner Peace



Incorporating mindfulness into your daily routine doesn't require significant time commitments. It can be effortlessly implemented into your daily routine by spending just 5 minutes a day prioritising a mindfulness practice. It's worth noting that consistency and quality are what truly create momentum and positive change.

**Here are some ways to achieve inner peace through mindfulness in just 5 minutes:**

**1) Mindful Breathing:** Find a comfortable seated or rested position, find a quiet space, and close your eyes if you feel comfortable. Focus on observing your breath without judgement. Visualise each inhale filling your lungs and exhaling as a gentle release. Take note of any unique sensations, feelings, thoughts, or emotions that come up for you. If your mind starts to wander, resist judgement and redirect your attention back to your breath. Add relaxing music or hertz frequencies in the background as an added bonus and elevate the experience.

**2) Gratitude:** Consider your favourite way to express gratitude (feeling, writing or speaking) and make an effort to express appreciation in a way that feels most fulfilling to you. If you enjoy writing, keep a gratitude journal. If you enjoy speaking, consider sharing words of gratitude with someone else. If you enjoy sitting in the sensation of gratitude, allow yourself to visualise and feel the power of appreciation. Take a moment to consider one or two things that you're grateful for. Focus on the positive aspects of life and shift any negative perspective into lessons, wisdom, and anticipation of good things. Gratitude is always a magnet for miracles and has the power to momentarily eradicate fear, allowing you to shift your state and experience inner peace.

**3) Mindful Walking:** Go for a short walk and become a peaceful observer. Pay attention to the surrounding colours, sensations, smells, and sounds. The more you anchor yourself into the present moment, the less you'll be influenced by the past or have anxiety about the future.

**4) Mindful Eating:** This is a beautiful practice of presence that allows you to engage your senses, appreciate your food, and tap into the magic of the present moment. Start small by eating mindfully just one meal a day. This includes eating without distractions or technology, tuning into your hunger and fullness signals, eating slowly and engaging all of your senses by savouring your food and taking notice of smells, textures and tastes. This beautiful process allows you to honour your food, savour each moment, deepen your connection to your body and enjoy the benefits of mindfulness.

**5) Body Scan:** Find a comfortable seated or resting position and bring attention to your body. A scan often starts at the tip of your toes, and you gradually work your way up to the top of your head. By slowly moving your awareness up through each part of your body, you'll begin to notice any sensations, stored tension, or even pain in an area. This allows you to deepen your connection with your body and mindfully release tension. We often store stress and trauma in the body until released somatically. Pay extra attention to areas where we tend to hold stress more, such as your shoulders, back, hips, and jaw.

If you've ever felt engulfed by the 'busyness trap,' it's more important than ever to slow down, embrace the present moment, and create intentional moments of mindfulness in your everyday life. Mindfulness is easy to implement and is one of the simplest ways to manage your stress levels, take control of your emotional wellbeing and skyrocket your productivity, success and inner peace. Find your bliss with Aditi:


### By Aditi Kumar

*Aditi Kumar is a 'Coach, Speaker & Writer' from Sydney, Australia. Her mission is to support heart-led individuals to reach their full potential, shatter glass ceilings, and align with their purpose. Aditi's journey is multifaceted, spanning the landscapes of Education and Corporate Finance, into the Coaching & Personal Development World. Her pivotal transformation from burnout to brilliance forms the foundation for her world-class coaching, which is described as a unique fusion of Neuroscience, Positive Psychology, and Energetics. Aditi is passionate about supporting high-achieving, impact-driven individuals to overcome chronic stress and rewrite the script for their success.*

*To explore the path of living in alignment, scan the QR code below and find out how you can work with Aditi. Follow Aditi on Instagram @lifewith\_aditi*



# What James Bond has to do with spiritual leadership



Steve Jobs, deceased co-founder of Apple; Oprah Winfrey, world-known talk show host; Richard Brandson, entrepreneur and order founder Mother Theresa - as different as these people are, they all have one thing in common: As passionate leaders, they are spiritual and thereby extremely successful. Passion unites all successful people. It makes the

eyes sparkle, infects people, and creates radiance. People like to follow this light. They get involved, commit, and work effectively and purposefully – a shared vision in mind because they can identify with an authentic leader.

But how do you become an authentic role model as a manager? The track to authenticity is always personal development. It's about discovering who you are within. Connection – the core of spirituality – with yourself is the key. What defines me? What are my most important needs? What emotions do I want to experience in life? How do I get it implemented? etc. Leadership is always self-leadership. Four stages form the basis for the corresponding personal development:

First of all, I need a vision. What does a typical working day as a manager look like? Who surrounds me? What goals do I pursue? How does my working environment fulfill me? The more comprehensive and vivid the images, the better. It's about wishing, about daydreaming, and an image of the future emerges that magically attracts me and brings me into passion.

The next step is to discover what behavior this “new version of myself” shows, what abilities it has, and what beliefs and values it follows. How does it feel to move in the newly created scenario?

Third, your own identity develops from these considerations. Who am I? What character traits do I live by? What reputation, what description of myself makes my heart leap for joy?

Based on the current situation, the final stage is to fill the gap that still separates me from the ideal. With the right (coaching) tools, this path can be followed with clarity, joy, and ease.

A win-win situation appears: On the one hand, the team members feel an authentic interest in further development and improvement, and they automatically absorb the energy radiated with them. On the other hand, managers take care of their own mental well-being. Inner strength and enthusiasm give rise to ideas that boost productivity.

Like my quirk for James Bond, which inspired the workforce of an entire production plant. As a technical journalist – a job that I've been passionate about beyond coaching for more than 25 years – I was responsible for a conference at Jaguar Land Rover in Nitra, Slovakia. It was about car bodies, engineering, production topics, etc. I worked with a great and engaged team at JLR that told me that the first vehicles out of production line were the Defender used in the last James Bond film, “No Time to Die”! I love this film, have seen it twelve times in the cinema, written various texts about it, and met wonderful people with whom I had great experiences.

Hearing that story, I was mesmerized and insisted on having one of the film cars at “my conference.” There were many e-mails wherein I repeatedly asked for the car, overcoming doubts and the fear of not being seen as a reputable journalist but a “James Bond fan girl.” Engagement paid off, and the responsible finally said “yes.” And there, in fact, was a film car! But, I'd never have thought about the huge benefits caused by it. First



of all, as I was so excited about the Defender, I uplifted the whole conference spirit with my enthusiasm. As a colleague reported afterward: “Whenever we heard your laugh, everybody immediately relaxed and had a smile on their face. There was a great atmosphere during the two days!” But not enough. On day two, I received official thanks from Jaguar Land Rover as the whole plant staff's motivation increased. Seeing the car at the entrance made people communicate with each other, have fun, and start their shift in a good mood. They recognized being part of something great.

It's about belonging, contributing to an overarching topic, self-worth. Intrinsic motivation fosters performance and productivity at a depth that cannot be achieved by money or other external gratifications.

So, what are you enthusiastic about? What are you longing for? Know yourself (and your dreams, needs, and values) and take action. Success, well-being, and professional recognition will follow automatically for a spiritual leader.

**By Andrea Huber**

*Andrea K. Huber, works as Personal Trainer and Life Coach, specialised in stress management and emotion coaching.*



# Mastering Your Wedding Professional Niche

## Why and How to Narrow Down

As wedding professionals, we often wear many hats. Whether you're a planner orchestrating every detail, a DJ setting the mood, or a photographer capturing memories, your role is crucial in creating unforgettable moments. However, in the vast and diverse wedding industry landscape, finding your niche can be the key to standing out and thriving. In this article, we'll delve into the importance of narrowing down your niche and provide actionable steps for wedding professionals to refine their focus.

### The Importance of Narrowing Down Your Niche:

- **Targeted Marketing:** When you define your niche, you can tailor your marketing efforts to reach your ideal clients more effectively. Instead of casting a wide net and hoping for leads, you can direct your messaging to resonate deeply with couples seeking exactly what you offer.

- **Establishing Authority:** Specializing in a particular aspect of weddings allows you to position yourself as an expert in that area. Clients are more likely to trust and hire professionals who demonstrate a deep understanding of their specific needs and preferences.

- **Reduced Competition:** By narrowing down your niche, you can differentiate yourself from competitors who offer a more generalized range of services. This can lead to a higher perceived value for your offerings and less direct competition for clients.

- **Increased Referrals:** When you become known for excelling in a specific niche, clients and industry peers are more likely to refer others seeking those services to you. Word-of-mouth referrals are invaluable in the wedding industry and can significantly boost your business.

### Steps to Narrow Down Your Niche:

#### Self-Reflection and Research:

- Reflect on your passions, strengths, and areas of expertise within the wedding industry. Consider which aspects of your work bring you the most joy and satisfaction.
- Research the current trends and demands within the wedding market. Identify gaps or underserved niches where your skills and offerings could meet a specific need.

#### Identify Your Ideal Client:

- Create a detailed profile of your ideal client, including demographics, preferences, and pain points. Understand what motivates them and what they value most in wedding services.
- Consider the types of weddings and events that align with your niche and resonate with your ideal client. Are you drawn to intimate elopements, extravagant destination weddings, or cultural celebrations?

#### Evaluate Your Competition:

- Analyze the competitive landscape within your chosen niche. Identify other professionals serving a similar market and assess their strengths, weaknesses, and unique selling propositions.
- Look for opportunities to differentiate yourself from competitors by offering a unique approach, style, or value proposition that sets you apart.

#### Refine Your Services and Branding:

- Tailor your services and offerings to align with your niche market's specific needs and preferences. Develop packages and pricing structures that cater to their expectations and budgets.
- Craft a compelling brand story and visual identity that communicates your specialization and resonates with your ideal clients. Your branding should evoke the emotions and aspirations of couples within your niche.

#### Build Relationships and Network:

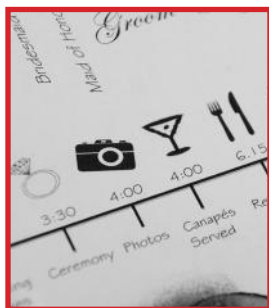
- Engage with industry peers, vendors, and influencers who cater to your target niche. Attend networking events, workshops, and conferences where you can connect with potential collaborators and referral sources.
- Cultivate relationships with past clients who fit within your niche and encourage them to refer others who may benefit from your specialized services.

#### Examples of Different Wedding Professionals:

- **Wedding Planner:** Specialize in eco-friendly weddings for environmentally-conscious couples who prioritize sustainability in their celebrations. Offer personalized planning services incorporating eco-friendly vendors, green décor options, and carbon-neutral transportation arrangements.
- **DJ:** Focus on LGBTQ+ weddings and events, providing inclusive and affirming music experiences for couples of all orientations and identities. Curate playlists that celebrate diversity and create a welcoming atmosphere where everyone feels represented and celebrated.

- **Photographer:** Specialize in destination elopements for adventurous couples who dream of saying "I do" against breathtaking natural backdrops around the world. Offer elopement packages that include travel planning, scouting locations, and capturing intimate moments in stunning landscapes.

In conclusion, narrowing down your niche as a wedding professional is a strategic decision that can lead to greater success and fulfillment in your business. By understanding the importance of specialization and following actionable steps to refine your focus, you can attract your ideal clients, establish yourself as an authority, and ultimately elevate your brand in the competitive wedding industry.





# The Pathway to Inner Peace

## Navigating Life's Rollercoaster with Mindful Detachment

By Nancy Gentle Boudrie

In the whirlwind of our modern lives, finding tranquility amidst the chaos can feel like attempting a yoga pose for the first time—awkward, challenging, but ultimately transformative. Today, let's embark on a journey into the transformative realm of mindful detachment, a skill that equips us to navigate life's unpredictable waters with grace, humor, and purpose.

**Detached Mindfulness Demystified:** Imagine a superhero power that lets you be aware of your thoughts without getting entangled in their web—detached mindfulness. It's like having a mental bouncer who lets thoughts come and go without the VIP treatment. Picture co-existing with your thoughts as if they were background noise, not engaging, not avoiding—just peacefully co-existing.

Harnessing this superpower, you become a solution-seeker, a resolution-finder, and a creator of endless possibilities. Enter the law of detachment: to attain something in the physical universe, release the tight grip of attachment.

It doesn't mean abandoning intentions or desires; it means letting go of the outcome, freeing your mind to manifest your True Self's undeniable power.

**Attachment: The Control Freak of Emotions:** Let's take a detour into the realm of attachment to understand better what I mean by detachment. Have you ever noticed that strong urge to control every detail, fueled by fear and insecurity? Attachment is like trying to control a wild circus tiger—it might work for a moment, but eventually, chaos ensues. It's based on the fear of uncertainty, that nagging worry that we must control everything for it to fall into place.

Clues you're tangled in the web of emotional attachment? If the thought of not having something makes you feel incomplete, or if feelings of fear, anxiety, anger, hopelessness, or pride are frequent visitors in your mental space, congratulations, you're dealing with emotional attachments. In these instances, you may need to mindfully explore these pesky, difficult emotions.

### Here is a six-step process for mindfully dealing with difficult emotions

*These steps are adopted from **Everyday Mindfulness: Melissa O'Brien** but released by **The Counselling and Personal Development Service at Dublin City University (Website: [www.dcu.ie/students/counselling](http://www.dcu.ie/students/counselling))***

**1. Stop, Turn Towards The Emotion:** Once you have become aware of the feeling, stop for a moment. Take a deep breath and then 'sit with' the anger, guilt, anxiety, frustration, fear, or any other difficult emotion. Don't inhibit, suppress, ignore, or try to conquer it. Just be with it with an attitude of open curiosity and acceptance.

**2. Identify the Emotion**—Acknowledge that the emotion is there. If you are angry, you can specifically recognize that feeling. You can mentally say to yourself, for example, "I know there is anger in me."

**3. Acknowledgment of What Is:** When feeling a difficult emotion, acknowledge what is present. For example, "I can acknowledge that I am angry right now." By opening up to the emotion, you create a mental space around it and witness it instead of being enmeshed in it. This allows you to realize that you are not your anger, fear, or pain—you are much larger than that.

**4. Realize the Impermanence of All Emotions:** Acknowledge that all emotions are impermanent. They arise, stay for a while, and then disappear. They come and go in you like waves in the sea, cresting and receding. Your

task is to allow the current wave to be and to witness, with patience, as it stays, changes form, and eventually disappears.

**5 Investigation & Response:** When calm enough, look more into your emotion to understand what has brought it about and what is causing your discomfort. It may be that particular thoughts were the cause of specific values, beliefs, expectations, and judgments about how you should behave or be seen by others. Allow the light of your mindful awareness to help you gain insights into the emotion. Reflect on how you want to respond to what is happening.

**6. Trust Yourself to Choose the Appropriate Response:** This step involves trusting yourself to choose the appropriate response based on your insights into the emotion and the situation. Responding mindfully allows you to avoid reacting impulsively and helps resolve the emotional turmoil.

Using the above technique, you can break free from the entanglement of emotional attachment, making it easier to relinquish the inner control freak.

**The Wisdom of Uncertainty:** Life is inherently uncertain, and that's the beauty of its canvas. Detachment is not a rejection of goals but a liberating dance through the infinite possibilities between points A and B. Wisdom lies in uncertainty—a fertile ground for creativity and freedom. Instead of being tied to the known (our past and conditioning), embrace uncertainty's freshness. It's the field of all possibilities, the orchestrator of the universe's dance. As we seek security and certainty, we unknowingly cling to the known—our past conditioning. Uncertainty is the creative playground where every moment holds the potential for something new. Goal setting is not compromised; it's enhanced. Between A and B, infinite possibilities exist. Factor in uncertainty, be open to agile thinking and watch new opportunities unfold.

**The Art of Detachment:** True detachment is not an emotionless, robotic state. It's about being deeply involved in life, minus the attachment to the outcome. Picture yourself as an Oscar-winning actor in the grand play of life—fully immersed in emotions, dreams, goals, and plans. The trick? Realizing you can step outside the character, reflect, and not attach your identity to any desired outcome. Witnessing uncertainty unfold, you become alert, prepared in the present, and ready to seize opportunities that align with your goals. The law of detachment becomes a catalyst for evolution, accelerating the process.

**Closing the Curtain with Detachment:** In fostering detachment, it's crucial to strike a beautiful balance between setting goals and having intentions while allowing flexibility and flow in their achievement—the art of detachment. As spiritual author Ron W. Rathbun so eloquently puts it, "True detachment isn't a separation from life but the absolute freedom within your mind to explore living." Explore my trademarked methodology if you're ready to break free from toxic patterns and create a life you love. With over 15 years of transformational success, let's embark on this journey together. Email me at [nancy@awakenwithlight.com](mailto:nancy@awakenwithlight.com), and let's discover the program perfect for your mindful and fulfilling life. Visit my website to explore the services I provide.

So, fellow life navigators, let's practice detached mindfulness as we ride the rollercoaster of uncertainty. Remember, it's not about being a bystander; it's about being the conductor of your own symphony, orchestrating the dance of your universe with flair, humor, and an unwavering belief in the magic of the unknown.

*For 35 years, Nancy has helped Business Owners and Corporations peak perform and create exponential success. Whether setting up safety programs in the transportation industry or creating multi-million-dollar independent insurance agencies, one of which was her own, Nancy has been assisting business professionals and organizations in creating eight-figure success. Most recently, for the last 18 plus years, Nancy found her true passion and purpose in coaching company leaders and employees to manage high levels of stress and navigate the unprecedented challenges facing today's organizations.*

*She uniquely blends her entrepreneurial business knowledge with her training in mindset skills such as Mindful Based Stress Reduction (MBSR) and University of Chicago and Naropa University's Mindful Leadership Training Certifications. Nancy teaches business professionals to be creative, innovative, and resilient during challenges to create a life of design, not one of default. Furthermore, she assists organizations in increasing morale, profitability and reducing workman's comp claims and absenteeism by implementing programs that support employee engagement by improving mental and emotional mindset.*

## How to Detach: 5 steps

- 1. Observe Your Mind:** Become a detective of your thoughts. Identify habitual patterns and emotional charges associated with attachment. Notice where you feel it in your body; it's your emotional GPS.
- 2. Distinguish Ego from Reality:** Your ego has a sharp tongue, often predicting doom. Step back, detach, and explore the emotional currents influencing your perceptions. It's like deciphering the drama queen from the actual situation.
- 3. Embrace Uncertainty:** As Deepak Chopra wisely puts it, true security comes from embracing the unknown. Let go of the illusion of security attached to the known. Step into the field of all possibilities for true happiness, abundance, and fulfillment.
- 4. Meditate on It:** Use meditation as a magic carpet to release outdated thought patterns. Spend time each day and witness the beautiful transformation in the patterns of your life.
- 5. Be Gentle with Yourself:** Change is a journey, not a destination. If you catch yourself falling back into old habits, celebrate awareness. Be your own cheerleader, not a harsh critic.

published 8/27/20189 by Tamar Lechner on chopra.com (<https://chopra.com/blogs/mind-body-health/5-steps-to-detaching-for-a-happier-life>).



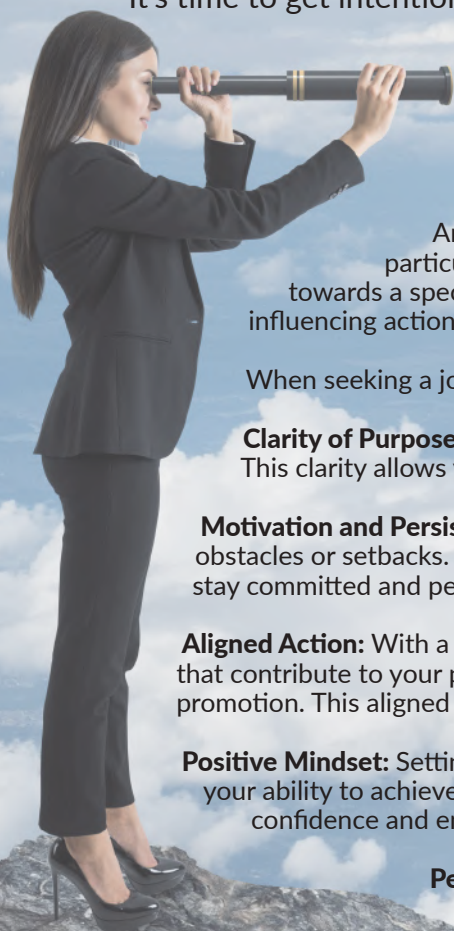
# The Power of Intention

## How to Get Promoted with the Power of Intention

Have you ever found yourself suddenly questioning why you're still in the same role doing the same job and responsibilities when colleagues around you have been promoted faster than you can blink an eye? You've been putting in the hours, you're doing a great job, or at least you know you are, and yet you're not getting promoted?

If you're a high achiever working in the corporate world, you're more than likely continually looking to progress, whether that's changing roles or getting promoted. You want to feel valued and know that you're moving up the ranks. But this is sometimes easier said than done, right? 'Why,' you ask. I have encountered this in my professional career and with clients I work with: the void and the black hole of wondering what happened to that promised promotion.

It's time to get intentional...



Being intentional puts you in the energy of 'this is what I want' and automatically draws the event of getting promoted towards you through energy and action.

### What is an intention?

An intention is a mental state representing a commitment to achieving a particular goal or outcome. It involves consciously focusing attention and effort towards a specific objective. Intentions serve as motivational drivers, guiding behaviour and influencing actions aimed at realising the desired outcome.

When seeking a job promotion, intentions can be beneficial in several ways:

**Clarity of Purpose:** Setting clear intentions helps you define exactly what you want to achieve. This clarity allows you to align your actions and decisions with your goal of securing a promotion.

**Motivation and Persistence:** Intentions provide the motivation needed to pursue your goal despite obstacles or setbacks. They act as a reminder of why the promotion is important to you, helping you stay committed and persistent in your efforts.

**Aligned Action:** With a defined intention, you can direct your energy and resources towards activities that contribute to your professional development and increase your suitability for the desired promotion. This aligned action enhances your effectiveness and productivity.

**Positive Mindset:** Setting positive intentions fosters a mindset geared towards success. By believing in your ability to achieve the promotion and maintaining a positive outlook, you're more likely to exude confidence and enthusiasm, which can positively influence others' perceptions of you.

**Personal Growth:** Intentions encourage continuous learning and self-improvement. As you work towards your goal of a promotion, you may seek out opportunities for skill development, take on new challenges, and expand your knowledge base, all of which contribute to your professional growth.

**Professional Visibility:** Expressing your intention to advance within your organisation can signal your ambition, dedication, and readiness for increased responsibilities to your superiors and colleagues. This proactive approach may also lead to opportunities for visibility and recognition within the company.

To effectively leverage intentions for securing a job promotion, it's essential to set clear and specific goals and complement them with strategic planning, consistent effort, and ongoing self-assessment. In today's competitive job market, climbing the corporate ladder often requires more than just hard work and dedication. So, if you're eyeing that coveted promotion at your workplace, it's essential to strategize and demonstrate your value effectively.

Below, I outline a few simple strategies you can use to increase the likelihood of getting a promotion:

**1. Set Clear Goals and Objectives:** Before embarking on your journey towards a promotion, take the time to define your career goals and objectives. Where do you see yourself in the next few years? What specific position or role are you aiming for? Having a clear vision will not only guide your actions but also showcase your ambition and commitment to your superiors. Understand yourself and what you truly want, and step into the energy of what you deserve. Do this by identifying and understanding your self-worth.

**2. Exceed Expectations:** Go above and beyond in your current role by consistently delivering exceptional results. Take on additional responsibilities, volunteer for challenging projects, and showcase your problem-solving skills. You demonstrate your readiness for more significant challenges and responsibilities by exceeding expectations in your current position.

**3. Continuous Learning and Development:** Make sure your skill set is up to par, and never overlook continuing to upskill yourself or committing to some extra training. This will help you reach that next level. Invest in your professional development by acquiring new skills and knowledge relevant to your desired promotion. Attend workshops and seminars or enrol in online courses to stay updated with industry trends and advancements. Demonstrating a commitment to learning shows your dedication to self-improvement and career advancement.

**4. Build Strong Relationships:** Cultivate positive relationships with colleagues, supervisors, hiring managers, and other key stakeholders within your organisation. Networking is crucial for career advancement, as it can provide valuable insights, opportunities, and support. Collaborate effectively with others, offer assistance when needed, and be a team player to build a strong professional network.

**5. Seek Feedback, Act on it, and Build up Your Skills Matrix:** Actively seek feedback from your supervisors and peers to identify areas for improvement. Constructive feedback can help you understand your strengths and weaknesses, allowing you to focus on areas that need development. Moreover, demonstrating your willingness to learn and grow shows your commitment to personal and professional growth, which employers highly value.

**6. Demonstrate Leadership Skills:** Even if you're not in a formal leadership position, you can still demonstrate leadership qualities in your current role. Take initiative, demonstrate integrity, communicate effectively, and inspire others through your actions. Leadership potential is a desirable trait in employees being considered for promotion, so showcasing your leadership skills can significantly enhance your candidacy.



**7. Promote Your Achievements:** Don't be shy about highlighting your accomplishments and contributions within the organisation. Keep track of your achievements, whether exceeding targets, implementing cost-saving measures, or leading successful projects. When discussing your promotion prospects, be prepared to articulate your achievements confidently and how they align with the organisation's goals.

**8. Work on Your Employment Proposal:** Get proactive and write a personalised document that introduces yourself and explains why you are the best fit for a particular job. This will help you stand out from other candidates by highlighting your key achievements, skills, experience, and strengths in relation to that particular role.

Securing a promotion at work requires a combination of hard work, dedication, intentionality, and strategic planning. You can increase your chances of climbing the corporate ladder by setting clear goals, exceeding expectations, continuously learning, building strong relationships, seeking feedback, demonstrating leadership skills, and promoting your achievements. Remember, perseverance and determination are key traits of successful professionals aiming for career advancement.

If you need help with tasks such as building your skills matrix and your employment proposal, email me at [hello@coachingbysusanna.com](mailto:hello@coachingbysusanna.com) or visit [www.coachingbysusanna.com](http://www.coachingbysusanna.com).

I'd love to connect and look at exactly what you need to do to build these out effectively and help you get that well-deserved promotion.

By *Susanna Kenyon-Muir*  
[www.coachingbysusanna.com](http://www.coachingbysusanna.com)  
[@coachingbysusanna](https://www.instagram.com/coachingbysusanna) or  
[hello@coachingbysusanna.com](mailto:hello@coachingbysusanna.com)



# Grief is like a private club that no one wants to join

At some point, everybody has to join this club. It's not one that people enjoy at all, and everyone stays in the club for different lengths of time, depending on how they deal with the types of grief they encounter.

I have been a member of this club for many reasons, and honestly, I don't think I will ever completely leave it. I have learnt to be a member on my terms and dip in and out as life progresses.

In these articles, we will delve deeper into why people join. Over the following few pieces, I will also give you some coping strategies that I, along with my clients, have used to help us avoid being fully paid-up members of this club.

Grief takes on lots of genres. Grief is when you have a significant upheaval in your life, and your emotions are everywhere. Grief isn't just when you lose a person through death. It comes in many forms; people mainly think grief is when they lose a loved one or a close relative. Even an animal they've had for many years has become part of family life. When you lose the pet, it will cause grief.

An important one is when you have a relationship breakdown, as you will be grieving the loss of your partner and the life that you used to have together. This can be difficult to overcome, and you need time and support to overcome these life-changing events. However, grief can also happen if you've lost your job or even left the career you've had for a long time. It can be when you fallout with a close friend or even when you move house.

Each individual copes with grief in their way. You can't mirror someone else's grief to your own; some people learn to live with it very quickly, and it alters their lives depending on what they're grieving; others can take many years. Grief is like a rollercoaster, so some days you feel on top of the world, and then within a couple of days or a day, you can feel very low again and very sad and confused.

The main thing to do is to take your time, deal with every situation, and not be rushed into thinking you should have stopped grieving. It might not be the right time for you at this present moment.

The one essential thing is that you get support to learn how to cope with grief and make lifestyle alterations to live a whole and meaningful life. There will always be days when you remember your life before the grief, but you will get there with time and support.

Journaling can help because it takes all your thoughts out of your head and lets you see them in black and white.

Write down each day how you are feeling. Look for positives, not just negatives. Aim to end each day's journaling positively; this will set you up for the day.

Grief is just like a rollercoaster, so sometimes you will be at the top and see the world in a wonderfully positive place, and other days you may have taken a significant dip down to the bottom; it's on these days that it is essential to write down how you feel so that you can see what the trigger is. It's learning what these triggers are that will help you move forward.

You may even be able to leave this club for quite a while. The goal is never to worry about re-joining because you know you can leave again once you reset. You learn to live differently and become a temporary member of the private club no one wants to join.

In the upcoming article, I will continue to provide insight into different ways to leave the club.

**By Maxine K Brown**  
MKB Life Coach







# FROM FAITH TO BUSINESS

## BALANCING LIFE'S PILLARS WITH LOVE

### Introduction:

Finding balance can seem like an elusive pursuit in the hustle and bustle of our modern world. We juggle multiple roles and responsibilities, often sacrificing one aspect of our lives for the sake of another. Yet, timeless wisdom suggests harmony can be found when we view life through love. This article explores how faith, family, and business intersect and how embracing love can help us find equilibrium in our pursuits.

### Faith: Anchoring Ourselves in Purpose

For many, faith is a guiding force, providing a sense of purpose and direction in life. Whether through organized religion or personal spirituality, faith offers a framework for understanding our place in the world and our responsibilities to others. In business, faith can be a powerful motivator, inspiring entrepreneurs to pursue their ventures with integrity and compassion.

Embracing faith in business involves more than paying lip service to religious principles. It requires a genuine commitment to ethical conduct, respecting employees and customers, and striving for excellence in all endeavors. When faith becomes the foundation of our business practices, it infuses our work with meaning and significance beyond mere profit margins.

### Family: Nurturing Relationships Amidst Ambition

Family forms the cornerstone of our support network, providing love, encouragement, and stability as we navigate life's challenges. Maintaining a healthy balance between work and family can be particularly challenging in business. The demands of entrepreneurship often require long hours and sacrifices that can strain familial relationships.

However, when approached with love and intentionality, family and business need not be mutually exclusive. Instead of viewing them as competing priorities, we can integrate them harmoniously, recognizing the importance of both in shaping our lives. This might involve setting boundaries to protect family time, involving loved ones in business decisions, or even starting a family business that fosters collaboration and shared goals. The key is prioritizing relationships over profit and cultivating an environment where family bonds are strengthened rather than strained by our professional pursuits. By nurturing our connections with loved ones, we find fulfillment in our personal lives and lay the groundwork for success in our business endeavors.

### Business: Building with Purpose and Passion

In the fast-paced business world, it is easy to get caught up in pursuing success at any cost. However, true fulfillment lies not in accumulating wealth or accolades but in pursuing meaningful goals that align with our values and passions. When we approach business with love—for our work, customers, and employees—success becomes more than just a financial metric; it reflects our commitment to positively impacting the world.

Building a business with purpose and passion requires clarity of vision, resilience in the face of obstacles, and a willingness to adapt to changing circumstances. It also requires a deep-seated belief in every individual's inherent worth and dignity, whether they are employees, customers, or competitors. When love guides our actions in the business world, we create organizations that prioritize people over profits and contribute to the well-being of society as a whole.



### Conclusion:

In the quest for balance, we often overlook the most influential force of all: love. When we view life through the lens of love – embracing faith, nurturing family relationships, and building businesses with purpose and passion – we find harmony amidst the chaos of our modern world. As we strive to create a better future for ourselves and future generations, remember that true success is not measured by the size of our bank accounts or the accolades we receive but by the love we share and the lives we touch along the way.

# Confidence Tips

## Feeling confident in social situations

I often hear people saying they experience “social anxiety.” If you feel this way, remember there’s nothing wrong with it. There’s a way to boost your confidence in any social situation, and I’m here to show you how. Let’s get started!

## We used to thrive in tribes!

It’s crucial to remember that a part of our brain is geared towards survival, with the primary goal of keeping us alive. In the past, being alone or excluded from a tribe meant certain death. Today, our brains still fear isolation because they associate it with potential survival risks. We need other people, our peers! So, if you’re feeling social anxiety, it’s because this part of your brain is worried about potential exclusion.

So, when we feel anxious in social situations, it’s a sign that our brain is functioning as it should.

Let’s say, **“Thank you, brain, for doing your job of keeping me alive! I’ve got this!”**

don’t belong here, people are judging me,” they may feel insecure or uncomfortable.

It’s perfectly fine for the thought “I’m different” to cross your mind at a party. Just don’t let it dominate your thoughts. Put this thought in the backseat of the car. It’s okay, it’s there. Acknowledge it for what it is—a passing thought. Remember, you have thoughts; you are not defined by them. With this thought in the backseat, you are in control. What intentional thought would you like to choose in social situations?

## Live with intention: select one thought.

How would you like to feel in social situations? You don’t have to pick “excited” if it feels too distant. What about the feeling of “calm”? Since our emotions are a product of our thoughts, what can you think in social situations that evoke a sense of calmness? Consider thoughts like “I’m okay in this moment” or “I’m present in this instant.” Try these thoughts on for size, like trying on a sweater in



## It all boils down to what you’re thinking.

Let’s consider the example of a birthday party. This is a neutral circumstance, a fact. Our power lies in what we’re thinking about these neutral circumstances. For instance, imagine Billie and Dominic at the same party. Billie might be thinking, “I’m different; I don’t belong here; people are judging me.”

In contrast, Dominic might be thinking, “People are fascinating! I’m curious to see who I will meet tonight!” Notice the difference in how they approach the party? It all comes down to their thoughts, which are always within their control.

## Our thoughts shape our reality, not neutral circumstances.

Often, we blame the external world, politicians, the weather, and the people around us for our emotions. We believe they are the cause of our negative feelings. But here’s the best news: our emotions are not caused by circumstances; they result from what we think about those circumstances. This realization is empowering because it means we have control over our emotions.

## Back to our example...

When comparing Billie and Dominic, there’s no single “right” way to think. However, there’s a way to think that serves us best. Dominic’s intentional thought, “People are fascinating! I’m curious to see who I will meet tonight!” generates the emotion of curiosity and open-mindedness. On the other hand, when Billie thinks, “I’m different, I

a store, and make sure they genuinely bring a feeling of calm.

## Regarding “anxiety”...

Additionally, ensure that you cultivate a friendly relationship with the emotion of “anxiety” when it arises. Frequently, we assume that we should never experience negative or uncomfortable emotions, and we convince ourselves that something must be amiss. What if we were to embrace the idea that, occasionally, we do indeed experience negativity, and that’s perfectly acceptable?

## Remember, you are always in control!

You are the one steering the wheel. Don’t be hard on yourself for discovering this. We don’t know what we don’t know. Approach it as a playful learning experience and tell yourself, “I’m learning how to be more confident in social situations.” Don’t throw out the baby with the bath water. We’re all beautifully imperfect, so don’t take it too seriously! :)

**By Tamara Pflug**

**Your FUN & CONFIDENCE coach**  
[www.personal-development-zone.com](http://www.personal-development-zone.com)



# The importance of sharing stories in *sisterhood*

Today, let's delve into the heart of sisterhood and explore why sharing our stories in a judgment-free zone is a game-changer for personal growth, connection, and empowerment.

I hesitated to share my story with other women for a long time out of fear of being judged. What I came to realize is that I was guilty of judging other women for their stories, especially when it hit a nerve within me. So, I understood that the change had to start with me before expecting anything different from someone else.

Nowadays, when I hear a woman sharing her story, I try to be a part of it rather than pass judgment. It's not anyone else's responsibility to make me feel like I belong in that story or that I can gain something from it. We don't share our stories to boast; we share them so others can join us and become a part of the narrative. Our task is to discover where we fit and belong in each other's stories.

This article discusses why opening up and listening without judgment is the secret sauce to fostering a thriving sisterhood.

## 1. Real Connections Are Forged:

Imagine a world where women feel safe enough to be vulnerable, to share their highs and lows without the fear of judgment. Well, that world begins with us, my dear sisters! When we open up and lay bare our stories, we create a space where genuine connections can blossom. Through our shared experiences, we discover common ground, realizing that we're not alone in our triumphs or struggles.

## 2. Empowerment Takes Root:

An incredible strength comes from realizing you're not the only one navigating the twists and turns of life. By sharing our stories, we not only empower ourselves but also uplift our fellow sisters. It's a ripple effect – your triumphs can inspire someone else, and their courage can, in turn, fuel yours. It's like a powerhouse of empowerment where each story contributes to the collective strength of the sisterhood.

## 3. Judgment-Free Zone:

Picture this: a space where judgment has no place, where authenticity reigns supreme. In sisterhood, offering a judgment-free zone is akin to handing out passports to an emotional paradise. When we release the need to judge, we create a fertile ground for growth, understanding, and compassion. After all, we're all on this wild and wonderful journey called life, navigating its twists and turns in the best way we know how.

## 4. Healing Flourishes:

There's an inexplicable magic in sharing our stories – a healing balm that soothes the wounds we may have hidden away. By being open and non-judgmental listeners, we become the healers of our own sisterhood. We provide a safe harbor for one another, a place where scars are seen as badges of strength, not shame. In this space, healing is not just encouraged; it's celebrated.

## 5. Celebrating Diverse Perspectives:

Sisterhood is a tapestry woven with threads of diverse experiences. When we share our stories without judgment, we celebrate the richness of our differences. Every story adds a unique hue to the canvas, creating a masterpiece that reflects the beauty of our collective journey. Our diverse experiences become the building blocks of a strong, resilient, and beautifully varied sisterhood.

So, my lovely souls, let's make a pact to continue fostering a sisterhood where sharing stories is not just encouraged but celebrated. Let's be the listeners who uplift, the storytellers who inspire, and the collective force that propels us all toward a brighter, more connected future.

Here's to the power of sisterhood – may it be judgment-free, empowering, and filled with the beauty of our shared stories!



By Ana Salido  
Counsellor / Life Coach / Mentor

[www.anasalido.com](http://www.anasalido.com)

# Hope in the Darkness

Parental Strategies for Supporting Teens Struggling with Depression

By Kristina Saelee

Parenting a teenager can be a challenging and rewarding journey, especially when your teen is grappling with depression. As a parent, it's essential to approach this situation with compassion, understanding, and empowerment. By following five key steps, you can create a supportive and nurturing environment that helps your teen cope with their depression while fostering a strong parent-teen relationship. Let's explore these steps in-depth through my five steps to emPOWERed parenting process:

## Step One:

### *Powerful Connection - Tool Curiosity Questions*

Building a powerful connection with your teen starts with curiosity. Ask open-ended questions that encourage your teen to share their thoughts and feelings without judgment. By showing genuine interest in their experiences, you create a safe space for open communication and strengthen your bond. Curiosity questions can include inquiries like, "Can you tell me more about how you're feeling?" or "What can I do to support you better?" These questions invite your teen to express themselves and feel heard, laying the foundation for a strong parent-teen relationship.

## Step Two:

### *Observe Emotions - Tool Emotion Regulation*

Teens struggling with depression may experience intense emotions that can be difficult to manage. As a parent, it's crucial to observe your teen's emotions and help them develop healthy coping strategies. Teach your teen the importance of emotional regulation techniques such as deep breathing, mindfulness, or journaling. By modeling these strategies and encouraging their use, you empower your teen to navigate their emotions in a constructive way. Emotion regulation tools can provide your teen with a sense of control and stability, enhancing their emotional well-being.



**Step Three:**  
*Work Through It - Family Meetings*

Family meetings provide a structured space for open communication and problem-solving. Use these meetings to discuss concerns, set goals, and collaborate on solutions as a family. When addressing issues related to your teen's depression, involve them in the conversation and seek their input on potential strategies for support. By working together as a family unit, you create a sense of unity and shared responsibility for overcoming challenges. Family meetings can strengthen bonds, build resilience, and promote a supportive environment for your teen's well-being.



**Step Four:**  
*Examine Behaviors - Screen Addictions*

In today's digital age, screen addictions can exacerbate feelings of isolation and worsen symptoms of depression in teens. As a parent, it's essential to monitor your teen's screen time and set healthy boundaries around technology use. Encourage outdoor activities, face-to-face interactions, and hobbies that promote physical and mental well-being. By examining and addressing screen addictions, you help your teen cultivate a balanced lifestyle that supports their mental health and overall happiness.



**Step Five:**  
*Real Advocacy - Work with a Parent Coach*

Navigating your teen's depression can be overwhelming, and seeking support from a parent coach can offer valuable guidance and expertise. A parent coach specializes in helping parents develop effective strategies for supporting their teens and managing challenging situations. By working with a parent coach geared towards parents of teens struggling with depression, you gain personalized insights, practical tools, and ongoing support tailored to your family's unique needs...



In conclusion, navigating the complexities of parenting a teenager struggling with depression requires patience, empathy, and proactive support. By following these five steps - building a powerful connection, observing emotions, working through challenges together, seeking professional help when needed, and practicing self-care - you can create a resilient foundation for your teen's mental health and overall well-being. Remember that every journey is unique, and progress may not always be linear. Stay committed to maintaining open communication, fostering trust, and demonstrating unwavering support for your teen. Together, as a team, you can empower your teenager to navigate their struggles with depression and embark on a path towards healing and resilience.

[www.empoweredparenting.family](http://www.empoweredparenting.family)

[Kristina@empoweredparenting.family](mailto:Kristina@empoweredparenting.family)

[facebook.com/parentingteenswithdepression](https://facebook.com/parentingteenswithdepression)

[Instagram.com/empoweredparenting.family](https://Instagram.com/empoweredparenting.family)





# The Art of Overcoming

## *A Three-Step Guide to Navigating Adversity*

Life is not all sunshine and lollipops. Things will inevitably happen to challenge the outlook of even the most positive people. As I write this article, Western Canada is in the grip of a polar vortex, with temperatures here in the mountain resort of Sun Peaks plummeting to -36 Celsius / -33 Fahrenheit. Before I had my coffee this morning, my furnace stopped working. As a life coach, I spend my time immersed in personal development and positive mindset work, making me a positive, glass-half-full person. And I'm not ashamed to admit that this situation had me sobbing with frustration, anger, and disappointment. So it is from this very real place that I write to you about overcoming adversity.

Adversity can manifest in various forms, ranging from medical conditions and financial difficulties to mundane mishaps such as burning supper or breaking a phone. It's natural to want to jump from encountering a problem to finding a solution, but this approach undermines the hard work required to develop mental resilience. Building this resilience is key to overcoming challenges quickly and effectively.

Using the three-step process described in this article, you can navigate challenges of any proportion. The more often you use this process, the more adept you will be, and the faster you will overcome adversity. Mindset is a muscle, and you need to train it regularly to be at peak performance.



### **Process Your Emotions**

Resist the temptation to skip this step; it is integral to your success. Processing your emotions is an essential step in

overcoming adversity. When we face difficult situations or failures, we commonly feel angry, sad, or unfairly treated. The best way to deal with these emotions is to process and let yourself feel them. It can be tempting to skip this step, but suppressing your feelings can cause more harm than good in the long run.

One of the most effective ways to process your emotions is through journaling. You can write down your feelings in a messy way without worrying about coherence or neatness. Pouring your emotions onto the page however they come out is essential. Emotions are not perfect—actually, they are really messy—so let your writing reflect that.

For example, your flight may be delayed, which may have a domino effect on your plans. In your journaling, get mad at the airline, whoever booked the trip, the weather, and any other things you want to blame. Releasing this negative emotion gets it out safely, reducing the likelihood of taking your pent-up frustration out on someone else. When processing your emotions, it's important to explore blame and also take responsibility for your part in the situation. You should identify who you feel is responsible for your sadness and what actions they took. However, reflecting on your role in creating the situation and how you could have acted differently is equally important. Excuses and denial are common responses to failure, and it's crucial to own your role in creating adversity when it strikes.

Research shows that people who take responsibility for their actions are more likely to persevere in the face of adversity. Accountability helps you to develop a growth mindset, which is the belief that you can improve your abilities and skills through intentional work and dedication. When you take responsibility for your actions, you become more resilient and better equipped to handle difficult situations in the future.

## Reframe Your Thoughts

When facing adversity, reframing your mind can be incredibly helpful. One way to do this is to shift your energy by doing something you enjoy, such as walking in nature, kneading bread dough, or playing with your dog. It can also be helpful to try to focus on the positive aspects of the situation, even though it can be difficult. For instance, I found gratitude in being a homeowner with a furnace to be responsible for. Seeing the upside will help you feel more in control and less overwhelmed.

Self-confidence is key to overcoming difficult situations. To bounce back from anything, you must learn to recognize when your self-talk is working against you and quickly reframe it. Instead of saying "I can't," replace it with "I will." Trust yourself and know that you have the ability to handle anything that comes your way. This will help you feel more empowered and better able to face challenges. Studies show that maintaining a positive attitude in the face of adversity helps you become more flexible in your thinking and better at solving problems. By seeking out positivity, you can learn to reframe challenging situations and focus on what is worth dwelling on. It's important to remember that seeking positivity does not mean ignoring hardships. It means reframing difficult situations to focus on what is worth dwelling on. By doing this, you can gain a greater sense of control over your life and become better equipped to handle whatever challenges come your way.

## Take Intentional Action

Now that you are calmer, less reactive, and more objective, you are ready to take intentional, considered action. Earlier, if you had taken action, there is a high likelihood that you would have rushed into doing something that you regret later. This is why it's important to be in a calm state before you act.

**Emma Hull is a transformational life coach and founder of Life Untethered Coaching. She teaches you to have unshakeable confidence so you can achieve your audacious dreams. Get ready to meet the version of yourself you've always wanted to be; sign up for her inspirational emails and book your free strategy session at**

**[www.lifeuntethered.com](http://www.lifeuntethered.com)**

Consider all the different options available to you and weigh each one carefully. It's important to look ahead and think about the immediate, mid-term, and long-range implications of each choice. Also, try to think about what might go wrong, what obstacles you might encounter, and any possible solutions. Once you have weighed the pros and cons, deciding which path to take becomes easier. If your preferred resolution doesn't work out, you already have plans B and C lined up. By thinking through the likely hurdles, you won't get thrown off your stride so much, and you will be more readily able to adapt to each new iteration of your plan.

If your car breaks down, your immediate options could include calling a taxi or ride-share company, taking transit, or canceling your plans. Your mid-term actions might be having your car towed to a shop or calling a mobile mechanic. You might consider replacing your vehicle or implementing a proactive maintenance program in the long term.

Remember, adversity is a normal part of life, and it doesn't mean you are a failure or are being punished. When you take the view that life is happening for you, not to you, you learn from each situation. As you practice processing your emotions and reframing your thoughts, then taking action, you will increase your capacity to roll with life's challenges. Life is a journey; enjoy the ride!

***By Emma Hull***



# How To Live A Good Life



In the Winter Edition, we have discussed a few principles of “How To Live A Good Life.” Today, it is my pleasure to continue with further principles that you’ll find easy to understand. But, I’d also like to emphasize: “To know and not to do is not to know.” To really master all of these principles will usually take a lifetime. It’s like smoking: You may know you should quit, but you don’t. To really know means living your knowledge. In this case, you quit. Otherwise, it’s nothing more than an intellectual gimmick. So, let’s continue:

## Take Responsibility for Your Inner Growth

You are responsible for any and every feeling or behaviour you have. Either it is your conscious choice or an automatism unconsciously generated by your Inner Map of Reality (MAP). As a reminder, Your MAP is anything and everything you have learnt and experienced in your past. It is the software that navigates you through life. The MAP is not the territory. It’s not meant to be. It’s just a representation of reality—not reality itself.

This is not to say that you are to be criticized for your feelings or behaviours (“blame yourself”). Taking personal responsibility is not guilt but a matter of personality and developing “Knowingness.”

If someone or something **OUTSIDE OF YOU** is the cause of your feelings or behaviour, you feel powerless - you feel like a victim. You are at effect. But if you realise that YOU are the cause, you can choose to create the feelings and behaviours you want and serve you. Then, you are at the cause. People or events can be a stimulus or trigger, but you either react unconsciously by default or respond consciously by exerting your optional choice. If we respond, we take response-ability.

Ultimately, the choice is yours. If you make negative experiences again and again you may want to ask yourself: Did I react or did I respond?

## The Principle of Conscious Change

It is impossible to create something negative for yourself and create it consciously at the same time. However, you can easily keep creating dysfunctional feelings, behaviours, and outcomes as long as you do it unconsciously (without continuous awareness). Again, if you observe the creation of emotions, behaviours, or outcomes with awareness, those that do not serve you will gradually fall away. Awareness creates choice. And if you have a choice, what do you choose?

Taking personal responsibility is not an acknowledgment of guilt but a matter of personal stability. Learn to observe your feelings, thoughts, and behaviours with curiosity and awareness.

The trick is to stay with awareness. It is downright insidious how many ways we have to stay without awareness and not even begin to notice. They are: Overworking, overeating, drugs and alcohol, projection, blaming, obsessive thinking and analysing, obsessions, compulsive detachment, and countless others.

To become conscious, you need to identify your favourite ways of becoming unconscious. Be alert to recognize these inner strategies. Instead, learn to observe your dysfunctional feelings, thoughts, and behaviours with curiosity and awareness, making them redundant.

Thinking exercises from what you may call Dr. Jan’s Mental Toolbox increase your ability to stay aware and be a curious observer of what is happening. As you develop this skill, dysfunctional feelings, behaviours, and approaches to life automatically fall away and are replaced by those that bring happiness, peace, and success into your life. For example, you don’t need/shouldn’t fight against something you don’t want, but simply witnessing it automatically removes it.

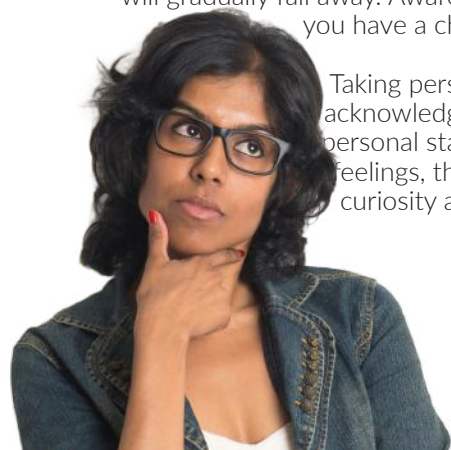
To bring it to the next level, the better you know what you don’t want, the better you define what you want instead.

## Witnessing Is Key

When faced with uncomfortable feelings (i.e., the inability of not letting “what is” be okay), the best course of action is to step aside mentally and, with great curiosity, watch yourself have the feeling or behaviour. You might say to yourself: “There I am, doing \_\_\_” or “There I am feeling \_\_\_\_\_. How interesting!”

The act of stepping aside to watch helps create conscious awareness because it keeps you from becoming lost in the feelings or behaviours or your mental analysis of them. It makes it much more difficult to continue suffering. However, this watching needs to be done without any attachment to the outcome. In other words, you must objectively and curiously watch what is happening—not to change anything, but just to notice what is happening. The ability to step aside and watch yourself as you feel and act is an acquired skill that takes time and practice to develop, but it will totally change your life.

Meditation naturally develops your ability to become the witness. ...watching needs to be done...without attachment to the outcome.





### Generalisations, Good and Bad Ones

Based on your early life interactions with your primary caregivers, you have developed generalizations about who you are, how the world “is,” and your relationship with the rest of the world. These generalisations (part of your MAP) divide different aspects of yourself and the world into two main categories: “good” or acceptable, and “bad” or unacceptable. Both categories, obviously, include many variations in quality and intensity.

In order to keep yourself from experiencing shame or other uncomfortable feelings regarding the “bad” things, you either 1) repressed them into your subconscious mind or 2) projected them onto others (creating extreme emotional reactions to others who exhibit characteristics you believe are “bad” or unacceptable in yourself). Both of these reactions are examples of ways how we become unconscious. They are far away from the knowingness of responsibility for anything you encounter.

In many ways, emotional healing involves “unlearning” these old generalizations and making new, healthier ones. In reality, there is nothing about any of us that is innately good or bad. A far better differentiation is: Is something resourceful for me or dysfunctional? These generalizations seem so real and true to you that the idea that they are not true may seem ridiculous. All generalisations, however, are creations of your mind and are not innate in the people or things you apply them to.

### The Universe Has No Intrinsic Meaning

Everything in the universe is neutral. The old saying (Shakespeare), “Nothing is good or bad, but thinking makes it so,” is true. We assign meaning to everything we come in contact with. This assigning of meaning then becomes part of our MAP. Because we assign these meanings unconsciously, we “forget” that nothing has any intrinsic meaning and that we either assign these qualities and meanings to the people and things in our lives or were assigned to us when we were too little to know any better.

This is why people can assign completely different meanings to the same thing. Because you assign all meaning to everything (even though you may be doing it unconsciously), you can create whatever world you want through the meanings you choose to assign to people and things in your life. Make everything good, and the world is good; make everything bad, and the world is bad. In most cases, you did not consciously choose how you assign meanings. Rather, they were chosen for you by our primary caregivers and other cultural influences when you were too small to know any better. You can, however, realize that these assignments of meaning are arbitrary and change them in any way you choose.

Example: Six weeks of cloudless, hot summer may appear fantastic (“good”) for somebody who is on vacation and wants to spend all day long on the beach. However, for a farmer, the owner of a garden, or somebody in charge of supplying enough drinking water, it may be a disaster (“bad”). There is nothing about us or any event/circumstance that is innately bad.

A wise man once said, “It’s okay to play Hamlet, but don’t fall into the trap of thinking you are Hamlet.” If you think you are Hamlet, your life is a tragedy because everyone dies by the end of the play. If you know you are just playing, you can have fun with it.

Similarly, if you know everything is innately neutral and that you have assigned all the meaning to everything in life, you are playing, and you can, therefore, be the creator of your own experience. If, however, you forget—and think that people and things do innately have the meanings taught to you when you were too small to question them—you lose your creative power and will, to some degree, create suffering for yourself. Again, meditation, learning, and practicing exercises like those included in Dr. Jan’s Mental Tool Box gradually create the expanded awareness that allows you to step back and see that nothing in the universe has any intrinsic meaning.

Does this mean you can do anything you want since there is no intrinsic right or wrong? No, it does not. All actions have consequences. The conscious person sees the consequences of each feeling, each thought, and each action and acts accordingly, taking full responsibility for what is created. And all the consequences.

**Remember and Know:** Nothing in the universe has any intrinsic meaning. When you are in distress, check to see if you are violating any of these principles, summarised in my column in the winter edition of the EBM. Viewing the situation through the filter of these principles creates a shift for you. Whatever you do, make your life one of mastery of these principles, and you will create increasing happiness, success, and inner peace.

## Dr. Jan C. Wulff

Mindset Braintuning® Ltd.  
[www.mindsetbraintuning.com](http://www.mindsetbraintuning.com)





# Embracing Radical Acceptance: Fostering Resilient Children Through Unconditional Love

By Kathy Katts

In the journey of parenthood, we often find ourselves grappling with an array of challenges, from tantrums to teenage rebellion. Amidst this whirlwind, one concept stands out as a beacon of guidance: radical acceptance. Embracing radical acceptance in raising children can profoundly shape their emotional resilience and well-being. As renowned physician and author Dr. Gabor Maté asserts, "Acceptance and unconditional love are an important need of children." This sentiment encapsulates the essence of nurturing a child's growth with unwavering support and understanding.

At its core, radical acceptance involves acknowledging and embracing reality as it is without judgment or resistance. It requires parents to let go of preconceived notions of who their children should be and instead embrace them for who they are. This means accepting their strengths, weaknesses, quirks, and imperfections wholeheartedly. It's about creating an environment where children feel valued and accepted for their authentic selves.

Dr. Maté's words resonate deeply in this context, underscoring the fundamental importance of acceptance and unconditional love in a child's life. When children feel unconditionally loved, they develop a strong sense of security and self-worth. They learn that their worthiness isn't contingent upon meeting certain expectations or standards but stems from their inherent value as individuals. This foundation of love and acceptance provides them with the emotional resilience to navigate life's challenges with confidence and grace.

Furthermore, radical acceptance fosters open communication and trust between parents and children. When children know they can express themselves freely without fear of judgment or rejection, it strengthens the parent-child bond and cultivates a supportive relationship built on mutual respect. This creates a safe space for children to explore their thoughts, feelings, and experiences, fostering emotional intelligence and healthy coping mechanisms.

Practicing radical acceptance doesn't mean condoning negative behavior or avoiding setting boundaries. On the contrary, it involves setting firm but compassionate boundaries while still affirming a child's worthiness and potential for growth. It's about guiding them with empathy and understanding rather than punishment or criticism. Parents can teach valuable lessons by approaching discipline with love and respect while preserving their child's dignity and self-esteem. In a world where children are often inundated with pressure to conform to societal standards and expectations, radical acceptance serves as a powerful antidote. It empowers children to embrace their uniqueness and cultivate a strong sense of self-awareness and authenticity. Instead of seeking validation externally, they learn to derive it from within, grounded in their caregivers' unwavering love and acceptance.

## Here are three practical ways parents can embrace radical acceptance in their parenting approach:

*1) Practice Being Present: Incorporate a present pause into daily interactions with your child. Cultivate awareness of your thoughts, emotions, and reactions without judgment. When faced with challenging situations, take a moment to make space - breathe, and tune into your child's perspective. A present pause helps parents respond with empathy and understanding, fostering a deeper connection and promoting radical acceptance of your child's experiences and emotions.*

*2) Celebrate Uniqueness: Embrace and celebrate your child's uniqueness. Recognize their individual strengths, interests, and quirks, and encourage them to express themselves authentically. Avoid imposing rigid expectations or comparisons with others. Instead, focus on nurturing their talents and passions, allowing them to flourish in their own way. By embracing and celebrating your child's uniqueness, you demonstrate unconditional acceptance and instill confidence in their identity.*

*3) Communicate Openly: Foster open and honest communication with your child. Create a safe and non-judgmental space where they feel comfortable expressing their thoughts, feelings, and concerns. Listen actively and empathetically, validating their experiences without dismissing or minimizing them. Encourage dialogue rather than lecture, allowing for mutual understanding and respect. Effective communication strengthens the parent-child bond and promotes radical acceptance by affirming your child's worthiness and value as an individual.*

By integrating these practices into your parenting approach, you can cultivate an environment of radical acceptance where your child feels loved, understood, and empowered to embrace their true self.

As parents, embracing radical acceptance also requires a willingness to let go of our own insecurities and biases. It means recognizing that our children are independent beings with their paths to forge and respecting their autonomy along the way. It's a journey of growth and self-discovery for both parents and children, marked by moments of vulnerability, understanding, and profound connection.

In conclusion, radical acceptance is not merely a parenting philosophy but a profound way of being that enriches the lives of both children and parents alike. By embodying Dr. Gabor Maté's wisdom on the importance of acceptance and unconditional love, we can create nurturing environments where children thrive emotionally, intellectually, and spiritually. As we journey through the ups and downs of parenthood, let us remember the transformative power of radical acceptance in raising resilient, compassionate, and authentic children.

If you or a loved one needs support, check out my programs or schedule a consultation at



# Does gender play a role in brain development?

We live in an amazing world. For centuries, we have witnessed the growth of our civilization. We've meticulously studied success and achievement, crafting rules and formulas that propel us forward. Our great minds and scholars that in our history all over the world have been men, have generated immense knowledge, leading to the creation of countless remarkable companies. I am deeply grateful for the influence of these brilliant individuals over the centuries.

However, with social evolution came the discovery of new roles for a species that were known to all but did not have the opportunity to be a part of groundbreaking frameworks- women. They began by learning from men, absorbing their management techniques and knowledge.

Yet, some among them eventually realized that while successful, this approach did not resonate with their own experiences of the world. They questioned whether there might be a different path to managing and growing companies—one that is less rigid, less focused on pushing through and surviving, and less about the mantra of “go big or go home.” Can such an approach also yield success?

It's widely acknowledged that our brains shape our perceptions and store information, influencing how we think, behave, and react. Are there differences between genders in this regard? Indeed, research indicates that there are. These differences can affect how we perceive and act upon information, but they do not imply superiority or inferiority—simply distinction.

For instance, female brains tend to possess more gray matter, aiding in the processing of information and sensory perception. Meanwhile, in males, the inferior parietal lobe tends to be larger, facilitating better processing of mathematical information, estimation, and speed judgment. Furthermore, females typically exhibit a greater number of connections between hemispheres, potentially enhancing intuitive thinking, analysis, and drawing conclusions. Conversely, males often have stronger connections from front to back, leading to heightened perception and motor skills.



Recent studies even suggest that the cerebellum, traditionally associated solely with coordinating movement, may differ between sexes, impacting behavior and cognition.

So, where does this lead us? We are entering a new era

where female brains are poised to introduce innovative management styles focused more on process than outcome, daily activities over actions, and emotional connection over sales tactics. Emerging female leaders are redefining success by eschewing traditional metrics like numbers and KPIs, instead prioritizing authentic connections and individualized approaches to generating leads and building companies. We are slowly infusing the multiple new approaches deriving from the female brain into our new norms and standards.

One compelling Stanford study states that by concentrating on the process, engaging in small activities, and celebrating incremental progress, we can achieve equal or even superior results without succumbing to overwhelm, stress, or pressure. This shift challenges the dominance of competitiveness inherent in the male brain, opening doors to explore alternative, potentially different approaches.

As more female leaders and managers embrace their feminine leadership qualities, we get to discover new paradigms of management. This journey, while rooted in the fundamentals established by men over centuries, promises to introduce new unknown territories of unknown and not yet discovered management styles.

If you're curious about achieving success without subscribing to the “grind, hustle, rat race” mentality, I invite you to explore the “Dream Big, Act Small, and Achieve Success,” available on Amazon that shows how concentrating on the process not the outcome and activities not actions can change the quality of your life.



**Dominika Staniewicz**  
Brain Coach | Elite Neuroencoding Specialist | Holistic Life Coach  
[www.yourbraincoachd.com](http://www.yourbraincoachd.com)



## The Founder's Dilemma

### Focus on Continuous Improvement or Celebrating Your Wins?

It all starts with a vision of what could be. You recognize a missing product or service needed in the market and know you have the solution. You are ready to pour blood, sweat, tears, and financial resources into a business that will make your vision come true. As you get closer and perhaps achieve a few milestones in your project plan, you'll start to have those around you push for public acknowledgment of your accomplishments. Instead, you stay focused on how to get everything "ready" or "perfect" for your launch and refuse any recognition.

Why does this happen? So often, as founders, we get myopic about what success looks like.

There was that time when I was asked to speak on a business podcast about my work and refused because I was afraid we weren't ready yet. Then there was that time I was invited to a heavily attended industry event where I would have been able to meet potential investors and future customers but I became paralyzed that I wouldn't answer questions correctly and would damage the image of our business before we ever got started.

Worse of all was the moment that someone who was making a significant impact on the momentum of our company chose to resign, feeling underappreciated for their efforts.



The challenge with this is the associated costs. Being insatiable might ultimately create the better mousetrap, so to speak, but what was missed during that pursuit? You could be missing out on opportunities to become known to potential investors. You may be turning over staff who are burnt out by the constant drum beat of improvement. You might even find your consuming drive towards a specific result is at the cost of time with your family, friends, or even your health.

Once again imposter syndrome is rearing its ugly head. The fear that what you've built might be flawed keeps you from sharing your results. The panic that you'll be discovered as not knowing all the answers pushes you to drive even harder. Worse, you dread the idea that those who invested in you will realize you weren't truly capable and that they made a huge mistake by betting on you. I've been there, and I get it. While I've had success in many ventures, there have also been failures along the way. Looking back, I could have had better outcomes if I had shared the small wins along the way.

Here's my challenge to you - each day, find one thing that you can be proud of in your work. This could be a successful client meeting, positive feedback from a customer, or a new feature implemented in your product. Identify who else might be part of that accomplishment. Then, celebrate the win and show your gratitude for others' contributions.

When you are asked to share your story, grab the chance and do it with pride. Whether you are just starting out or years into the work you do, you have countless lessons and bits of wisdom to share that are invaluable to others. Let strangers celebrate with you, and then ride that momentum over the speed bumps and disappointments that may creep up along the way.

***While the destination is great to arrive at ... it is the journey of getting there that truly is the fun.***

**By Nicole Spracale**



# Living Bravely

## Opening up to Your Own Love is Your Medicine

*“There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.”*

Anaïs Nin

In my late 40s, I went through a painful divorce. I was with someone I thought I'd be with forever. It wasn't just my marriage that ended. My identity died, along with any notions of who I thought I was. The circumstances of my situation led me to second-guess myself, my decision-making, and even my intelligence as I began to rebuild my life.

I feared being alone forever and doubted I would find love again at my age. Still, I was committed to healing and finding myself, which I wrote about in my book, **Brave Wise Woman**. And yet, I unknowingly embarked on that journey with a closed heart.

After hearing other heartbreak stories from midlife women, I know I am not alone in this experience.

### Closing off from Love as a Safety Strategy

As these women deal with post-divorce or post-breakup life, the fear of opening their hearts again can make them feel more vulnerable, which activates the body's instinct to protect itself.

The survival brain activates a stress response—fight, flight, or freeze—to address perceived threats and prioritize protection. The body conserves energy and prepares to defend itself through physiological changes like shallow breathing, muscle tension, and tunnel vision.

Prolonged stress can cloud your thinking, affect your emotions, and influence your behavior. Depending on the stress response, you might be more defensive, irritable, anxious, have difficulty making decisions, or feel more fatigued. Negative self-talk like, “Nobody wants me,” or “Something's wrong with me,” can be constant. Meanwhile, the survival brain continues to scan for threats in the environment.

A protective state is inherently a closed state. While it serves a purpose, it also comes at a cost. When something is closed, nothing can enter—not even self-love.

The bravest women I've met are the ones who become aware they don't love themselves and are ready to change that. And this means being brave to open up again—not to another person but to themselves.

### Beginning the Self-Love Journey

The journey toward self-love involves acknowledging past pains and processing any residual, hidden emotions. What we resist within us persists. What persists is a barrier to self-acceptance and self-love.

The first step is to find safety again in the present moment. An effective mindfulness practice that can kick off your journey is the 5 Senses Grounding Technique.

The 5 Senses Grounding Technique is useful for shifting away from distressing thoughts, overwhelming emotions, and anxiety. It brings your awareness back to the present and promotes safety and calmness. Identify:

- **5 things you can see.** *Visually focus on five things in your immediate environment.*
- **4 things you can touch.** *Find four things you can physically touch. Feel the tactile qualities of each.*
- **3 things you can hear.** *Listen for three distinct sounds in your environment.*
- **2 things you can smell.** *Hone in on two scents around you.*
- **1 thing you can taste.** *Notice one thing you can taste.*

Every step we take to restore the body to safety signals a decrease in activation of the survival brain. As the survival brain's vigilance wanes, it becomes possible to embrace new perspectives and approaches, making room for self-love.

[www.jenlegaspi.com](http://www.jenlegaspi.com)  
Instagram: @jenlegaspi.coach

**Jennifer Legaspi**  
Transformational Coach  
Author, **Brave Wise Woman**



# The Entrepreneurial Spirit

## Fostering Initiative in the Modern Age



At the heart of innovation lies a quality that fuels progress—the entrepreneurial spirit. More than a mere buzzword, it represents a mindset that can be nurtured from a young age. This article celebrates initiative—a force that drives us to tackle challenges with resilience, resourcefulness, and a touch of rebellion against the status quo.

### The Essence of Entrepreneurialism

What does it truly mean to be an entrepreneur? While the term often conjures images of risk-taking startup founders in Silicon Valley garages, its core essence transcends these stereotypes. At its core, entrepreneurship is about identifying needs and taking action. It's the baker recognising a demand for artisanal loaves in the community and seizing the opportunity to meet it. It's the software engineer spotting inefficiencies in an industry's workflow and ingeniously designing solutions.

In my view, entrepreneurialism extends beyond financial gain—it's about solving problems for the sheer satisfaction of conquering a challenge. It's a mindset that is celebrated through actions rather than monetary rewards. At its core, entrepreneurialism is a potent blend of innovation, risk-taking, opportunity-seeking, tenacity, and the desire to effect change. It's more than just starting a business; it's about envisioning new ideas, daring to challenge the status quo, spotting unmet needs in the market, and persisting in the face of setbacks. Entrepreneurs are visionaries who embrace uncertainty, view failures as learning opportunities, and are driven by the profound impact they can have on society and the economy. This essence of entrepreneurialism fuels their journey to create, innovate, and, ultimately, transform the world.

Allow me to recount a story I've shared with my children to illustrate the facets of initiative when we were discussing rule-breakers and risk-takers. The narrative revolves around three working siblings—Kiera, Renée, and Fleur—each displaying their own brand of resourcefulness in the professional realm. They were all employed by the same company and on the same money. Fast forward three years, Kiera was being paid £500 per month, Renée was receiving £1,000 per month, but Fleur was taking home £1,500 each month. Their father decided to visit the employer and find out the basis for the unequal pay.

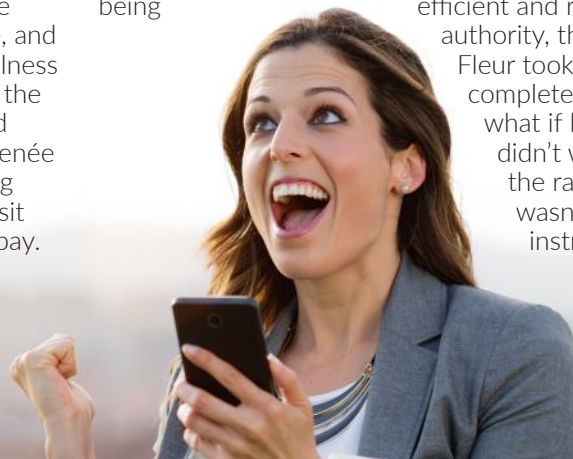
The employer listened to the confused father and said, "I will let the girls explain for themselves."

Kiera was called to the manager's office and told, "Kiera, I understand that Far East Importers has just brought in a large transport plane loaded with Japanese import goods. Will you please go over to the airport and get a cargo inventory?" Three minutes later, Kiera returned to the office and said, "The cargo was one thousand bolts of Japanese silk, and I got the information over the telephone from a crew member." When Kiera left, Renée, the £1,000-a-month sister, was called, and the manager said, "Please go out to the airport and get an inventory of the cargo plane that Far East Importers just brought in." An hour later, Renée was back in the office with a list showing that the plane carried 1,000 bolts of Japanese silk, 500 transistor radios, and 1,000 hand-painted bamboo trays.

Fleur, the £1,500-a-month sister, was given identical instructions. Working hours were over when she finally returned. "The transport plane carried one thousand bolts of Japanese silk," she began. "It was on sale at £65 a bolt, so I took a two-day option on the whole lot. I have emailed a designer I found on the internet offering the silk at £75 a bolt. I expect to have confirmation of the order tomorrow if it's something we'd like to do. I also found five hundred transistor radios, which I sold over the telephone at a profit of £2.30 each. There were a thousand bamboo trays, but they were of poor quality, so I didn't do anything with them." When Fleur left the office, the manager smiled. "You probably noticed that Kiera doesn't do what she's told. Renée does only what she's told, but Fleur does without being told."

As I finished the story, I asked them what they took from it, and whilst there were internal murmurs around following instructions versus getting the job done versus being efficient and respecting

authority, they agreed that Fleur took longer to complete the task but what if her manager didn't want to sell the radios as that wasn't part of her instructions.



I expected a response like that, so we unpicked it. I explained that as a business owner, if members of my team took the initiative, which ultimately aligned with our organisational objectives, and they saw an opportunity to make a profit or leverage an opportunity for the benefit of the company that didn't leave us exposed in any way, then that individual would most certainly get my attention. In fact, they would likely be fast-tracked if this was a theme of how they operated.

They were all employed by the same company, yet their trajectories differed significantly. Kiera adhered strictly to instructions, and Renée diligently executed her tasks as directed. At the same time, Fleur demonstrated autonomy and vision, not only completing her assignments but also identifying additional opportunities for growth and profit. The lesson lies not in aspiring to be Kiera, Renée, or Fleur, but in recognising the spirit within them that resonates with us. We can embody each sister's approach in our professional and personal lives, honing our initiative like a mental muscle, ready to rise to the challenges that come our way.



This tale of three siblings offers much food for thought and opens up a wealth of discussion points. One key question it raises is the role of initiative in a professional setting. Should employees strictly adhere to their assigned tasks, or should they be encouraged to go above and beyond, seeking out new opportunities for growth and profit? Would Fleur's approach be as successful in a different working environment, or is this level of initiative only beneficial in certain industries or roles? What are the potential risks of this approach, and how can they be managed effectively?

Another aspect to consider is the role of the employer in fostering initiative. How can employers create an environment encouraging employees like Fleur to take the lead while ensuring that employees like Kiera and Renée feel valued and motivated? Furthermore, this story also touches on the issue of compensation. Is it fair for employees who display more initiative to be rewarded with higher pay, or should all employees be compensated equally for their time and effort?



Finally, this narrative prompts us to reflect on our own attitudes toward initiative. Are we more like Kiera, Renée, or Fleur in our personal and professional lives? How can we cultivate more initiative within ourselves, and what might be holding us back? Initiative, in its essence, is the spark that lights the flame of progress. It's the driving force behind the world's greatest innovations, from technological breakthroughs to social reform. It's the willingness to step outside of comfort zones, challenge preconceived notions, and take the first step towards change—even when the path is uncertain.

Yet, despite its importance, initiative is often overlooked or undervalued in our society. Traditional education systems and workplaces tend to prioritise obedience and adherence to established rules, inadvertently suppressing this vital trait. As a result, many individuals may shy away from taking initiative, fearing the potential for failure or criticism. This can stifle creativity, hinder problem-solving abilities, and ultimately limit the potential for growth and development.

However, it's important to remember that initiative is not an innate characteristic; it's a skill that can be nurtured and developed. By fostering a culture that encourages curiosity, values resourcefulness, and views failure as a stepping stone towards success, we can empower individuals to take the lead in their personal and professional lives. In an era marked by rapid technological advancement and increasing automation, the ability to think independently and act decisively is more crucial than ever. While machines and algorithms can perform many tasks more efficiently than humans, they lack the creativity and insight that fuel innovation. It's our capacity for initiative—the ability to identify opportunities, devise solutions, and act on them—that sets us apart. Moreover, initiative extends beyond the realm of business and entrepreneurship. It's a catalyst for social change, prompting individuals to tackle pressing societal issues, from climate change to social inequality.

Although, sadly, the author of the vignette was anonymous, I took from it that the future is full of promises for one who shows initiative, and at times, I may display traits of each of the sisters. Initiative is a powerful force that propels us forward, spurring innovation, fostering personal growth, and driving societal progress. By embracing and cultivating this trait, we can unlock a wealth of potential, paving the way for a future filled with endless possibilities.



**LEON LLOYD**  
**INSPIRING PEOPLE & ORGANISATIONS  
TO FULFIL THEIR POTENTIAL**

✉ [leonlloyd@mail.com](mailto:leonlloyd@mail.com)  [leonlloyd.co.uk](http://leonlloyd.co.uk)



# Embracing Rather Than Fearing Our Emotions The Key To Self-Mastery



With every thought and emotion, we create our reality. Knowing this important truth, it is vital that we pay attention to emotions to help advance self-mastery. It is important to spend time grasping the underlying power of emotions in how we navigate this world. Once we have this intelligence, we can expand to the understanding of how much power we hold within ourselves this lifetime.

Emotions can be a powerful navigation tool once we have cleared the murky remains of past traumas and stories lodged in our bodies. Creating space and listening to the heart is the most efficient road map to fulfillment and abundance.

## Unidentified & Unexpressed Emotions Lead To Ailments

Every emotion carries an energy within it, and when we are not able to connect with those emotions, they become suppressed. When emotions have not been felt and processed, we will then begin to see physical manifestations of these unexpressed emotions in the form of ailments.

The body is an amazing communicator and brilliant at helping us to understand what is happening in our external lives by speaking to us through our body.

### For example:

#### Neck and shoulder pain:

associated with a sense of too much responsibility to burdens

**Lower back pain:** associated with financial and basic need stresses

**Ankle pain:** associated with indecision that is occurring in life.

Conditions such as depression and anxiety are all conditions that could be the result of repressed emotions. The energy has nowhere else to go, so it has become a mass empowering your experience and vibration.

## Feel Your Emotions: Inner-World Alchemy

Each time we have an emotion arise, it is important that we allow it to run its course in a responsible way so that it may leave the body and not remain trapped. Everything in this life is temporary- especially emotions.

When we allow ourselves to feel everything as it comes, we are able to ride the wave that comes our way rather than being toppled over by it or, worse, ignoring it and saying, "I'll get back to that later."

## Mastering Our Emotions

To begin to master your emotions, you can start to utilize a technique I developed and use with my clients:

### The B.I.D. Technique.

#### 1. B- Breathe.

Take three deep breaths to create space between you and the experience you are having that has provoked the emotions to arise.

#### 2. I- Identify.

Ask yourself, "What am I feeling right now?" or perhaps, "What emotion is alive and active in me right now?"

#### 3. D- Discover.

Allow yourself to become curious and learn why you feel this way.

Working with the B.I.D process allows you to fully engage with whatever emotions and experiences you are going through; therefore, you are able to receive the insight it is providing you, and you also diminish any residuals that it could have left if you have not allowed yourself to identify, acknowledge, and experience the emotion.

## Dormant Emotions In The Subconscious Mind

It is vital that we begin to unveil what is lying dormant in the subconscious mind and energy bodies so we may continue to advance within our consciousness and serve here in our highest purpose. We have the ability to bring forth the things in our subconscious mind to the conscious mind, which allows us to utilize what is there and be helpful and clear what is not.

This work is to be done with compassion and care. Working with past traumas or blocked emotions brings about waves of emotional release, so please be gentle with yourself. Finding a professional in these spaces is highly advised to navigate the waters with grace and heightened advancement.

## Conclusion

We are at a time in our society when we have the knowledge and technology to help us become the masters of our lives. We must heal ourselves in mind, heart, and bodies so that we may ascend into higher states of emotions.

Slowing down the mind, exploring our emotional world, and transmuting what does not serve our true desires is a process that will forever change your world. Be gentle with yourself; you are doing the best you can. I am here to support you when you are ready.

## By Kelly Keefe

Founder & CEO, The Heartspace  
Best Selling Author  
& Speaker





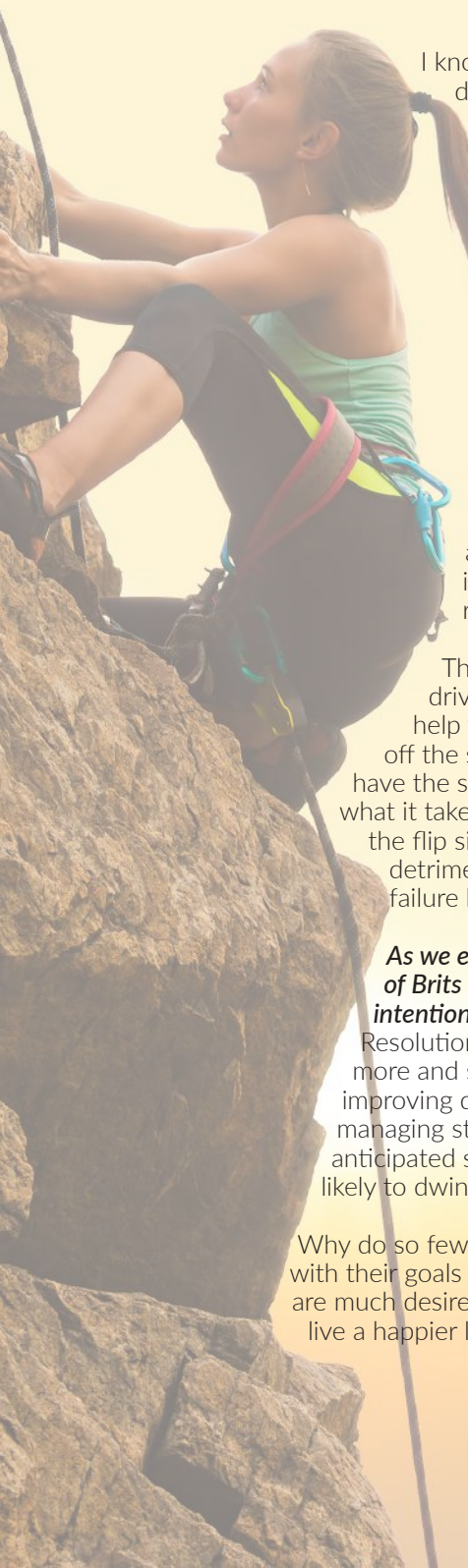


# Just one thing: The unlock to feeling healthy and happy

By Nicola Mercer

Have you stuck to your New Year's resolutions?  
**Or are you among the 21% of people who threw in the towel during January?**

It's common to start a new year full of purpose and determination to make changes. After delaying building new habits because there seemed no point when it was almost the end of the year, the right time finally arrived as the clock struck midnight on December 31st, 2023.



I know the feeling well. You decide you want something, and you want to make it happen fast. You need results fast - why wait when you know what you want?!

Our culture has created a sense of immediacy in how we live, thinking once we're clear on what we want to change in our lives, we must dive headfirst into action. You want and need the reward as soon as possible. This is what success looks like, right?

This mindset can be a great driver in many ways; it can help you to get motivated and off the starting block, as well as have the self-belief that you have what it takes to make it happen. On the flip side, however, it can have detrimental effects, often with failure being the outcome.

**As we embarked on 2024, 62% of Brits were reported to have intentions to enhance their health.**

Resolutions ranged from exercising more and shedding pounds to improving dietary habits and managing stress better. Yet, sadly, the anticipated success rate by year-end is likely to dwindle into single digits.

Why do so few people follow through with their goals that at the start of the year are much desired and want to help them live a happier life?

The crux of the issue lies in the nature of our goals, especially regarding our health and well-being. The goals set are often huge and, unfortunately, unattainable. It's akin to deciding to climb Mount Everest without training, equipment, or a comprehensive plan. The declaration of intent, while significant, lacks the necessary motivation, planning, and actionable steps.

The goals you set feel too far from reach. Because you fixate on the finish line being the measure of success, there's no reward as you start trying to build new habits and embed them into your life. You lose self-belief and motivation to keep going in your quest.

**Instead of fixating on the end result, the focus should shift to how you want to feel when you have achieved your goal.** Explore and get clear on why making this change matters to how you want to feel and live your life. The key is to break down overarching goals into bite-sized, actionable steps, creating a roadmap for sustainable change.

Embrace the simplicity of introducing just one small change—a daily walk, a mindful moment, or preparing a homemade meal. Support yourself in moving forward gradually, just one new habit at a time, acknowledging you are making progress by reflecting on your achievements and success. These seemingly insignificant habits, when consistently applied, become the building blocks of lasting well-being.

**Keep it simple, and just get going! Think about what one thing you can do to feel better, to improve your health and well-being and achieve the 'goal' of feeling the way you want to feel.** Breaking goals down and getting intentional about changing things one at a time is going to mean the difference between staying at the bottom of the mountain or eventually making it to the summit.

The beauty and results really do lie in the power of small habits. When compounded over time, simple actions yield the transformative results you seek. It's not about diving in to cross the finish line as quickly as you can; rather, it's about cultivating habits that align with the future you that you want to become.

In the pursuit of health and happiness, remember slow and steady wins the race. Each intentional step forward, no matter how small, brings you closer to the summit. So, as you contemplate your 'just one thing' for today, recognise the profound impact it can have on your journey to a fulfilled and healthier life.

[www.lifenow.uk](http://www.lifenow.uk)

[www.instagram.com/lifenow\\_coaching/](https://www.instagram.com/lifenow_coaching/)  
[www.linkedin.com/in/nicolamercer/](https://www.linkedin.com/in/nicolamercer/)

# Life After Survival



I am no stranger to what it takes to survive on this earth. From a very early age, I operated from a state deeply rooted in fear, the primal instinct that drives survival. The peak of this primal survival state occurred when I was just 16 years old. Circumstances at home had become unsafe, and I chose to leave, knowing I had nowhere to go. I very suddenly, without a plan or any real resources, found myself homeless. I spent two and a half months living out of the back of my truck, and through this time, I learned exactly what true survival meant for me. I felt a deep sense of panic about my self-preservation; it penetrated my nervous system and was present in every moment. And the lack I endured became the primary driver of my behavior.

This catalytic event, one of many, was a transformative moment for me. It ensured that I would spend most of my adult life trying to establish the security and stability I'd lost. I managed many accomplishments in this survival state, and the lessons I'd eventually learn were life-changing.

These catalytic moments defy prediction, and we all experience them. Over time, we learn that change is indeed the only certainty in life. The pulse of our life follows a deeply focused rhythm that periodically undergoes unexpected fluctuations - change. And as we observe closely, we come to see patterns and the anomalies that deviate from those patterns in our lives. In this process, I've come to recognize that personal breakthroughs are born from these anomalies, these catalytic events, and that we are not able to learn what's available for us to learn in these breakthroughs when we are not able to tune in to our inner workings and emotions, our internal world.

It would be a long time before I began to notice my inner landscape, and my focus shifted to the desire to calm my nervous system and cultivate a serene inner environment. I eventually dedicated the space, through meditation, to focus on myself. And when I did, I moved from being essentially deaf to the simplest of personal truths to having access to transformative insight. This insight provided something I could act upon. And as I began acting upon my insight, my life changed profoundly. You see, this insight and the aligned action I took triggered a mutation in the fabric of my DNA.



Today, some parts of the world are still focused solely on basic subsistence, and often, even those who have transcended this primal frequency of survival still find themselves in the grips of this fear frequency. As my primal survival needs have been met, I've been able to transition from fighting for my place in the world to realizing the profound depths of my own, personal dissatisfaction. This realization constitutes a vital stage in our human evolution, and is the space in which more fulfilling possibilities begin to become available for each of us.

This fear that is so deeply rooted in the survival frequency, was intertwined with how I felt. It set up a great dilemma inside me because a great deal of the time, I was unable to feel happy; I felt dissatisfied.

The dissatisfaction that was present stemmed from my spending so much of my time trying to create happiness and believing I could do that by focusing on the future. I was entrapped in my desire to create external security, believing that happiness would come from something not yet formed. I envisioned the perfect relationship or trying to make enough money so that I could relax, or changing my body or my lifestyle, all so that I would feel good about myself... someday.

However, after decades of living for the future, I came to the profound realization that nothing outside of myself could fill the void within me. It was only when I accepted my own discomfort in the world that the breakthrough came. To awaken the rebellious spirit within me, I had to confront one of my deepest fears - the fear of rejection by others. You see, inside every individual is a vibrant, rebellious spirit, and it is this spirit that finally begins to awaken when you realize how deafened you have been within yourself.

Our current paradigm of society has been built upon the individual's desperation to escape the way they feel. So you see, we are not truly deaf to our inner voice; we are just too preoccupied to listen. But everything we engage in is meant to ultimately cast aside uncertainty and discover ultimate serenity. This has the effect of making life more complicated. It creates quite a conundrum because we are expected to have all the answers and to live with certainty, but deep down, we know nothing is certain.

Every human being is inherently destined to be a rebel, born to occupy a unique space in the world that cannot be replicated. We are blessed with an unfathomable, spontaneous brilliance within our very essence. Once we awaken to our true potential, the dormant genius encoded in our DNA begins to unfold, gracefully guiding us beyond the realm of mere survival. This magnificent awakening propels us onto the grand stage of service. However, let us shed our preconceived notions of what service entails. True service surpasses serving society alone; it encompasses the greater whole.

The service you bring into the world is an act of rebellion against conformity. This rebellious nature emerges as we reject being pigeonholed or stereotyped into predefined roles in society. This creative contribution of awakened beings does not serve our society directly. Instead, it inspires other individuals to take the same leap of faith and unearth the dormant genius residing within them. This service ultimately benefits the entirety because it consistently disrupts the system, for all systems require periodic agitation to avoid settling into stagnation.



Rather than ignoring my inner voice, I began trusting myself, regardless of the consequences. This inner voice, the true self, guides each of us toward our unique purpose and path in life. In today's fast-paced world, getting caught up in the noise of external influences is easy. We are bombarded with messages telling us who we should be, what we should believe in, and how we should live our lives. But amidst all this chaos, there is a quiet voice within each of us that knows our deepest desires and truths.

It is through embracing this inner voice that we can truly find our authentic selves. When we dance to the rhythm of our own inner voice, we become more aligned with our inner rebel, awakened with boundless creativity, forging a new path without concern for its destination. It was when I began to trust my innermost being that those breakthroughs became accessible from the depths of my being. These insights are not seen but felt, manifesting as a flood of knowing coursing through your body's cells. Consequently, the era of personal truth dawns, replacing the need for collective pseudo-truths rooted in insecurity.

***By Angie Grimes***

**Quantum Architect**  
**[www.angiegrimes.com](http://www.angiegrimes.com)**



# Wellness is about the Whole-Being

## Behold the bees.....

It is no secret that bees are hugely important to our environment as pollinators and honey producers. For plants to fertilise and reproduce, pollen must be transferred between plants, a task completed by bees. Bees are, therefore, vital to the world's food supply. Yet they are under threat, declining at rapid rates while the human race increases in size.

There are also many bee-related products, many used for thousands of years. All are deemed beneficial to human health, known as Apitherapy. Some are more supported by science than others.

One beautiful example is the use of honey in modern hospitals to treat wounds. Honey is an ancient remedy often used in wound dressing because of its antimicrobial qualities (in other words, it reduces or stops the growth of bacteria in the wound). Unlike antibiotics, there are no reported cases of honey-resistant strains of bacteria.

However, there is yet more these tiny alchemists do for us directly.....

## LIVE LONGER

Beekeepers have been acknowledged as living longer than other people, but this was not necessarily scientifically supported....until now.

First, the science part: Telomeres are structures made from DNA sequences and proteins found at the ends of chromosomes. They cap and protect the end of a chromosome like the end of a shoelace. Telomeres are required for cell division. Telomere length shortens with age and stress. Shorter telomeres have been associated with an increased incidence of diseases.

A small study of 60 men, half of whom were beekeepers, found that the telomere lengths of the beekeepers were significantly longer than those of the non-beekeepers.

Add to this the benefits of honey and bee propolis as antioxidants (thus combatting oxidative stress), and bee product consumption also positively affects telomeres.



## HEALING

Attending to bees has been found to be beneficial for the recovery from PTSD (Post Traumatic Stress Disorder). There are now programmes where it is being used with war veterans with positive outcomes; feeling more relaxed, focused and productive. This has been measured.

When beekeeping, one must be mindful; this means being in the present moment, so meditative.

The humming of the bees, so the sound, has healing power, too. The frequencies that bees emit range from 10 to 1000 Hz, which resonate with organic tissues, thus promoting healing. The human brain can also entrain these sounds for an overall calming effect.

***Bumble bees have an average buzz frequency of 270Hz (just above a middle C for the musicians amongst you).***

If you can safely sit near a beehive, you can note how it generally affects your well-being and mood. If you get stung once or twice, you will be pleased to know that scientists have found evidence that melittin, a component in honeybee venom, could kill cancer cells!

Even the ancient Egyptians understood their importance and attached great religious and spiritual significance to the honey bee. The bee hieroglyph was the symbol of Lower Egypt.

Bee Therapy is here to stay, but before we consider using these creatures for our personal gain, it is worth noting that a growing group of scientists is seeking to understand the emotional capacity of bees. Experiments have shown bees recognise different human faces, process memories while sleeping and maybe even dream.

They experience sophisticated emotions commonly associated with humans. They are sentient and, with this knowledge, perhaps make some inroads to understanding the complexity of beehive hierarchy and an opportunity to learn from nature's hardest workers.

Ultimately, our destiny is entwined with the bees. If we look after them, they will look after us. We are part of nature, after all, not separate. The Zen Master, Thich Nhat Hanh, once articulated it beautifully: "There is no difference between concern for the planet and concern for ourselves and our well-being. There is no difference between healing the planet and healing ourselves."

***(This summer, I am collaborating with Sunnyfields Apiaries in Norfolk. Join us for a special event that blends meditation with the calming presence of honey bees, creating a deep connection with nature).***

By Wendy-Anne Steer

[www.facebook.com/wendy.alchemy](https://www.facebook.com/wendy.alchemy)  
[www.instagram.com/the\\_wellbeing\\_alchemist/](https://www.instagram.com/the_wellbeing_alchemist/)  
[www.linkedin.com/in/wendyalchemy/](https://www.linkedin.com/in/wendyalchemy/)  
[www.thewellbeingalchemist.co.uk](http://www.thewellbeingalchemist.co.uk)





# Womb Energy

## Why Our World Needs It

By Vicki Renz



Womb Energy is about Balance in Society. Let's dive deep into the world of "womb energy" – a force that's not just about creating life but plays a pivotal role in nurturing the balance in our world. In this article, we'll explore why feminine energy is so vital, affecting birth rates, fertility, and the overall harmony of our global community.

### The Essence of Womb Energy:

Womb energy goes beyond the physical realm of childbirth; it's about embracing the nurturing, compassionate, and intuitive vibes that come with being a woman. It's like a secret sauce that adds flavour to our existence, reaching beyond childbirth into life's emotional and spiritual dimensions.

### Balancing Act:

Just as the Earth relies on a delicate balance of elements to sustain life, our society also depends on equilibrium. Take, for example, yin and yang, dark and light, night and day; masculine and feminine energies need to coexist in perfect harmony. It's not about one being better than the other – it's about the unique dance they do together. Yet, how balanced are we truly? For many centuries, society has been predominantly patriarchal. Women stayed at home, tending to children and the household, while men went out to work.

Over the past 50 years, the role of women has significantly changed in modern society. It's now about fulfilling expectations as a mother and wife, societal pressures, work-life hustle, and personal well-being. While continuing to be the family nurturer and household manager, she is also a career woman and social queen. However, this also calls us to pay attention to bringing more feminine energy into our everyday lives. Are women spending too much time in their masculine energy as society changes? What is the knock-on effect of this?

### The Impact on Birth Rates and Fertility:

Research has shown a correlation between a woman's overall well-being, stress levels, and her fertility. Womb energy, closely tied to a woman's mental and emotional state, plays a crucial role in the fertility equation.

High stress levels and low emotional well-being can disrupt hormonal balance, which can directly impact female fertility. Many women experience irregular cycles and physical blockages such as ovarian cysts, fibroids, endometriosis, and struggles when trying to conceive. Birth rates are declining, and infertility is rising in modern society. **The worldwide average number of births in 1950 was five; in 2020, it had fallen to two. In the European Union countries, the average was just 1.51 in 2021.**

The overall impact is an ageing population and declining workforce. Yet some experts say that this decline is necessary to protect our world in the longer term.

Others say that the lower child mortality rate means we no longer need to create such large families.

### The question is, how far will the decline continue?

#### Empathy for Women:

More care should be taken to acknowledge the challenges modern-day women face. We need to ensure that women receive plenty of nurturing for themselves, where they are valued and uplifted. Compare her to Mother Nature, who always flourishes when she is given back her time and energy.

#### How can we increase Womb Energy?

Feminine energy is nurturing, providing, intuition, creativity, and flow. A woman can be powerfully feminine or flowing with nurturing and care. We can fulfill many roles, from the queen energy to the nursing energy. Masculine energy is that of logic, planning, focus, drive, and directness. Our society and a typical workday are founded upon masculine energies.

It is vital for women to find time in their day to rebalance their feminine energy. Too much masculine energy can result in stress. Let's recognise that women are flowing and cyclical by nature. Womb energy can be increased through daily self-awareness exercises that re-connect you with your body: yoga, pilates, getting out into nature, meditation, spending time with other women, pampering time, and really loving your feminine qualities.

My favourite is heart-womb connection, a short daily meditation to breathe love into your womb space and feel gratitude for your fertile flow.

**For detailed support, a free womb connection guide is available on [ohmymamabody.com](http://ohmymamabody.com).**

#### Conclusion:

Womb energy is about recognising the unique power that women bring to the table, creating a world where both masculine and feminine energies coexist harmoniously. This isn't just about fertility rates; it's about fostering a world where every woman can flourish, regardless of her path.

Let's create more space for women to shine where feminine energy is honoured for the powerful nurturing and creative flow it brings to our community.



# Developing Cultural Intelligence capabilities in global teams

Today, global teams often work remotely across borders and in increasingly diverse environments, and they rarely have the chance to meet face-to-face, which can create challenges with feeling connected to the team. Cultural intelligence, or CQ, is an approach to understanding, communicating, and interacting better with people from different backgrounds and cultures.

It is a set of capabilities that can be measured and developed. It impacts how trust and collaboration are built within the team through deepening empathy, connection, and stronger relationships, which ultimately helps your people deliver projects and business on time.

## Handling challenging situations with cultural intelligence

It also helps when things go wrong, such as when your people need to handle tough conversations, disagreements, difficult feedback, or even conflict. This is because having high levels of cultural intelligence is like pushing the pause button in these challenging situations to override our automatic reactions. Developing these capabilities helps your people take an extra moment to reflect on what alternative explanations might be for the situation, behaviour, or communication and to get back to assuming positive intent from the other person. Developing cultural intelligence capabilities gives your people the choice of how to respond because they broaden their vision and understand that 'frustrating' or unexpected comments or behaviours they experience may have a different interpretation in the culture of that person, and they have valid motivations.

This gives distance from the context and helps teams avoid falling into the trap of 'them' and 'us' thinking, which often creates divisions in projects, teams and even the company, and can delay business delivery. Feedback on individual and the team's cultural intelligence capabilities gives insight into their strengths and development areas. It gives your team the strategies to understand when and how to adapt their own behaviours and communication style to engage with others and get a more positive outcome.

## What are the key capabilities of cultural intelligence?

Cultural intelligence has four capabilities, which can be measured and assessed over time to understand your team's progress in Cultural Intelligence assessments.

**CQ Drive:** Your level of interest, persistence, and confidence during multicultural interactions. People who work in global teams often have high levels of interest and curiosity about other cultures. However, it is more challenging to feel confident and keep going when experiencing challenging situations.

**CQ Knowledge:** Your understanding of how cultures are similar and different. It is natural to focus on differences, and yet sometimes it can be important to consider what is similar between you. This capability helps people reflect on their current knowledge level and gaps.

**CQ Strategy:** Your awareness and ability to plan for multicultural interactions. This helps your people be aware and anticipate reactions, develop a strategy for approaching conversations, and be fully present in meetings to recognise where they may need to adapt further.

**CQ Action:** Your ability to adapt when relating to and working in multicultural contexts is the expression of CQ drive, knowledge, and strategy. CQ action includes knowing how and what to adapt in your communication style, verbal and nonverbal communication.

## Cultural intelligence in action

Cultural intelligence is a set of capabilities that people can develop over time. It is a great way for global teams to become more self-aware about what motivates and drives their own communication approach and behaviours, as well as those of people they work with from different cultures. How you work and grow your people and business globally can make the difference between success and failure.

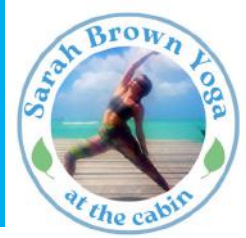
**Discover your own Cultural Intelligence scores:** Book your individual or team Cultural Intelligence assessment and learn about training for you and your organisation. [victoria@culturecuppa.com](mailto:victoria@culturecuppa.com).

Victoria Rennoldson, communication coach and Cultural Intelligence trainer, is the CEO and founder of Culture Cuppa, [culturecuppa.com](http://culturecuppa.com). She helps international leaders with elevating their communication skills, and multicultural teams to build trust and collaboration with cultural intelligence. Connect on LinkedIn: Victoria Rennoldson. Victoria is the podcast host of Cultural Communication Confidence, [culturecuppa.com/podcast/](http://culturecuppa.com/podcast/) [www.culturecuppa.com](http://www.culturecuppa.com)



# Why Yoga is for Every Body

## A Morning Routine: BREATH, BODY & MIND



Does the thought of waking up, moving, and stretching fill you with dread? Well, you're not alone! Do you have a sinking feeling when you wake up? Not sure how you can get through all the tasks of the day? Do you wake up tired and struggle to get out of bed? It may seem counterintuitive to get up a little earlier, but just 15 minutes of three different practices can radically change your day. The breath, body, and mind are intrinsically linked. Therefore, if on waking we utilise them, we start the day in the best possible way.

*Photographs from Sarah's studio.*

### There are many benefits:

- increase your energy for the day
- alleviate stress and anxiety
- create a more positive mindset
- banish fatigue
- gain clearer thoughts
- increase immunity
- have some time for yourself
- clarity about your day



### BREATH: Energising breath

When we sleep, our breathing becomes more shallow and less regular. This 'energising breath' practice wakes us up from the inside, resets our breathing pattern and tones the belly.

Sit with the soles of your feet together and knees apart, with hands positioned behind (it may be more comfortable to sit on blocks or a cushion), and sit up tall.

Take a comfortable breath in through your nose. Begin short, sharp exhale out of your nose, drawing your belly in as quickly as you breathe out to help fully expel the air from your lungs. Your inhale is a passive reaction to this sharp exhale. As the belly relaxes, the inhale will naturally follow.

Count 30 short, sharp exhales, take a regular breath through your nose, then repeat twice more.

### BODY: Half Sun Salutation

This short sequence stimulates the body and awakens the mind. Each movement matches a breath. In the beginning, you may have to take a few breaths per movement. Once you have learned the sequence, enjoy flowing through it.

- 1) Stand tall with your feet hip distance and parallel, knees slightly bent, belly drawn in, shoulders rolled back, and hands together in front of your heart.
- 2) Inhale to lift your arms overhead. Try to keep your rib cage drawn into your body.
- 3) Exhale to fold forward. Hinge from your hips and keep your back flat as you fold. Bend your knees as much as you need to. If your hands do not touch the floor, use blocks. This is a forward fold.
- 4) Inhale to place your hands on your shins and lengthen your spine. Look ahead. This is a halfway lift.
- 5) Exhale to a forward fold, touching hands to the floor.
- 6) Inhale, roll through your spine to come up to a standing position with your arms overhead.
- 7) Exhale, bring your hands together in front of your heart.

### MIND: Journaling

After breathwork and some gentle movement, it's the perfect time to sit down and journal for a few minutes. Journaling is simply writing down your thoughts and feelings to understand them more clearly. Your use of this time may vary from day to day, but crucially, it gives you time to focus on your mind.

Here are some ideas:

- Free writing (the practice of writing down your thoughts without stopping)
- Writing about a problem or niggle to gain understanding
- Spending time looking at your goals for the day/week/month/year

*Sarah Brown is an experienced yoga teacher, personal trainer, Reiki & energy healer, writer, and after-dinner speaker. She holds weekly group classes in her bespoke studio in South London and via Zoom. Sarah facilitates workshops and retreats internationally and corporate events.*

*Her book 'Healing with Yoga' is available on Amazon.*

*www.sarahbrown yoga.co.uk*

*Instagram & Facebook: SarahBrownYoga*





# 7 Ways To Create A Positive Mindset

One common theme we find in any book on mindset is the assumption that the quality of your thoughts will determine the quality of your life. The reason for this?

***“Once your mindset changes, everything on the outside will change along with it.” – Steve Maraboli***

The answer then has to be what we think about most of the time tends to manifest itself in our lives.

Whether that is good or bad...ever noticed that when you think you are ill or not then you tend to be. If you repeat over and over again, ‘I’m not happy’ to yourself through your ongoing self-talk guess what you are not going to be happy. And vice versa hence why positive affirmations are so important they help to re-wire your brain for success. If they are positive!

## Can you recondition your mind?

Part of the brain, the Reticular Activating System (RAS) makes sure that what we bring to our attention our mind focuses upon, and it looks for supporting information, data, and evidence to support what we are thinking about.

It is now understood by neuroscience that our brains are shaped by experience, but they have the ability to evolve throughout our lives. Our intelligence is not fixed like lots of people think. For every one of us in life our thoughts and behaviours change on a daily basis, which creates a shift in the neuroplasticity of the brain. With the consistent conditioning of our thoughts, feelings, and actions, we create new neural pathways with the proportion of grey matter changing, and synapses in the brain may strengthen or weaken over time.

Neuroplasticity is the ‘muscle building’ part of the brain which we can shape and change; but our repeated thoughts and behaviour over a long period of time condition us to believe we are who we are, and nothing can change us. Especially the older we get, but we are in constant flux and have the ability to continually learn new things.

We have been taught that the brain stops developing later in life, but we now know this is not the case and we can develop, shape and re-condition our brain to build new synapses and new ways of thinking even as we age. In effect, you can teach an old dog new tricks if the dog is willing to learn and has a positive mindset.

***“All the experiences in your life – from single conversations to your broader culture – shape the microscopic details of your brain. Neurally speaking, who you are depends on where you’ve been. Your brain is a relentless shapeshifter, constantly rewriting its own circuitry and because your experiences are unique, so are the vast detailed patterns in your neural networks. Because they continue to change your whole life, your identity is a moving target; it never reaches an endpoint.” – David Eagleman American Neuroscientist and Author.***

It is this information that gives us the option to really look at who we are, what we stand for, our values and beliefs knowing at any point we can decide to be who we want to be. If we choose to change our mindset, we can change our life and we can change who we are. The greatest achievers in sport, business and life all stress the importance of their mindset and demonstrating the resilience of never giving up.

As Lewis Hamilton after achieving his seventh record equalling Grand Prix Title, ***“It’s so important for kids – dream the impossible. You’ve got to work for it, chase it and never give up or doubt yourself.”***

## The mindset of a winner.

But not everyone feels like they are winning so you should never give up on yourself no matter what you are facing. Whatever you are feeling right now, especially with all the uncertainty in the world, understand no matter what your mindset is everything; you can change, you can choose your response to any situation, and you can reframe your mindset for success.

The greatest know there is an equation to success and that the mental part of how they became successful is just as important as what they do. They understand that the dream began in their mind, with choosing a mindset and maintaining that mindset to achieve everything they have.

It’s simple if you want to be successful in life, if you want to be happy, mindset matters.

So here are some simple steps to take to use the power of your mindset...

1. Listen to what you are thinking on a daily basis and how your mind is making you feel.
2. Write it down in your own personal mindset diary to capture the good thoughts and your negative self-talk.
3. Give yourself a score for how you feel each day from 1 being not great to 10 feeling fantastic and note what part your mind plays in you feeling this way or vice versa.
4. Think about how you can reframe your thoughts so any negative self-talk start to reframe it to positive self-talk.
5. Use positive affirmations each day until they become ingrained in how you think every day.
6. Once you feel you are in the best place possible commit to being a 10 out of 10 every day all day.
7. Have a mindset that anything is possible and the sky is not your limit to achieving the things you want in life.



Remember our mindset is everything.





# Getting More Creative With Your Closet

Your closet is the underlying support for your appearance. It is at the very core of your style. As powerful as it is in empowering you to look and feel your best, it also has the power to drag you down and cause feelings of frustration. All too often, you may feel like you have a closet full of clothing, but still have nothing to wear". In fact, the average woman wears 20% of her wardrobe 80% of the time. Having a solid closet strategy and ultimately holding

higher standards for what's in it will go a long way towards maximizing your pieces' versatility. So, how can you get more mileage from your closet? Think about bringing depth to your closet as opposed to adding breadth, and over time, this, of course, will ultimately cut down on feeling the need to constantly buy more stuff.

## 5 Ways To Look At Your Closet Differently!

**1.** Try not to compartmentalize your closet: Avoid segregating your closet into different sections for workwear/going-out wear/casual daywear. Instead, try to see it as one collection of clothing and move away from labeling pieces for the purpose they were originally intended for. This will foster greater creativity when it comes to mixing and matching pieces based on the event/occasion or your mood – and it will extend the versatility of what you already own.

**2.** Find at least three ways to wear everything: If you only know one way to wear a piece, you will find yourself with the felt-need to constantly buy more stuff. Try to find multiple ways to style and restyle your clothing by considering your lifestyle and the types of occasions

you typically dress for, then reimagine key pieces for at least three different scenarios. You can also consider how you might make certain pieces work for different times of the year. What do you need to add/remove in order to make the piece more seasonally appropriate?

**3.** Don't be afraid to repeat outfits: You do not have to show up regularly in a new outfit. Have faith in the fact that it is better to look and feel good than to look different every time you show up. Repeating outfits is not a faux pas; in fact, there's power in repetition. Once you find something you love to wear, wear it again and again! Your energy will reflect how good the outfit makes you feel.

**4.** Use accessories to change your look: While accessories are great indicators of your style and a neat way to inject individuality and pops of colour, they hold the power to completely change the vibe of the same base outfit from one day to the next. Use them wisely as a tool to create more outfit options in your closet, either dressing something up or styling it more casually.

**5.** Don't 'save' your good stuff: Wear your clothes often—even the really 'good' pieces. Use what makes you feel good to lift your mood! Know that you don't have to wait for the occasion to come around—it is more than okay to create your own reasons to get dressed up and feel amazing. The key is to style the piece in a way that feels more appropriate to what you are doing.

So, if you commit to applying those tips to your closet, you'll begin to enjoy the benefits of a more considered approach to managing it—saving you time and money. It's a matter of seeing your closet differently and committing to managing it more purposefully. When you hold higher standards in your closet, you start to hold higher standards in other parts of your life. And that's when the magic happens!



**Réidín Rees, Style Coach**  
[www.stylecoaching.ca](http://www.stylecoaching.ca)  
[@stylecoaching.ca](https://www.instagram.com/stylecoaching.ca)

# Unraveling the Mystery

## The Transformative Power of Personalized Nutrition in Thyroid Health

by *Tiffany Flaten*



In the realm of health and wellness, the journey through thyroid disorders often resembles a maze with twists, turns, and dead ends. For many, myself included, the path to reclaiming vitality and well-being has been paved not with one-size-fits-all solutions but with the guiding principles of personalized nutrition. As I continue sharing insights gleaned from my thyroid journey, it becomes increasingly evident that personalized nutrition isn't just a trend—it's a profound paradigm shift that holds the key to unlocking optimal health.

### Understanding Thyroid Dysfunction: Beyond Hormonal Imbalances

Though small, the thyroid gland yields a colossal influence over our body's intricate biochemistry. Situated delicately in the neck, this butterfly-shaped organ orchestrates a myriad of metabolic functions, from regulating energy production to maintaining body temperature. When this master conductor falters, the repercussions reverberate throughout our entire being, manifesting in an array of symptoms ranging from



hormonal medications in stabilizing often fall short of addressing the underlying factors contributing to dysfunction. This is where personalized nutrition emerges as a transformative force, offering a holistic approach that transcends symptom management to target the root causes of thyroid dysfunction.

### The Puzzle of Personalized Nutrition: Unlocking Individual Metabolic Thumbprints

Central to the philosophy of personalized nutrition is the recognition that no two individuals are alike. Just as each person possesses a unique set of fingerprints, so too does their biochemical landscape bear the indelible imprint of genetic predispositions, environmental exposures, and lifestyle factors. This inherent diversity underscores the futility of prescribing standardized dietary regimens—a square peg will never fit into a round hole.

In the context of thyroid health, personalized nutrition represents a departure from the one-size-fits-all diets that often fail to address the nuanced intricacies of individual biochemistry. Rather than adhering blindly to dietary dogma, personalized nutrition empowers individuals to become active participants in their health journey, equipping them with the knowledge and tools needed to navigate their unique metabolic terrain.

### Unlocking the Secrets of Personalized Nutrition: From Theory to Practice

The journey toward personalized nutrition begins with a comprehensive understanding of one's unique health thumbprint. Through advanced diagnostic modalities such as genetic profiling, gut microbiome analysis, and detailed health assessments, healthcare professionals can evaluate the factors contributing to thyroid dysfunction.

Armed with this insight, personalized nutritionists like myself collaborate with individuals to craft personalized dietary protocols tailored to their specific needs and goals. This isn't a one-size-fits-all approach; rather, it's a methodical yet dynamic process that evolves in tandem with the individual's changing health status and biochemical markers.

For those dealing with thyroid-induced symptoms, personalized nutrition offers a roadmap to recovery that transcends conventional nutrition wisdom. Individuals can reclaim their vitality and vitality by identifying and addressing dietary triggers, nutrient deficiencies, and lifestyle factors contributing to thyroid dysfunction.

### The Fatigue Fix Inner Circle Membership: A Beacon of Hope in a Sea of Uncertainty

Recognizing the transformative potential of personalized nutrition, I've created a platform that teaches individuals these life-changing principles. It is called the Fatigue Fix Inner Circle Membership, a place for individuals feeling hopeless when trying to overcome their symptoms from thyroid dysfunction or other frustrating health conditions.

Whether you're battling fatigue, anxiety, depression, or myriad other symptoms, the Fatigue Fix Inner Circle Membership provides a lifeline of support, guidance, and expertise. With a wealth of resources at your fingertips, from personalized dietary plans to expert-led workshops, this membership empowers you to reclaim your health on





your terms. The Fatigue Fix Inner Circle helps you build resilience, which helps you achieve optimal health!

And, speaking of resilience... let's address this.

### Building Resilience: Harnessing the Power of Self-Care, Nutrition, and Mind-Body Techniques for Thyroid Health

As we navigate the winding path of thyroid health, dealing with the peaks and valleys of symptoms and setbacks, the importance of resilience cannot be overstated. In the face of adversity, resilience is an anchor, empowering us to weather life's storms with grace and fortitude. But what exactly does resilience entail, and how can we cultivate it in the context of thyroid health?

Drawing upon the foundational principles of self-care, nutrition, and mind-body techniques, we can forge a path toward resilience that goes beyond the confines of illness and ushers in a new era of vitality and well-being.

#### Self-Care: Nurturing the Body, Mind, and Soul

At the heart of resilience lies the practice of self-care—a holistic approach to nurturing the body, mind, and soul. In the commotion of daily life, it's all too easy to neglect our own needs in favor of external demands. Yet, it is precisely during times of stress and uncertainty that self-care becomes non-negotiable.

From meditation and deep breathing exercises to getting enough sleep and engaging in enjoyable hobbies, self-care encompasses a myriad of practices aimed at restoring balance and promoting well-being. By prioritizing self-care activities in our daily routine, we cultivate resilience that serves as a buffer against life's inevitable challenges.

#### Nutrition: Fueling Resilience from Within

In the realm of thyroid health, the role of nutrition should not be underestimated. Not only does the food we eat impact our hormonal balance and metabolic function, but it also plays a crucial role in supporting resilience in the face of stress and adversity.

A healthy, balanced diet rich in nutrient-dense foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats forms the cornerstone of resilience-building nutrition. Additionally, incorporating key nutrients for stress management—such as magnesium, vitamin C, B vitamins, and omega-3 fatty acids—can further bolster our resilience and fortify our defenses against the toll of chronic stress.

#### Mind-Body Techniques: Cultivating Inner Harmony and Strength

At the core of creating resilience is the integration of mind-body techniques that foster inner harmony and strength. Mindfulness meditation, yoga, tai chi, and qigong are just a few examples of practices that bridge the gap between the mind and body, promoting relaxation, reducing anxiety, and enhancing overall well-being.

By incorporating these mind-body techniques into our daily routine, we cultivate a profound sense of resilience that outweighs our external circumstances. Through mindfulness and movement, we cultivate a sense of renewal that sustains us through life's ups and downs.

#### Incorporating Resilience-Building Strategies into Your Thyroid Wellness Journey

As we embark on the journey toward thyroid wellness, it is imperative to work on creating resilience. By prioritizing self-care, nutrition, and mind-body techniques, we cultivate a reservoir of resilience that empowers us to navigate the twists and turns of life much more easily.

#### Closing Thoughts: Navigating the Journey to Optimal Thyroid Health

As I reflect on my own thyroid journey, I'm reminded of the transformative power of personalized nutrition. It helps overcome the confines of illness and ushers in vitality and well-being. In a world inundated with dietary trends and quick-fix solutions, personalized nutrition stands as a beacon of hope and a path toward optimal health.

As you embark on your own journey toward thyroid wellness, remember that you are not alone. Armed with the principles of personalized nutrition, a commitment to self-discovery, and a willingness to embrace the inherent uniqueness of YOU, you have the power to chart a course toward vitality, resilience, and flourishing health.

**Embrace the journey.  
Embrace the possibilities.  
Embrace personalized nutrition.**

**Tiffany Flaten  
CNS - Author - Practice Mentor  
Rock Bottom Wellness**



# Falling back in love with Monday's Find your flow state

Have you ever been so absorbed in what you're doing that you've completely lost track of time? Not heard someone trying to get your attention or realised you've worked through lunch? This is a flow state – a feeling of being in the zone, so interested and immersed in a task that you lose track of time and ignore outside distractions. The concept was first recorded by Hungarian-American psychologist Mihaly Csikszentmihalyi, who set out to understand where we feel really happy in everyday life.

His theory points to activities with the ideal combination of challenge, skill, and creativity. According to Csikszentmihalyi, there are eight crucial things we need to create a flow state:

1. **Clarity of goals and immediate feedback**
2. **Intense, focused concentration on a specific task**
3. **Balance between skill and challenge**
4. **Personal control and agency over the task**
5. **Loss of self-consciousness**
6. **An altered sense of time**
7. **Consolidation of action and awareness**
8. **Intrinsic reward**



Flow state isn't just being in the zone. It's a distinct mental state associated with particular patterns of neuroelectrical and neurochemical changes within the brain. But they're not the changes you might expect. In a flow state, the parts of the brain associated with time, planning, decision-making, working memory, personality expression, and speech and language control aren't becoming more active. They're actually slowing down.

Crucially, the part of your brain associated with your inner critic also slows down, and a cascade of performance-enhancing neurochemicals (including dopamine, serotonin, and endorphins) are released, making your brain faster, stronger, and quicker and giving you a little addictive hit of intrinsic motivation and reward.

Being in a flow state not only feels good but also boosts your focus, creativity, and engagement. And if you can tap into it at work, your performance, enjoyment, and well-being will skyrocket.

Everyone experiences flow states differently and will have different ways to get into them. Here are five tactics to help you get (and stay) in the zone:

- 1) Balance challenge and skill** – too challenging, and it'll send you into a stress state. Too easy and you'll be bored. Aim for the sweet spot where challenge and skill are balanced and find ways to maximise your personal and professional skill set.
- 2) Establish clear goals** – to direct your attention and trigger a flow state, you have to have something to focus your attention and efforts on. When you know what you need to do, it's easier to get started and to get real-time feedback on how you're doing.
- 3) Reduce distractions** – in today's hyperconnected world, distractions are ever-present. But distractions stop you from focusing and disrupt your flow. Turn off notifications, close unnecessary tabs, time block, work in a different location, whatever you need to reduce distractions, and give yourself space and time to create that laser-sharp focus.
- 4) Stop multi-tasking** – your brain flits from task to task when you multi-task. This constant switching creates a substantial cognitive load, exhausting and disrupting your focus. All of which stop you from getting into a flow state.
- 5) Go with the flow** – you can't force yourself into a flow state and don't need to be in flow to work effectively or enjoy your work. The more you try to force it, the harder it will be. Flow state is driven by intrinsic motivation – the satisfaction and enjoyment of using your skills and strengths to do something well. Instead of forcing it, find something you like and tap into that intrinsic motivation.

And flow state isn't something that you only experience as an individual. "Flow contagion" describes when people feed off each other's focus and create a flow state within your team.

Use the same tactics to help get everyone in the zone and working together. You can help team members integrate their flow states by providing protected time for collaboration and team projects. 'Meeting-free' diary time or breakout rooms free from distractions can help create shared space for flow.

**When are you in a flow state?  
What are you doing that fully captures your energy, focus, and enjoyment?  
And how can you get more of these flow moments in your work?**

The future's bright. The future's yours.



# Unlocking the Secrets of Longevity: A Global Perspective for Springing into a Healthier Long Life...

In the quest for a longer, healthier life, it's essential to look beyond borders and learn from countries that have mastered the art of longevity because, despite its prosperity, the United Kingdom grapples with one of the \*worst life expectancies among affluent nations.

As chronic diseases like cardiovascular problems and diabetes persist, mental health issues, once overlooked, continue to cast a shadow over lifespan. Lifestyle choices impact a proportion of these diseases; thus, we have the ability to change the trajectory and live longer, healthier lives. How?

A beacon of hope emerges from the concept of Blue Zones—regions globally known for having populations with extraordinary longevity. Lessons from these zones offer a roadmap for healthier living and are not complicated to implement. In fact, they are vital requirements of self-care.

## 1. Stay Connected

In places like Okinawa (Japan) and Sardinia (Italy), lifestyles revolve around community, purpose, movement, and balanced nutrition. These areas prioritise social connections, and given that loneliness is highlighted as a reason for increased deaths, we can be certain staying connected is a fundamental human need not to be overlooked.

## 2. The Language of Longevity

Delving into the linguistic nuances of countries with impressive longevity reveals cultural secrets. In the Netherlands, “Niksen” encourages the art of doing nothing, symbolising freedom from constant busyness. In a world that would have us consuming information and things from our external life continuously, we need to step back and remember the importance of simply being, being in the moment, being in the flow, and ‘being’ over ‘doing.’

*In Japan, “Ikigai” embodies a life of value and purpose, having a reason to live whilst promoting holistic well-being.*

## 3. Ancient Wisdom

The Indian Ayurvedic philosophy intertwines mind, body, and nutrition, illustrating the intricate dance of these elements in sustaining well-being—our thoughts, movements, and fuel matter.

## 4. Personal Responsibility

Here in the UK, the NHS has been a cornerstone of British healthcare since 1948. However, in more recent times, it has become overburdened and under-resourced, leaving many a gap in healthcare needs. Part of the solution lies in empowering ourselves through education, self-advocacy, and community-based signposting so that we can take charge of our daily health needs whilst being open to working in partnership with health professionals for the health challenges we may face. Ultimately, our well-being is in our hands, and a collective effort is required.

## Accepting Our Health Is In Our Hands

On the journey towards healthy longevity, we must embrace the wisdom of Blue Zones, adopt cultural practices that prioritise well-being, and champion a sense of self-responsibility. The key to a longer, healthier life is not elusive; it is within our grasp! By fostering community, purpose, and a proactive approach to our health, we can pave the way for a vibrant and fulfilling later life.

Ultimately, our health is a personal responsibility and a shared endeavour, a journey we must embark on hand in hand, We truly are stronger together!

[www.permissiontothrive.online](http://www.permissiontothrive.online)

\*Ref: <https://www.news-medical.net/news/20230316/Life-expectancy-in-the-UK-falls-down-the-global-ranks-analysis-shows.aspx>

**Yvonne Bignall -  
AKA YvonneB**

[www.yvonnebselfcare.com](http://www.yvonnebselfcare.com)



# Finding your way back - New Reality

What do we know about the reality that we live? Our individual physical existence, which we perceive through our vision, may represent something that has stabilized over the years of a lifetime, as much as we used to think that this reality may not be easily replaced.

But how much do we actually know about this? Could those be only our tendencies to recognize that piece of our reality that we live in, filled with stable routine, that can actually be changed, adjusted or even completely destroyed to be built as entirely new one? What if we are very naively thinking that the reality of what we feel is completely static and in constant movement, as is the situation on our planet? The will that we possess in our hands wants from time to time to speak loudly in our lives - to change the generic form of our existence to our unique **REALITY**.

But would you want to change your reality that serves you well? However, the additional question might be: Does the reality that you live serve you really well enough to lead you to what you want to be living in the next 5 - 10 years? Before I navigate you to the process of rebuilding what you live, I want you to find answers within yourself to these questions:

Does my current reality support my growth?  
Are the values that I keep in my reality still relevant?  
Are the preferences that I have in my life aligned with what I really want?  
Am I feeling satisfied with the life that I live?  
Do I feel fulfilled in my life?  
Am I experiencing life in its ideal form for me?  
Would I continue to feel satisfied if I remained living as I live now?

Or am I in need of reframing my reality to get closer to living my best life?

Please be your own guide while honestly answering these questions. I am more than sure that you will find your internal compass, which will tell you more about what you really want to be living.

If you need to rebuild your reality, the good news is that you can do it anytime, during your life, and directly now. After your years of self-exploration, allow yourself a pause in your life for this unique process. To help with this procedure, please prepare your own compass that can guide you towards answering the points below that will navigate you towards how to make this happen for you in the best possible ways.

Apart from your guide, please use these supportive questions that can set the very new pillars for the formation of your new life reality:

What parts of your reality are outdated?  
What are the values that are not relevant anymore?  
What are your new preferences in life?  
What are the changes that you must make in your life?  
What am I not allowing any more in my life?  
Why do I need to make them?  
What would be the effect of making these changes in my life?  
What do I need to create, do, and live in my new reality so that I can start getting closer to living my best life?

You may also proceed further with working with this additional method.

Make a list of your values that are relevant to you now.

Prepare a summary of ways how would your new reality support your growth.

Identify how your life will change once you step into living this new reality.

As you finalize the identification process of what needs to be reformatted or formatted as entirely new in your life, I want to ask if you are ready to take the necessary steps to make this happen. If you answer yes, you might be prepared for your next step, your flight. Imagine yourself having the flight ticket in your hands, walking down the line to the entrance to a plane that will take you to your upcoming life destination. You will take a seat, tighten your seatbelt, and follow the instructions just before the landing. You are now placed in your new Front Line, which you can see from your window. At this moment, be sure you can feel excited about everything unknown and new that is just being ready for you.



Are you ready for the next adventure your life offers you? Just be!

Because you are now sitting on a plane on a journey representing your **NEW LIFE**.

**By Simona Petkova**  
Mindset & Life Coach





# 'Be an Explorer, not a Tourist'

## Getting started on your most authentic adventure

Hello! Today, as an explorer, not a tourist... we are exploring and embracing what it truly means to live a life in your highest potential, purpose, power, and passion. The sad truth is that most people do not experience life in this way. I don't want that to be your story. Losing connection to our true self is the start of a slippery slope to burn out. Inherently, we know when we are deluding ourselves, when we are ignoring our deepest needs and truth.

When we continue to shut our own voice down ('You don't really need that', 'Who? You? You couldn't do that!' 'You're fine - why would you do anything different?' etc...) we are topping up our self-doubt and eroding our self-trust & belief.

As Jim C Collins says in his book 'Good to Great' - 'the enemy of great is good'. When you tell yourself you are ok and have everything you need... the voice inside of you that wants to be more you, knows you are capable of more, gets quieter and quieter. Real, true you is a shadow of what could be.

Here, we explore how to counter that erosion of the true you for your health, wealth, happiness, and ultimate success.

## Getting Started on Your Most Authentic Adventure

Success starts with a burning desire, a hunger to seek out something that is not currently your reality. In a future edition, we'll no doubt touch on what it means to be in flow for peak performance - where the challenge of that transition to a different reality is front and centre - but for now, let's focus on how you escape the entrapment of boredom, a sense of restlessness and dissatisfaction because, my friend, you know you are here for more.

Beyond that acute, soulful knowing, you need some clarity to help orientate yourself - knowing where you've been and what has got you here in terms of experiences and shaping your worldview/ subconscious is imperative. Equally, understanding the initial direction of travel is paramount. Try these journaling prompts to discover where you're starting from:

- What are the challenges and constraints that you are facing right now?*
- How are these challenges and constraints affecting your personal and professional life?*
- What strategies/ tools/ approaches have you attempted in the past to overcome these challenges but are still leaving you blocked/ stuck?*
- Are there recurring trends & behaviours that may be detrimentally impacting you?*
- Where does your mind want to take you? And where does your heart and soul want to take you?*
- After spending some quality focus time on each of these prompts, you can move to seek clarity in the direction of travel:*
- How do you envision your future? How is it different from today?*
- What specific goals do you aspire to achieve?*
- How will these goals help you towards your deepest desired future?*
- What do you want to know? What behaviours and habits do you want to have to help you aspire to your deepest desired future?*
- How does the vision of your future align with your values?*
- What do you need to believe to journey to your deepest desired future?*
- What do you need to let go of in order to propel your journey to your deepest desired future?*



This is a lot to get your mind and soul around, so take it at your own pace and/ or go again after a break. No doubt, this will throw up some emotions, so a bit of movement between sittings will go a long way to releasing any emotions that get stuck.

If you don't want your adventures into your highest, most holistic success to end...

Find out more on a free 30-minute Explore Call and we'll wayfair through your own landscape and current context to identify your path to your ultimate success.

Have a bold and beautiful day.

[www.ventures-green.com](http://www.ventures-green.com)  
[www.linkedin.com/in/karina-rook](http://www.linkedin.com/in/karina-rook)



# Nurturing Spiritual Energy

## A Holistic Approach to Inner Harmony and Fulfilment

In the pursuit of holistic well-being, we often focus on physical health and mental clarity, overlooking a vital dimension: spiritual energy. After exploring physical, mental, and emotional energies in my previous articles, in this final part of the series, we discover the essence of spiritual energy and its impact on our overall health and happiness.

### Understanding Spiritual Energy

Spiritual energy transcends religious beliefs and rituals; it's the essence of our innermost being, the source from which we draw strength, purpose, and meaning in life. Think of it as the guiding force that connects us with something greater than ourselves—a deep sense of interconnectedness with the universe, nature, and humanity. This energy infuses our lives with a profound sense of purpose and direction, guiding us on a journey of self-discovery and personal growth.



### Finding Meaning and Purpose

Spiritual energy is closely intertwined with our sense of meaning and purpose in life. It's about aligning our actions and values with a more profound sense of meaning, whether through contributing to a cause we believe in, nurturing relationships, or pursuing creative passions. When we live in alignment with our spiritual energy, we experience a profound sense of fulfilment and purpose that transcends material wealth or external achievements.

### The Key Elements for Spiritual Energy

The cornerstone of spiritual energy lies in our character—the courage and conviction to live by our values, even when it requires personal sacrifice and hardship. In addition to character, other supportive spiritual elements include passion, commitment, integrity, and honesty. These qualities contribute to our spiritual well-being and help us overcome spiritual obstacles such as indecisiveness, people-pleasing, lack of assertiveness, lying, and exaggerating.



### Balancing Commitment to Others with Self-Care

It's important to balance a commitment to others with adequate self-care to sustain spiritual energy. Just as we nourish our bodies with healthy food and our minds with knowledge, nurturing our souls is essential for holistic well-being. This involves engaging in practices that uplift and replenish our spiritual energy, such as meditation, prayer, mindfulness, or spending time in nature. These practices create moments of stillness and reflection, allowing us to connect with our innermost selves and the world around us.

### Cultivating Gratitude and Compassion

Gratitude and compassion are powerful catalysts for nurturing spiritual energy. Practising gratitude involves acknowledging and appreciating the blessings in our lives, no matter how small. It shifts our focus from scarcity to abundance, fostering a sense of contentment and inner peace. Similarly, compassion involves extending kindness and empathy towards ourselves and others, recognizing our interconnectedness and shared humanity.

### Connecting with Nature

Nature holds a special place in nurturing our spiritual energy. Whether it's a stroll in the park, hiking in the mountains, or simply sitting by a lake or the ocean, immersing ourselves in nature awakens a sense of awe and reverence. It reminds us of the interconnectedness of all living beings and the beauty of the natural world.

Connecting with nature replenishes our spiritual energy, grounding us in the present moment and fostering a sense of harmony and balance.

### Embracing Stillness and Silence

In today's fast-paced world, finding moments of stillness and silence is essential for nurturing spiritual energy. Whether through meditation, mindfulness practices, or simply unplugging from technology, embracing stillness allows us to quiet the noise of our minds and connect with our inner wisdom. In these moments of silence, we can hear the whispers of our souls and tap into our deepest truths.

Spiritual energy is a vital dimension of holistic well-being, enriching our lives with meaning, purpose, and inner fulfilment. By nurturing our soul through practices that connect us with our innermost selves, nature, and the world around us, we cultivate a sense of harmony and balance that permeates every aspect of our lives. As we embark on this journey of self-discovery and personal growth, may we embrace the transformative power of spiritual energy and live a life of profound joy, purpose, and fulfilment.





## Blooms of Renewal - 5 Easy-To-Implement Practices to Reset Your Business this Spring

In As the vibrant spirit of spring breathes life into our world, it marks an ideal moment for your business to undergo a refreshing transformation. In this article, we explore five straightforward practices designed to swiftly reset and invigorate your business for accelerated growth. From fine-tuning strategies to fostering a rejuvenated mindset, join me for a brief yet impactful journey, ensuring your business thrives in the promising warmth of spring. Say goodbye to inertia and embrace a season of renewal. Picture your business as a plant in a garden: while watering promotes growth, excessive water can impede it. Similarly, the constant influx of information might be hindering your progress. Let's quickly address this with my business detox protocol, clearing the way for your business to flourish and grow at its full potential.

### Silencing the Distractions: Turn Off Your Notifications

In the ceaseless buzz of notifications, silencing them is a potent antidote to overwhelming clamor. These digital doorbells possess the power to thrust our brains into overdrive, inducing heightened anxiety. Turning off notifications becomes a deliberate act, reclaiming control over time and mental space to counter this. As interruptions subside, a space for focused engagement emerges, allowing undistracted task immersion. This intentional quietude nurtures autonomy and provides a mental respite for clarity in navigating responsibilities. For enhanced productivity and mental well-being, consider this intentional act of silencing distractions—a pathway to curating a more purposeful digital experience. **Extra tip:** turn on the "Focus Mode" on your phone as often as possible

### Curate Your Online Space: Unfollow People on Social Media

In the vast social media landscape, curating your digital environment takes center stage. Unfurl the clutter by intentionally selecting who populates your social media feed. If an account fails to spark joy or align with your aspirations, it's a resounding no-go. The importance lies in paring down and consciously cultivating a purposeful online space. By unfollowing accounts that do not contribute positively to your well-being or resonate with your goals, you empower yourself to shape a digital realm that aligns with your values. This curation is more than a mere housekeeping task—it's a transformative step towards enhancing your digital experience. As you selectively prune your online connections, you're not just simplifying; you're sowing the seeds for a more enriching, intentional, and positively charged virtual landscape.

### Declutter Your Digital Hub: Clean Your Inbox

Navigate the digital deluge with a deliberate act of reclaiming your online sacred space. An overflowing inbox, akin to a bustling marketplace, can induce stress and detract from your focus. In this bustling marketplace of communication, the transformative power of decluttering emerges as a beacon. Take a moment to sift through the myriad emails, categorizing and archiving with intention. This seemingly modest yet impactful action is akin to creating a mental breathing room—a sanctuary for clarity amid the chaos. By reclaiming control over your inbox, you usher in order and open up space for more deliberate and intentional communication. It's a small act with significant consequences, paving the way for a more serene, purposeful, and sacred online environment.

### Break Free from Information Overload: Stop Watching the News

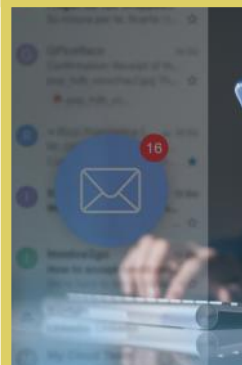
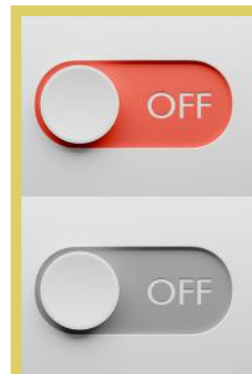
In our hyper-connected world, staying informed is paramount, but the relentless barrage of news can tip the scales into information overload and heightened anxiety. Consider constraining your news consumption to designated intervals to strike a harmonious balance. Doing so lets you stay informed without succumbing to the overwhelming influx of constant updates. This deliberate approach safeguards your mental well-being and empowers you to engage with current events purposefully, fostering a healthier relationship with the ever-evolving news landscape. **Extra tip:** Ask a neutral person you trust to keep you posted to remain free from the hypnotic media language.

### Embrace the Power of Quiet: Stay in Silence Daily

Amid the cacophony of daily life, seek solace in moments of tranquility. Embrace the practice of daily stillness, whether through meditation, contemplation, or merely relishing quietude. This intentional pause serves as a vital mental reset, allowing the tumult of daily activities to settle. In these moments, clarity surfaces, and focus is honed, providing a rejuvenating foundation for navigating the intricacies of your day. By incorporating these deliberate moments of silence into your routine, you cultivate a sense of inner calm and fortify your capacity to approach daily tasks with heightened mindfulness and purpose.

**Conclusion:** it's time to discover how these intentional choices can impact your daily experience. Embrace the opportunity to discern what works and what doesn't, and unearth the path that resonates most profoundly with your well-being. Your journey toward a more intentional, focused, and balanced existence begins with these simple yet powerful steps. Let curiosity guide you as you navigate the transformative landscape of intentional living.

**Charlotte Petit Noble**



@HerOnlineGrowth

Free Training: 10 Easy-To-Implement Practices You Can't Afford to Skip If Your Coaching Business is Stagnant:

[www.peppyprofitplace.com/business-detox-landing](http://www.peppyprofitplace.com/business-detox-landing)

# Playful Minds, Powerful Results: Neurodiversity in Action

Success often hinges on innovation, creativity, and adaptability in the dynamic business world. For neurodivergent business owners, incorporating play into their business practices can unlock a world of possibilities and lead to fantastic results. In this article, we'll explore the benefits of play, why neurodivergent business owners specifically need play, and how they can infuse their business with fun and playfulness to drive increased performance.

## The Power of Play;

Play is not just reserved for childhood; it's a powerful tool that can enhance productivity, problem-solving skills, and overall well-being in adults. Incorporating play into business activities can stimulate creativity, foster collaboration, and reduce stress. Research has shown that playful activities can lead to improved cognitive function, enhanced social skills, and increased resilience – qualities that are invaluable in the dynamic world of entrepreneurship.

play and brainstorming sessions.

- **Schedule Play Breaks:** Incorporate short play breaks into your daily schedule to recharge and refocus. Whether it's a quick game of ping pong or a brief mindfulness exercise, taking regular breaks can improve productivity and overall well-being.
- **Encourage Playful Practices:** Cultivate a culture of playfulness and experimentation within your team. Encourage employees to share playful ideas, celebrate achievements, and embrace failure as part of the learning process.
- **Embrace Diversity in Play:** Acknowledge that play can take many forms and may vary from person to person. Embrace diverse interests and preferences within your team, and encourage individuals to explore activities that bring them joy and inspiration.
- **Lead by Example:** As a neurodivergent business owner, lead by example and prioritise play in your own life. Share your experiences with your team and demonstrate how incorporating play into your business practices can lead to profound results.



## Why Neurodivergent Business Owners Need Play;

Neurodivergent individuals often possess unique perspectives, strengths, and talents that can drive innovation and success in business. However, they may also face challenges such as difficulty focusing, managing stress, or maintaining work-life balance. Play provides a holistic approach to addressing these challenges by offering a structured outlet for creativity, reducing anxiety, and promoting self-expression.

For neurodivergent business owners, incorporating play into their daily routines can help:

- **Improve focus and concentration**
- **Spark new ideas and solutions**
- **Reduce overwhelm and burnout**
- **Enhance communication and collaboration skills**

## Making Your Business More Playful;

As we explore the list of strategies for Making Your Business More Playful, it's important to recognise the significant impact playfulness can have, especially for neurodivergent business owners. By incorporating playful practices into your business, you can create a dynamic and inclusive work environment where innovation thrives, and team members feel empowered to express their unique perspectives. Here are some ideas on how to incorporate play into your business;

- **Designate Playful Spaces:** Create designated areas in your workspace for relaxation and creativity. Consider adding games, puzzles, or art supplies to encourage spontaneous

## Contributing to Increased Performance;

By infusing their business with playfulness, neurodivergent business owners can create a dynamic and inclusive work environment where creativity flourishes and innovation thrives. Play promotes a growth mindset, encourages risk-taking, and fosters resilience – qualities that are essential for navigating the challenges of entrepreneurship. Ultimately, a playful approach to business can lead to increased employee engagement, improved problem-solving skills, and enhanced overall performance.

For further information on incorporating neurodiversity into your business practices or to work with an expert in neurodiversity, please get in touch with

Tamzin at [tamzin@tamzinhallcoaching.co.uk](mailto:tamzin@tamzinhallcoaching.co.uk).

*Tamzin specialises in coaching for neurodivergent individuals and businesses, providing tailored support and strategies for success.*

In conclusion, embracing play in business isn't just about having fun; it's about unlocking the full potential of neurodiversity and driving profound results. By incorporating playful practices into their business activities, neurodivergent business owners can cultivate a culture of creativity, collaboration, and success. So, let's unleash our playful minds and reap the profound rewards that await us on the journey to business excellence.

**By Tamzin Hall**



# Discover the Secrets of Longevity

Do you want to live forever? Probably not. But maybe you desire to age gracefully, healthily, energetically, and beautifully. Are you curious how this works? Keep on reading.

**SEXY**  
**EXPRESSIVE**  
**GOOD**  
**EMOTIONAL**  
**SWEET**  
**ATTRACTIVE**  
**CUTE**  
**PRETTY**  
**INCREDIBLE**  
**FRESH**  
**SEDUCTIVE**  
**NICE**  
**YOUNG**  
**PURE**  
**HEALTHY**  
**LOVELY**  
**AUTIFUL**

When it comes to the process of getting older, you might perceive time as being your enemy. However, not only time contributes to your appearance and feeling of aging. The actual problem lies in pro-aging elements like inflammation, which gradually harm your well-being, even at a cellular level. How effectively your body counters these factors can ultimately dictate whether your aging process will be accelerated or if you will maintain a youthful state.

While you cannot escape the presence of these pro-aging elements, you do have the power to counteract their effects with some assistance. Maintain your energy, well-being, and openness to new experiences by utilizing several beneficial natural strategies for longevity and a fulfilling life.

## The biggest enemy of aging is inflammation.

Digestive problems, weight gain, skin problems, joint pain, brain fog, fatigue, and mood disorders are all symptoms that indicate inflammation.

By alleviating inflammation and safeguarding your cells, you can combat the effects of aging and prevent harm to your cells and DNA. This can result in improved physical appearance, increased vitality, radiant skin, and enhanced cognitive abilities. Undoubtedly, everyone would want to enjoy more of these benefits.

## Lifestyle strategies to regenerate your body and mind

### Anti-inflammatory Diet

Adjusting your diet is the first step to support healthy aging. Focus on antioxidant-rich fruits and vegetables, healthy fats, and lean proteins to support your gut and liver, both of which are connected to long-term health and longevity.

## Keep Moving

Just a 10-minute workout a day can help you live a longer, healthier life. Focus on resistance training. Research has shown that it can trigger autophagy, enhance metabolic fitness, strengthen bones, influence growth hormone levels, and avert neurodegeneration.

## Take care of your Cells.

Physical processes and hormones are influenced by our diet, lifestyle, and environmental factors, contributing to the negative effects of aging. Your eating habits have a direct impact on mTOR. mTOR is called the CEO of aging by some anti-aging experts. Among other things, it influences cell growth, tumor metabolism, and cell lifespan. To trigger autophagy – a recycling process of your cells – you need to keep mTOR low to keep your cells healthy. How do we do that? By lowering meat consumption, supporting the gut microbiome, eating healthy fats, restricting sugar intake, and reducing stress. Autophagy is also activated by intermittent fasting. Going 12 to 16 hours without food can allow your body to prioritize repair and regeneration over digestion.

## Improve your Sleep

Long-term support of your wellness depends on promoting restorative sleep that provides your body with the resources it needs for detoxification and repair. Healthy sleep practices like eating your last meal 2-3 hours before bedtime, keeping your room dark, noiseless, and cool, avoiding blue light from devices one hour before sleep time, and choosing a supportive mattress and pillow.

## Reduce Stress

Chronic stress can accelerate the aging process and contribute to signs of aging, such as immunological dysfunction and inflammation. Additionally, stress hinders cell repair and recovery. By learning effective stress-reduction techniques, such as journaling, yoga, deep breathing, time spent in nature, meditation, and other stress-reduction techniques, you may support your mental health and encourage healthy levels of stress in your body, which lowers the risk of inflammation.

## Alternative ways to restore and rejuvenate the body and mind

You might not know it, but anti-aging food is in abundance all around you, even in your kitchen. In fact, nutrient-dense foods are the best and most reliable helpers when it comes to regenerating and rejuvenating your body. These include:

*Organic, black coffee, Green Tea, Extra Virgin Olive Oil, Garlic, Broccoli, Avocados, Leafy green vegetables, Pomegranate, Berries, Nuts & Seeds, Dark chocolate, Curcumin, Resveratrol, Red wine, Ashwagandha, Gingko Biloba*

To maintain youth and health, focusing on resolving internal issues is essential rather than relying on expensive beauty products. By adopting a nutritious diet, you can effectively combat aging. To achieve this, design a personalized anti-aging meal plan that includes beneficial items like the ones previously mentioned while eliminating unhealthy food choices that offer no advantages. I'm happy to support you.



**By Tina Kaczor**  
Certified Holistic Nutritionist  
[www.nutritionibiza.com](http://www.nutritionibiza.com)

# *It's not about you.*

Public speaking is not about you. You may be thinking, **"What?!"**

When I'm in front of an audience, everyone is looking at me. Everyone is listening to me. My name is in big, bold font on the agenda. Of course, it's about me."

I know this is counterintuitive but stay with me.

Remember those people in your audience? Those humans who are dealing with the slings and arrows of life at work, life at home, and life in this mixed-up world? This experience is for them. They are hoping to gain strategies, wisdom, and inspiration to make their lives easier and more meaningful.

Many of my clients initially come to me because they have had it with feeling anxious, self-conscious, and being in their heads. They are terrified about what people are going to think of them, and this fear undermines their confidence, creativity, and intuition. They've made the experience about them.

If you relate and hate being the center of attention, focus on being of service. Do all you can to understand who will be in your audience, what their struggles are, and how you can help them. This will help you get your center of attention off of you. (See what I did there?)

Also, try this: Picture that they are looking "to" you rather than "at" you.

You may be saying to yourself, "This doesn't apply to me; I love being the center of attention!" The same applies even if you are at home in front of a crowd. Center your attention on your audience and what they need. People can sense if you are trying to help them or if you love hearing the sound of your own voice.

Remember, you don't get a presentation; you give a presentation.

**By Amanda Hennessey**  
**Public Speaking Coach & Author**

Let's connect!  
LinkedIn:@AmandaHennessey

[www.sandiegopublicspeaking.com](http://www.sandiegopublicspeaking.com)



# "Mastering Fear:

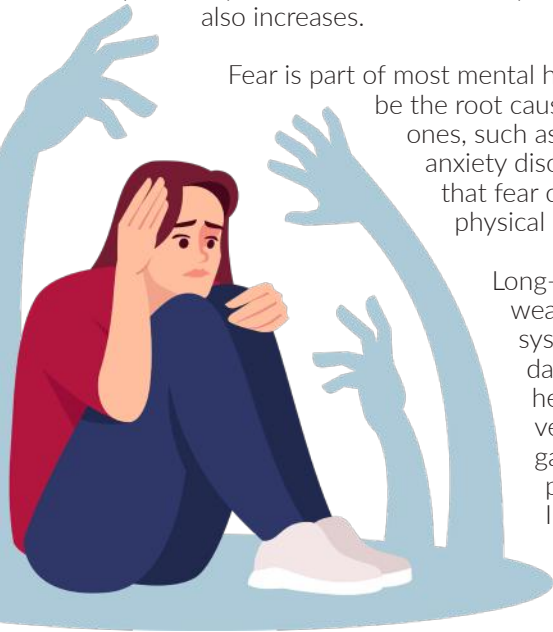
## A Clinical Hypnotherapist's Guide to Conquering Your Greatest Fears"

What do you fear in life? Fear is the trigger caused by the potential of a perceived threat, real or imagined, and we can learn to become afraid of nearly everything.

When we sense danger, our brain will instantly react by sending messages/signals to our nervous system. The fight, flight, or freeze response results in physical responses, your heart racing, pumping more blood around your body. You breathe faster and your blood pressure also increases.

Fear is part of most mental health issues and can be the root cause of some common ones, such as depression and anxiety disorders. We know that fear contributes to poor physical health, too.

Long-term fear/anxiety weakens the immune system; it can cause damage to your heart and blood vessels as well as gastrointestinal problems such as IBS symptoms and ulcers.



[www.yorkhypnotherapist.com](http://www.yorkhypnotherapist.com)

What are you afraid of and why?

The most common fears include fear of heights, flying, spiders, enclosed spaces, public speaking, open spaces, germs or illness, fear of the unknown, snakes, and social interactions.

Generally speaking, fear can be a learned response, and therefore, it can be unlearned. You can develop a fear if you have witnessed something, e.g., turbulence in a plane, someone being ill, or something in a film or on TV.

Someone with a fear of flying may find themselves avoiding travel altogether or resorting to extreme measures such as self-medication to cope with their anxiety. This fear can lead to feelings of isolation, frustration, and a sense of missing out on life experiences. Over time, the fear of flying can escalate and become more ingrained, making it even more challenging to overcome.

Hypnosis has emerged as a powerful tool to help anyone overcome their fear of flying. Hypnotherapy aims to access the subconscious mind to identify and reframe negative beliefs and thought patterns associated with flying. By addressing the root causes of the fear, hypnosis can help individuals reframe their perspective on flying, reduce anxiety levels, and build confidence in their ability to fly comfortably and safely.



*By Angie Doig-Thorne*

## SUPPORTING



# Consequences of Using Aspartame as a Sweetener



Consequences of Using Aspartame as a Sweetener  
Did you know that aspartame is a toxic artificial sweetener? And did you know it's not healthier or safer than regular sugar? Aspartame is found in many products worldwide, especially in diet drinks, sugar-free, and other artificially sweetened products. Do you know there are side effects of aspartame that can be dangerous to your health? Let's take a look...

## 1) Increases the risk of brain tumour

Aspartame can overstimulate your brain cells, causing them to become exhausted and eventually die; it is regarded as an excitotoxin. A study published in the Journal of Neuropathology and Experimental Neurology found that compared to other environmental factors, aspartame was linked to an increased incidence and degree of malignancy of brain tumours. The aspartame molecule was found to have mutagenic properties.

## 2) Contributes to weight gain

A San Antonio Heart Study published in the Obesity Journal examined the relationship between artificially sweetened drinks and long-term weight gain over a period of 7-8 years. The study found that artificial sweeteners like aspartame were causing the obesity epidemic rather than fighting it. Aspartame also quickly increases your insulin and leptin levels. High levels of leptin will lead to uncontrolled eating and weight gain. At the same time,

high insulin levels will increase fat storage, increase your craving for carbohydrates, and lead to weight gain. High insulin and leptin levels are two of the driving forces behind weight gain and obesity.

## 3) Contributes to depression and mood disorders

A study published in the Research in Nursing & Health journal examined healthy adults who consumed a high-aspartame diet and those who consumed a low-aspartame diet for eight days. The adults who consumed a high-aspartame diet showed more signs of depression more irritable mood, and performed badly on orientation tests.

## 4) Increases risk of having a stroke

A study published in the Journal of General Internal Medicine examined the diet and regular drinks of over 2000 people. The study found that those who drank diet drinks daily had a 43% higher risk of having a stroke compared to those who didn't.

## The Bottom Line....

**Aspartame can be very dangerous to your health.**

### References

Olney J W, Farber N B, Spitznagel E, Robins L N (1996) Increasing brain tumor rates: is there a link to aspartame? Journal of Neuropathology and Experimental Neurology, 55: 1115-11123. PUBMED  
Fowler SP, Williams K, Resendez R G, Hunt K J, Hazuda H P, Stern M P (2008) Fueling the obesity epidemic? Artificially sweetened beverage use and long-term weight gain. Obesity, 16: 1894-18900.  
Lindseth G N, Coolahan S E, Petros T V, Lindseth P D (2014) Neurobehavioral effects of aspartame consumption. Research in Nursing & Health, 37:185-193. PUBMED.  
Gardener H, Rundek T, Markert M, Wright C B, Elkind M S V, Sacco R L (2012) Diet Soft Drink Consumption is Associated with an Increased Risk of Vascular Events in the Northern Manhattan Study. Journal of General Internal Medicine, 27: 1120-1126.

By Anne Anyia

Registered Nutritionist and  
Certified Health Coach

[www.awesconutrition.com](http://www.awesconutrition.com)



SUPPORTING

# CALM

# Escaping Information Overload for Better Well-being

Addressing under-performance is key to your journey toward personal success. It's not about working harder but smarter in your work and life approach.

You're likely aware of factors leading to under-performance: personal challenges, mismatched skills, lack of motivation, miscommunication, and burnout. Recognizing and tackling these is crucial for your productivity.

In our digital age, information overload is a significant concern. The constant influx of data can hinder performance, leading to mental fatigue, focus loss, and reduced productivity. When overwhelmed with information, your decision-making and concentration suffer, which is a sign of under-performance.

So, how can we combat this? Let's look at some strategies:

- **Mindfulness Practices:** Integrating mindfulness into daily life enhances focus and clears the mind, countering the mental strain of information overload.
- **Information Diet:** Reducing information intake, like unsubscribing from non-essential sources, helps manage under-performance due to information overload.
- **Focus Enhancement Techniques:** Using methods like the Pomodoro Technique aids in maintaining focus amidst constant data streams.



Consider Sarah, a marketing executive swamped with emails and communications. With a coach's help, mindfulness practices, and controlled information intake, she improved her focus and productivity and overcame under-performance.



In summary, personal success today involves managing information exposure with techniques that boost focus and reduce cognitive overload. Grasping how information overload affects performance and employing strategies like mindfulness, regulated information intake, and focused work methods is vital. Sarah's transformation exemplifies these tactics' effectiveness.

By Lizzie Claesson  
CEO @BrighterLeaders

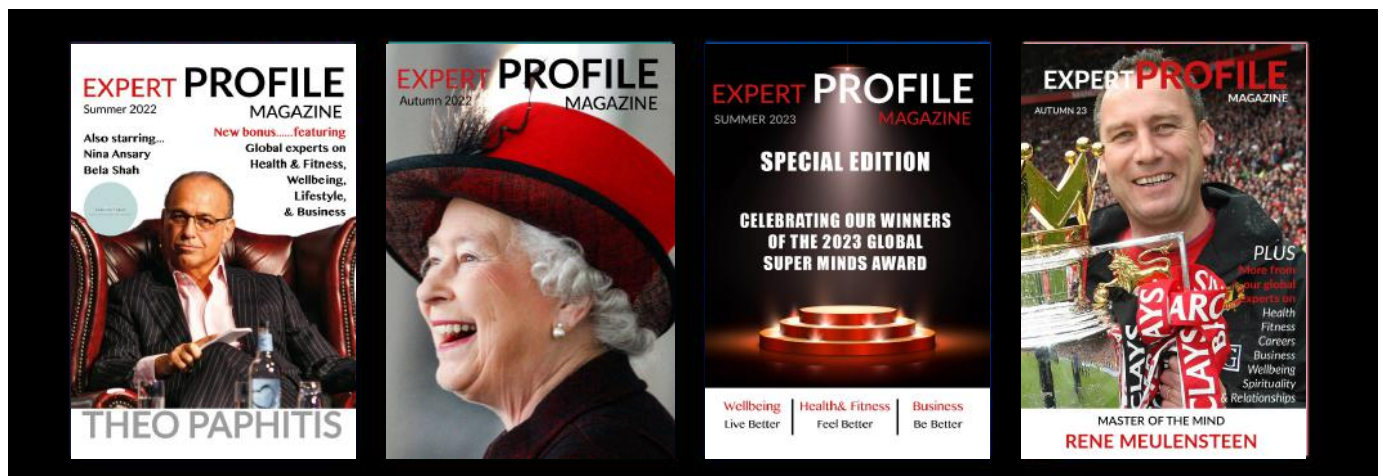


[www.brighterleaders.com](http://www.brighterleaders.com)

Expert Profile Magazine is a FREE publication

Subscribe today by visiting the website

[www.expertprofilemagazine.com](http://www.expertprofilemagazine.com)



# Not Afraid of Dying

By Colleen B. Linhart



*So here's one of those ironic moments in time...*

Hilary Tetenbaum interviewed me for a column that was published in USA Today on December 19, 2023. During that interview, I felt a sense of pause and reflection upon how much I have endured in the last five years, yet I was able to come out on the other side with more grace and self-compassion than I thought possible.

Reading that article about myself made me feel like I had just reached a beautiful, shaded plateau to rest and relax from a long, treacherous climb in humid heat with little water... However, I soon realized that I was being pushed out of that plateau into another harder, more challenging climb that I did not anticipate nor prepare for.

I shared with Hilary the many ways in which the process of watching my father deteriorate and pass so quickly from pancreatic cancer in January 2019 had influenced me and impacted the way I now choose to live my life. And now, how quickly five years have come and gone, and without warning, my mother ended up in the hospital literally the day after that article was published.

Mom was transferred to The James Cancer Hospital at the Ohio State University Medical Center on December 22, 2023. Then, on New Year's Eve, she was transferred to the inpatient hospice unit for acute palliative care. She passed away on January 11, 2024, and we buried her on January 17, 2024.... right next to Dad, of course.

The week before my mother passed away, my 16-year-old son was struggling and needed time away from school. The weekend immediately after

my mother passed away (before her funeral), I received amazing support from my friends and family to help me pack up and move all my belongings.

What threw gasoline on the fires of that stress of moving, on top of the ripeness of grief, was the fact that I was relying on a check I was supposed to receive for the downpayment on my new place that I had already signed the paperwork for. And that check never arrived. The person responsible for writing that check knew I was in the process of moving and reliant upon those funds to proceed with my move. Nope, that check never came.

Yes, even as I type this, I'm glad I'm able to laugh about it all now. Yet the whirlwind of all sorts of emotions was astounding: processing the concerns for my son, the anger and sadness, and the gratitude for my friends and family who literally packed all of my belongings for me and helped me move.

It is both fortunate and unfortunate that I was with my mother as we navigated hospice together with my father in 2019. I cognitively understood the stages of the dying process, as did my mother. She even joked about it with me when my sisters weren't





with us, knowing what would become of her and how I had better not waste my time crying over her!

She kept telling me that I had better go take care of my boys and then go do all the things I wanted to do with my life...just as she had. She was ready to go, unafraid, and had been sharing happy stories of her life with each of the nurses who could take the extra time to listen to her...before she was no longer able to speak... Wow, how I miss hearing her voice already.

I heard her say Dad's name a few different times while she was sleeping when she first entered hospice, understanding that he might have been helping her feel more comfortable about the inevitable journey for her soul to leave her body behind.

Ironically, my ex-husband asked me how she could get to this point in her life...of not being afraid of dying. And this, my friends, is what I believe I'm destined to continue to teach others about. I'm certainly not an expert on living a carefree, worry-free life. Yet, I am passionate about taking this one single life I am responsible for and making the most of it. And I'm willing to share my journey, mistakes, heartaches, and yes – even my moments of triumph before that plateau, which are no longer respite. I truly enjoy coaching others through their challenges and celebrating life's plateaus and mountaintops with my clients.

Here's one tidbit of wisdom from my mother...Always keep a zip-lock bag of clean underwear ready to grab in your drawer....as you never know when you will have an opportunity to jump on an airplane. And it makes it faster to pack a bag.

I counted my blessings as I was able to hold my mom's hand while the sun was setting and as her lungs and heart could no longer help her breathe.

View from my mother's room at the OSU Hospice about 15 minutes before she passed.



She loved watching the sun rise and set each day. She always reminded us that God paints us a beautiful picture every morning and every evening. Even if it's behind the clouds, someone else can see it. And it's our responsibility to find the beauty that is always around us, even when others cannot.

*Over nearly 2 decades of corporate work serving private aviation clients, banking and Food Service Equipment Sales, Colleen continually recognized greater needs to help individuals become better versions of themselves, including herself. We've all seen teams fall apart because of a single person struggling to lead their own life effectively. The ways in which each of us hold ourselves back from what is destined for us can be a story in and of itself.*

*She has witnessed and experienced how our physical and mental health can quickly become compromised when our emotional well-being and thought patterns are not in alignment with our soul's purpose. We all have varying degrees of unhealed trauma that re-emerges at inopportune moments. These wounds ironically provide the greater opportunity for awareness for next steps forward in our journey through this lifetime, if we don't keep ignoring or hiding from these wounds.*

*Colleen utilizes proven conversational techniques and various energy modalities to help uncover root causes of physical and emotional ailments. This allows more streamlined treatment opportunities and faster relief. Clients are also more quickly able to release troubling emotions such as anxiety, anger and fear. She teaches clients simple ways to enjoy a more peaceful coherence within their body.*

*For anyone looking to change a thought pattern or behavior pattern that no longer serves them or is simply ready to become a better version of themselves, Colleen truly enjoys walking alongside her clients as they discover the next chapter ahead in their lives. Colleen lives in Columbus, Ohio, and meets clients virtually, in person and travels to clients as schedule allows.*



You can reach Colleen at [cblinhart22@gmail.com](mailto:cblinhart22@gmail.com)  
[www.Linkedin.com/in/colleenlinhart](http://www.Linkedin.com/in/colleenlinhart)  
Instagram: @colleenlinhart  
Facebook: Colleen Linhart Coaching