

YELLOW

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JB Owen

DEVELOPING A WINNER'S MINDSET

**FREE
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5

steps to
change controlling
behaviour

Sprinting For Change

The adaptability guide

ASK TAMMY

What would you say is the best way to decide whether to incorporate self-care into my night or morning time routine?

JULY 2022 | £0.99



New Feature

Sharon Leigh's
Monthly Book
Reviews



WWW.GOTOYELLOW.CO.UK

EDITOR'S NOTE



Dear Reader,

Last month has shown that the Yellow community is supportive of the magazine's new direction. It has been humbling to hear the feedback and encouragement to leap. As you are special to us at Go To Yellow, we will give you a sneak peek into 2023 plans...

We will be launching a brand new website and quarterly print editions!

Our Yellow vision grows year by year, and we are beyond excited to bring more personal development content to the homes of many. Even we practise adaptability for success. Are you flexible and willing to learn? Do you accept change positively? If this is a growth area you struggle with, I encourage you to read pages 20 & 21 by Dr Morgana McCabe Allan. She has eight tips for you to take your goals to new levels.

How often do we come across people who compulsively need to take control of everything around them? Well, there is a term, and it is "control freak", which means that these people need control. But there is a deep-rooted trauma that has led to this behaviour. Phillipa shares her personal experience with needing control. Take a moment to reflect on your behaviours; you might learn the damage it can have on your personal development. It certainly will affect your winner's mindset. Read pages 03 & 04 - JB Owen has six tips for you to transform.

Are you ready?

TAMMY WHALEN BLAKE
Editor-in-Chief

HEALTH AND WELLBEING 2022 CALENDAR

Your Yellow life
planner for 2022

12 months of
tips, tools and
insights



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JB Owen
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winning mindset
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POSITIVITY AND POSSIBILITY DEVELOP A WINNER'S MINDSET

JB OWEN

Tune your mind to what's possible to find balance and success throughout every part of your life.

A positive mindset is a muscle we need to exercise. It is not something that arrives at our doorstep like a purchased package. Instead, it is a conscious choice backed by conscious decision-making and fortified with conscious intentions. We must first decide we will be positive, productive, and excited for what's next and then choose to be in that state to make possibilities unfold.

All states of being are a choice. Ultimately, we get to choose how we want to feel. Despite our circumstances, which are only constructs of our minds that we have agreed to accept, we can create the construct of a positive mindset all around us.

Every day, we are blessed to awaken with a fresh new start and a clean slate. We can look back at yesterday and feel the pangs of regret or frustration from our lack of focus, or we can choose this day—

this moment— to start again. Each day is a new opportunity to do life differently. No one says we have to be stuck on 'repeat' and do what we have always done.

Having a positive outlook and excited attitude for what's possible creates a winner's mindset. A winner is not just focused on success in their business, but they seek satisfaction, fulfillment, and happiness in every area of their lives. It is a winner's mindset for all areas of your life that naturally improves each one individually. A great mindset is about overall happiness, which inspires you to dream big and achieve your goals.

Every day, you have the opportunity to foster more positivity and invite in a winning attitude. Each morning, you can make happiness a part of your routine. You can decide to fuel yourself with positive

energy and focus on what you can make happen. A winning mindset is something you generate, not something you wait for. Happiness, satisfaction, and success are not found at the finish line; they can be found at the starting line of each new opportunity.

Turn a positive mindset into a part of your process towards achieving your greatness.

1 A winning mindset is a state you create and perpetuate by working on making it not just a 'hoped for' idea, but a 'have-to-have' feeling, an inner knowing of happiness every day of your life. Your happiness is divinely yours, so let's go get it!

2 Having a winning mindset, one filled with positivity and possibilities, is about being honest not just to others but to yourself. When you are genuinely truthful with yourself, you gain real clarity and give yourself room to explore what ignites you. We know when we are not true to our dreams and honest in our ambitions. We know when we are kidding ourselves and not

taking our desire seriously. The happiest people in the world are happy because they are honest with themselves— honest with who they are, with their wishes and wants, with their love and limitations.

3 Having a winning mindset means becoming fully honest with who you are. If you don't like something about your life, be radically honest about it and change or improve it.

4 A winning mindset and 'possible' go hand in hand. If you didn't think it was possible, you wouldn't know happiness within. The human mind has to believe it is possible to go after the dream, the medal, the ultimate prize. It has to know that what it aspires to is possible to then go after it and achieve it.

5 When we feel unhappy, it is often because we have lost sight of what is possible. We have stopped dreaming about what can be. We have let go of believing and are instead sinking into reality as it is in front of us.

6 A winning mindset is about aspiring

to create the life we dream of. It is imagining, then doing. It is envisioning it, then accomplishing it. It is thinking about what makes you happy and knowing it is 100% possible for you.

Dream big and ask yourself, "What's next?" When you know it's possible for you, anything and everything is possible. How you see yourself will be in direct response to how you feel about yourself, so get excited about what is possible for you.

"The most successful people make other people successful."



Connect With JB Owen

Add her role or impact statement here



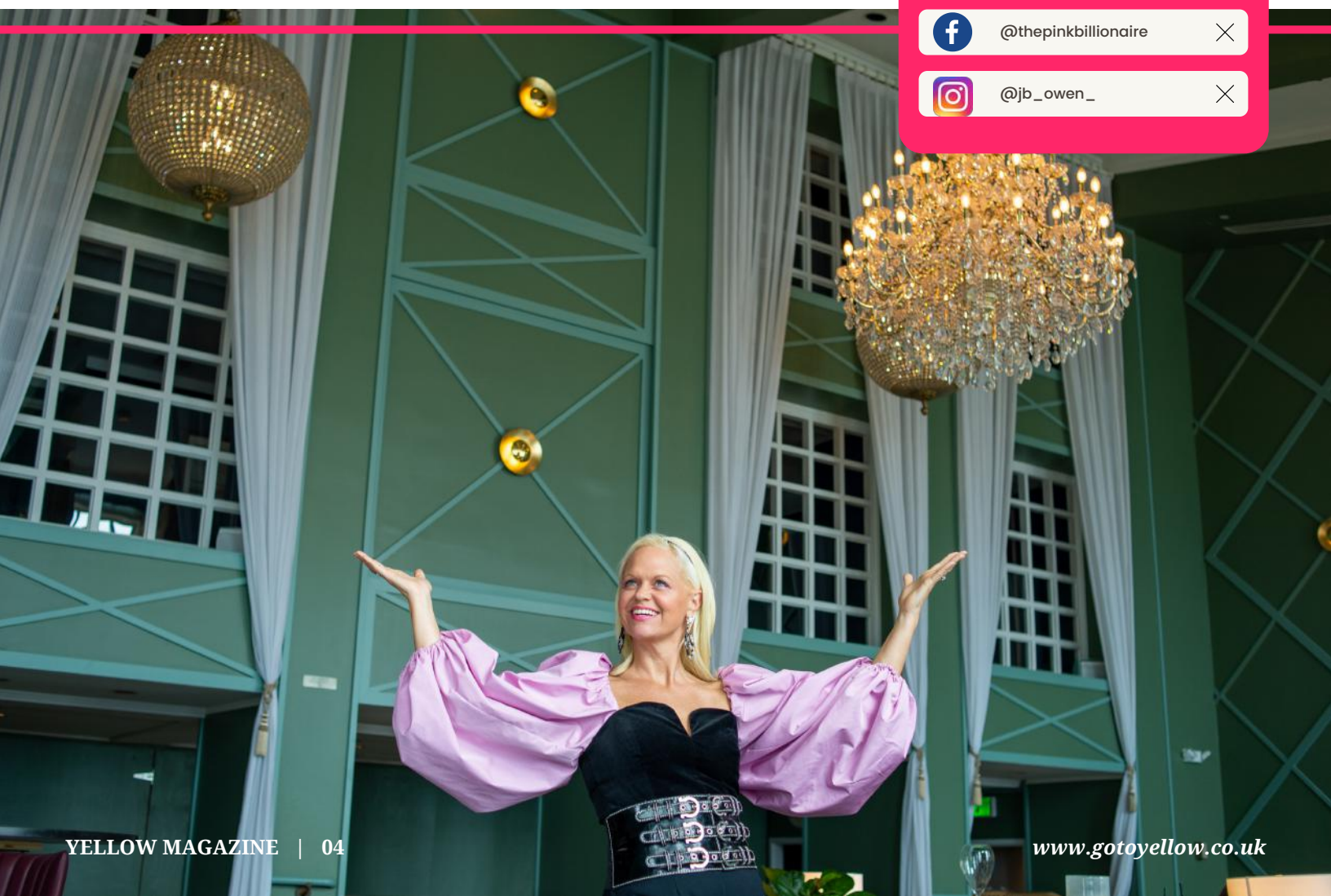
<https://jbowen.website/>

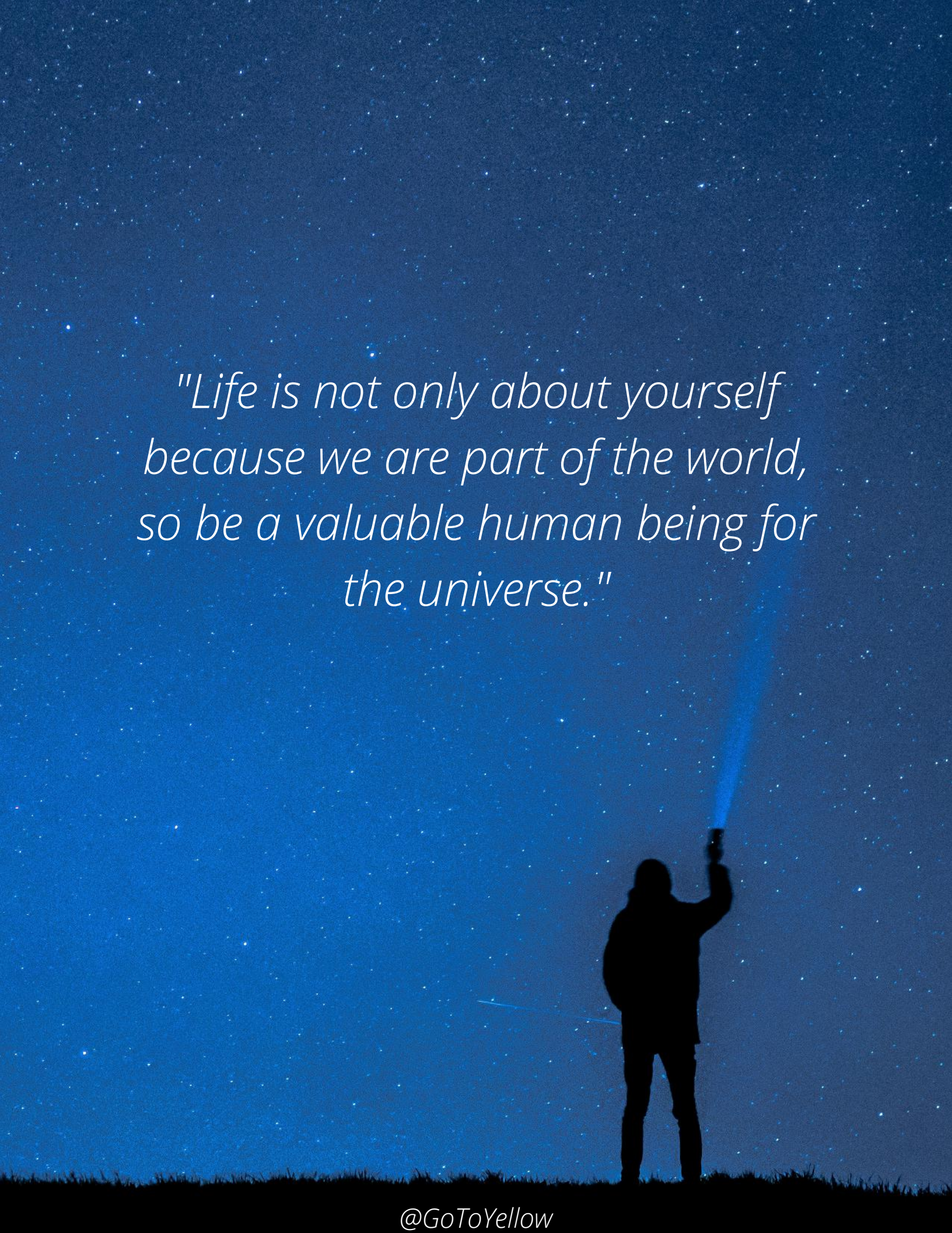


@thepinkbillionaire



@jb_owen_



A person is silhouetted against a vast, starry night sky. The person is standing on a dark horizon line, possibly a grassy field, and is holding a flashlight that beams a bright light upwards, illuminating the stars. The overall scene is dark blue and black, with numerous small white stars scattered across the sky.

*"Life is not only about yourself
because we are part of the world,
so be a valuable human being for
the universe."*

“ You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.”

Brene Brown



Meet Our Month's Expert Rosalyn Palmer

Rosalyn is an award-winning transformational coach and therapist, certified in Advanced Rapid Transformational Therapy, Clinical Hypnotherapy & NLP Coaching. She is able to create deep desired changes through group courses and 1-2-1 engagement.

Working predominantly with entrepreneurs, business owners, executives, and maverick leaders to enable them to align the outward success of their life with the inner balance and joy.



“

**Remember
that you are a
human being
and not a
human doing.**

- ROSALYN PALMER

”

What was your biggest struggle, and what did you learn from it?

I've realigned my inner and outer life and wellbeing after many setbacks. My resilience and good internal voice have been key to this success. For years, I had outer success but inner turmoil. There was a massive mismatch between the outer mask and the inner soul.

It wasn't so much an inner critical voice telling me I wasn't enough. It was a sense of living the wrong life or being like Jack Nicholson in the film where he asks, 'Is this as good as it gets?'. I'd been caught on the 'do more to get more' hamster wheel and it took me a lot of deep loss, inner work and a journey to discover myself to finally feel at one with myself and truly happy.

If you gave your 18-year-old self advice, what would it be?

I share my own story, especially in my award-winning book 'Reset! A Blueprint for a Better Life' to encourage others to step out from behind any mask they might be wearing. My key advice to my 18-year-old self would be:

Remember that you are a human being and not a human doing. Be kind to yourself. Don't beat yourself up for your choices as you will do the best you can at each time and challenge.

You are sensitive but wear such an effective mask that others often see you as impenetrable and totally in control. Know now that daring to show your vulnerability and to be open to others, to stop judging yourself and others by impossible levels of perfectionism, will be the greatest and kindest gift you can ever give yourself.





What does success mean to you?

It is about balance. A whole and balanced life is via my 5F's strategy. You have five fingers, so you need always 5F's of Faith, Fitness, Family, Friends and Finance. It is like an amazing To-Do list when you stretch out your hand each morning and check-in against each category. Ask yourself:

- What will I do today to build my faith in myself?
- What actions will I take to be fit in body and mind, even for 10 minutes?
- How can I connect with my family today?
- Which friend shall I reach out to and make time for?
- What steps shall I take to allow the flow of energy that is money and reward to flow to me?



Rosalyn is an award-winning transformational coach and therapist, certified in Advanced Rapid Transformational Therapy, Clinical Hypnotherapy & NLP Coaching, are able to create deep desired changes through group courses and 1-2-1 engagement.

BOOK NOW



LEARN HOW TO WORK OUT AT THE WORKPLACE

EASY DESK STRETCHES

WITH THESE EXERCISES, YOU CAN BOOST YOUR ENERGY AND IMPROVE YOUR POSTURE WHILE AT YOUR DESK.



CHAIR SQUATS



ARM STRETCH



WRIST AND FINGER STRETCH



ANKLE ROLL

PLEASE SHARE YOUR FAVOURITE EXERCISES WITH #YELLOWINSPIARTION, AND DON'T FORGET THERE ARE MUCH MORE ROUTINE IDEAS ON OUR YOUTUBE CHANNEL!

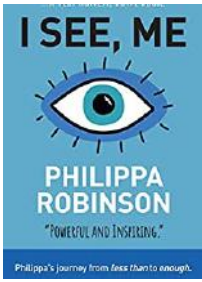


Philippa Robinson
Safe and Supported
www.safeandsupported.co.uk

'TRAUMA IS NOT WHAT HAPPENS TO US BUT IS OUR RESPONSE TO AN ENVIRONMENTAL SITUATION.'

I had a successful legal career but after 27 years, and a breakdown from burnout, I realised that although I had achieved a lot in my life, I was angry and unfulfilled. I had a big wake-up call in 2017 and had to take a long, hard look at how I had got to where I was, where I really wanted to be and sought help and support to get there. Now I use my experience to help other women achieve their own transformation. Is that you?

Philippa Robinson



Philippa's journey from less than, to enough

AM I A CONTROL FREAK?

Philippa Robinson

My husband often used to call me a control freak. He likes things to be organised, as I do, but when I started micro-managing every little thing happening in our family home and life, it got too much. He would shout and accuse me of being a control freak. I would cry. Shouting is his coping mechanism when he gets overwhelmed; crying is mine. One is not better or worse than the other; it is just the way it is.

So am I a control freak? Over the last five years, I have delved deep into my childhood trauma with the help of 1:1 therapy, group therapy, and self-coaching, and I want to share what I have discovered in case it's helpful for you.

I grew up in a loud and busy household. I was the oldest child, the only girl with three brothers, and a thirteen-year age gap between me and the youngest. My parents divorced when I was around six (my brother was four), and my mother remarried about two years later. My two younger brothers followed when I was ten and then thirteen. As a child from the first marriage, I always felt in the way, not really wanted, and when my father stopped seeing us, I was devastated. Looking back, I believe my tendency to control started when I was about ten as a response to feeling unwanted and unloved. I didn't feel safe. Chaos and drama were the norms then, and throughout my teenage years, I coped with the feeling of being unsafe to try and control the chaos.

I realised that my mother was struggling with four children, so I became a second mum to my youngest brothers. As soon as I got home from

school, I would take over looking after them so my mother could do what she wanted. I knew she would be in a better mood if I did that. I was terrified of my mother's temper and tried everything to stop her from getting angry. I pre-empted what needed doing (cleaning, feeding animals, making baby bottles, changing nappies), and ironically the harder I tried, the angrier she seemed to get. So I just tried harder. I realise now that it must have been difficult for her to see her daughter doing everything she probably thought she should do. Our relationship became cloaked in a blanket of conditioning, expectation, and bitterness. It wasn't helped by my stepfather's long hours at work and my mother's drinking.

My mother was also very aloof, cold at times, and not emotionally able to deal with the needs of her children. I am sure now that was a result of her childhood. As an adult, I can see that, but as a child, it was challenging. The reality is that growing up in an environment like this is highly likely to cause trauma. Trauma is not what happens to us but is our response to an environmental situation. Our capacity to handle this dictates our response and whether we'll suffer trauma as a result.

And the result of the trauma is often a skewed view of family, relationships, and even the world. Parentification (where the child takes on the parent's responsibilities) is common. If you recognise parts of your childhood above, please know you're not alone, although I know it sometimes feels very lonely.

I felt very unsafe in my home, and that is why I began to try and control the environment. It is a pattern I took with me when I left home, throughout my 20s, living it up in London, in my 30s desperately hoping I'd find a nice man to marry and have children, in my 40s as an exhausted mum of two young boys trying to keep her legal career going. I was 47 when I finally broke and realised I couldn't do it anymore. I was angry all the time and resentful. My micro-managing had turned into a full-time obsession as I now needed to feel safe amongst my own family. Yes, I was controlling. I was desperately trying to create an environment where I felt safe, and the only way I knew how to do that was to be in control.

Therapy helped me understand where the need for control started and how it affected me as an adult. I learned how to recognise when I feel unsafe and how to help myself feel safe again without the desperate need to control everything. I learned how to let go a little and enjoy life again.

We are human. We all experience strong emotions and that's okay.

Share your thoughts with us #yellowinspiration

5 STEPS TO CHANGE CONTROLLING BEHAVIOUR

How to manage, recognise and change.

by Philippa Robinson

My name is Philippa. I had a successful legal career but after 27 years, and a breakdown from burnout, I realised that although I had achieved a lot in my life, I was angry and unfulfilled. I had a big wake-up call in 2017 and had to take a long, hard look at how I had got to where I was, where I really wanted to be and sought help and support to get there. Now I use my experience to help other women achieve their own transformation. Is that you?



1 Notice

Awareness is the first stage and then taking notice. Notice when you feel the need to be in control. What is happening? Who is involved? How do you feel?

2 Breathe

when you feel out of control, and the corresponding urge to control, try taking a moment to yourself, going outside or into another room can help. Take 3 long deep breaths, in through your nose for the count of 4 and out through your mouth for the count of 6 (making a sound as the air comes out of your mouth

– like letting air out of a balloon). If you still feel in a heightened state, take 3 more breaths like that.

3 Tongue

If the breathing doesn't work or it just doesn't feel right for you, try stroking the roof of your mouth with your tongue. Slowly move your tongue from back to front and back again. It tickles at first but keep going. You can do this without anyone knowing and it helps you come back into your body and feel present.

4 Journal

When you get chance (as soon as you can after it happens), free write in your journal about the things you noticed (point 1 above). It doesn't have to make sense, or be grammatically correct, and you probably won't even be reading it back; just write whatever comes up for you. Pen (or pencil) and paper is better than on a laptop or tablet as some kind of magic happens when you connect to the paper. You will be surprised what insights you will get.

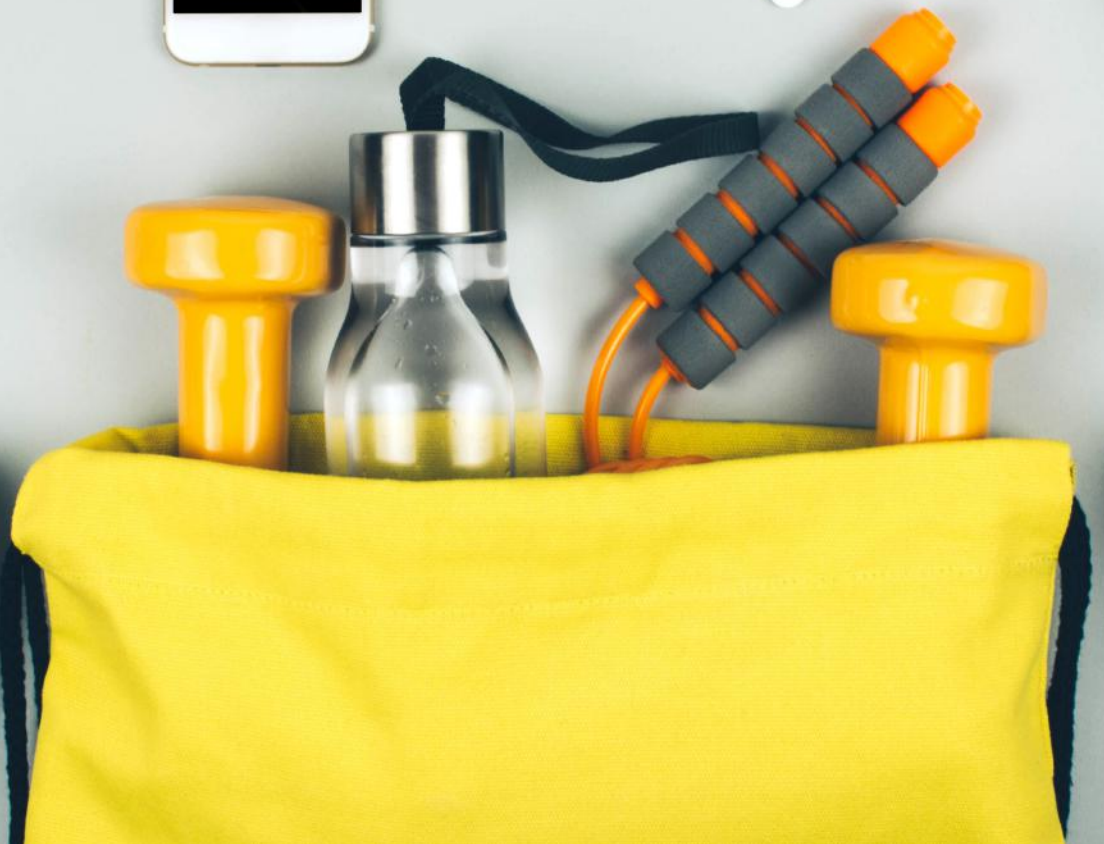
5 Kindness

Be very kind to yourself. This is a process and takes time. Talk to yourself in a kind loving way, like you would talk to your best friend. Remember, your behaviour comes from not feeling safe and talking to yourself in a harsh voice is not going to help.



HEALTH | PRODUCTIVITY | TOP TIPS | LEARNING

LIFESTYLE



You only live once, but if you do it right, once is enough.



Diary Detox®

TAKE CONTROL OF YOUR DIARY

DID YOU KNOW?

THE AVERAGE PERSON SPENDS 2 HOURS PER DAY RECOVERING FROM DISTRACTIONS



MOST PEOPLE CHECK THEIR PHONES AN AVERAGE OF 58 TIMES PER DAY



A PERSON WHO WORKS WITH A CLUTTERED DESK SPENDS, ON AVERAGE, 1 AND A HALF HOURS PER DAY LOOKING FOR THINGS



EVERY SECOND OF LIFE IS A TREASURE THAT ADDS TO A MINUTE WE CAN NEVER REGAIN. SO, LET'S NOT WASTE ANY OF THEM

The Diary Detox unveils what you're doing and highlights what you want from tomorrow

It's our most powerful Productivity & Energy tool that creates space in your over scheduled diary so you can do more impactful work activities and have time to restore life balance

How can we help you?

Diary Detox® uses five simple steps to help you or your team to take a step back out of the weeds, look at how they're spending their time today and reassess which activities adds value, now and in the future. That extra space is where you and your teams growth begins.



CLIENT FEEDBACK

I would recommend taking part in The Yellow Masterminds as they give you actions to get results. The session was well structured, got us to open up about our issues and then each person gave advice. I loved Tammy's approach as it was clearly thought out and made sure it didn't make people feel threatened. Tammy followed this up by holding you accountable and with a structure that gave you the support you needed.

Nicola Richardson, The People Mentor

4 KEY TIPS

MONEY MINDSET**GET A BETTER
FINANCIAL
MINDSET**

You need to work on your mindset to succeed financially. Keep a journal, read books, watch motivational videos, or get a mentor.

**DEFINE
MEASURABLE
GOALS**

Make sure your goals are measurable. Break down your big goals into small, easily digestible chunks so you don't get overwhelmed

**PREPARE
YOUR FINANCIAL
PLAN**

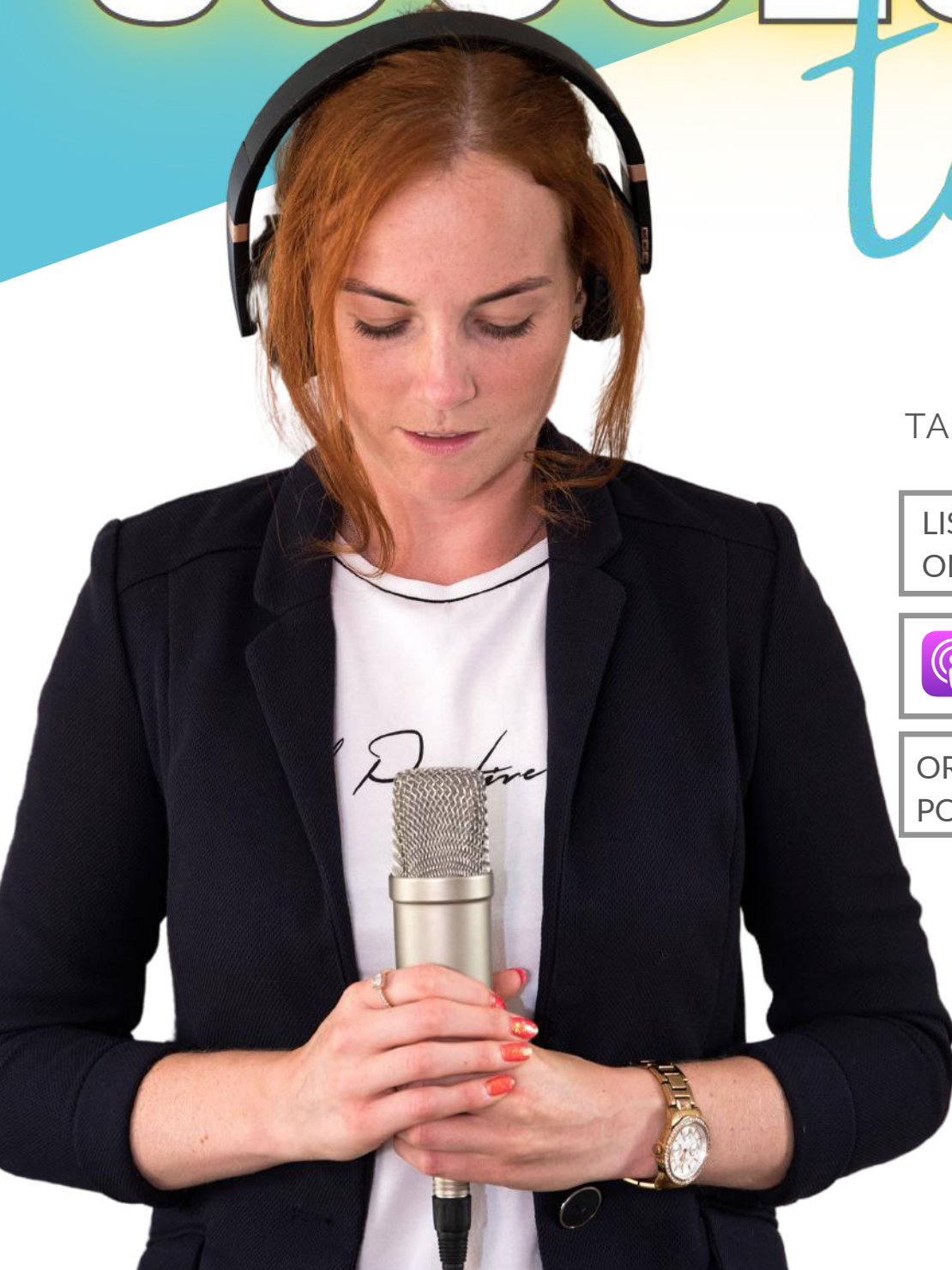
Then, set up a plan for allocating funds to each of your goals based on the priority you have assigned to them

**BUDGETING
IS YOUR
FRIEND!**

If you want to get better with money, you have to love it. A budget helps you track your spending and income

SUCCESS

talks



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TAMMY WHALEN-BLAKE

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SELF-CARE

WITH HELEN PINKETT

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AFFIRMATIONS

WITH FIONA POWLEY

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VICTIM TO SURVIVOR

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FIND YOUR PASSION

WITH JERRY BIGNELL

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TRAVEL HEALING

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RESILIENCE IN CRISIS

WITH BERNADETTE BRUCKNER

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EPISODE #016

"I CAN DO THAT"

WITH IAN, TIM & BILLY BOG BRUSH

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SELF-AWARENESS

WITH ANDREW JACKSON

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EPISODE #018

AUTHENTICITY

WITH MARINA HAUER

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EPISODE #019

RELIGIOUS BENEFITS

WITH IAN CAMPBELL

LISTEN NOW

go to yellow

SUCCESS Talks

EPISODE #020

PERSEVERANCE

WITH CLAIRE GORDON

LISTEN NOW

go to yellow

SUCCESS Talks

EPISODE #021

SEXUAL ENERGY

WITH DAVONTE SHEARD

LISTEN NOW

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SUCCESS Talks

EPISODE #022

SELF COMMITMENT

WITH AVION HOWARD

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SUCCESS Talks

EPISODE #023

LONELINESS

WITH AMANDA KERIN

LISTEN NOW

CLICK THE ICON TO ACCESS THE PODCAST



A woman with long dark hair, wearing a white long-sleeved robe, stands with her back to the camera. Her arms are raised in a 'V' shape, touching the window frame. She is looking out a large floor-to-ceiling window at a cityscape. The room has a wooden floor and a white bed is visible in the bottom left corner.

#YELLOWINSPIRATION

**JUST ONE
SMALL
POSITIVE
THOUGHT IN
THE MORNING
CAN CHANGE
YOUR WHOLE
DAY.**

Personal Development

Check Out List of Events for 2022

- July 02**

Self-Care Workshop
Build your network while learning about the importance of self care in your life. Self Care can be difficult to find, so where do you start?

LEARN MORE >
- July 10**

Adult Autism Social Chat & Support
This will be a casual chat about our experiences with autism! FREE to join!

LEARN MORE >
- July 18**

Change Your Mind. Change Your Life.
You will learn and leave the meeting with actionable exercises (so easy) and a tracker to prove to yourself how 30 days can change the way you view life and most importantly how you view YOU!!

LEARN MORE >
- July 24**

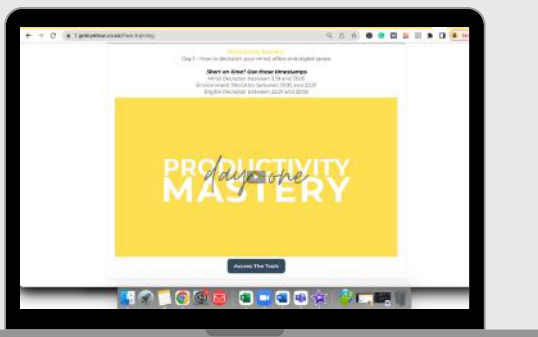
Weekly Guided Meditations!
The Art of Living Boston Chapter would like to invite everyone to experience a deep guided meditation in our weekly meetings online. All are welcome, whether you are looking to combat day-to-day stress using meditation or you'd like to uncover subtle layers of your self by diving deep!

LEARN MORE >

For detailed information:
www.gotoyellow.co.uk

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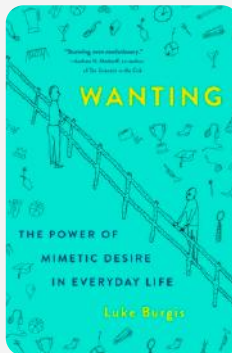
DID YOU KNOW?

Laughing is good for the heart and can increase blood flow by 20%

SOURCE: THE GOOD BODY
WWW.THEGOODBODY.COM

BOOK REVIEW

Wanting By Luke Burgis



WANTING is about the power of mimetic desire, who we model, why, and how we can actively choose to move outside our primal, mimetic-response hardwiring and navigate through today's culture of hyper-desire.

It's hard to describe how much I love this book. As a neuro-divergent behavioural scientist, I find the subject of mimetic desire fascinating.

BE FOREWARNED!

This book is delightfully meaty and provokes many close-the-book-and-think sessions. It also provokes "call- your-friends-to-talk-about-it incidents".

My book was quickly filled with sticky tabs and an overload of pencilled comments in the margins. Notes about things to explore further and/or write articles about. Notes to self, friends, and clients ..plus notes for the fictitious coffee chats I've been having in my head with Luke Burgis! ;) And those empty pages at the entrance and exit of the book? They are now full of lists of my own model-map from childhood until now (fascinating!). I also have lists of questions around concepts that are becoming plans for various workshops this book has inspired.

WANTING is one of the rare books added to my top 10 list.

Join us for the full book review on the YELLOW podcast!



WATCH NOW

SPRINTING FOR CHANGE

Dr Morgana McCabe Allan

One fateful day in 2011, I found a lovely, shiny new book in the library. It was not just any book. Two years into my PhD, the library had somehow magically acquired pretty much the exact book I thought I was writing.

Checking it out, I ran, in a most undignified and bookish manner, right through the campus and straight to my supervisor's office to tell him what had happened. He didn't say "oh no!" or "whatever will we do!?!"; instead, he said, "It's so great you've found this now - you have plenty of time to adapt your approach. Using this as a new baseline, you can take your research so much further." He reminded me of advice: "don't react, respond."

Responding easily produced a thesis that passed without corrections (the highest possible mark), alongside writing for publications, presenting to international audiences at many conferences, editing for journals, founding a movement and magazine, and becoming a river of high-quality work in multiple arenas, seemingly effortlessly. I then repurposed that same work into a very successful coaching business with clients worldwide, supporting women to create impact and income with joy, freedom, and ease.

How did the girl who panic-flapped her way across campus do it? By redefining life to be consistently primed for adaptability.

Adaptability is not reactively contorting yourself out of panic. It's not bypassing





obstacles in life, either. Intentional adapting is founded on responding: insightful, measured, and emotionally informed.

Here are **six steps** to put into practice daily so that adaptability flourishes:

Deconstruct The Paradigm

To be genuinely adaptable is to question everything from the first principles. Whether it's founded in how you perceive the world, what perceptions you then consider relevant, or how you quantify, qualify, or otherwise categorise things perceived, a single assumption can be the very thing that keeps you stuck in life. To paraphrase Einstein, the same thinking always produces the same results. Adaptability requires new thinking.

Shifting Belief Toward Hope and Freedom

Turning deconstruction into something actionable requires the experience of freedom to do so and the hope it will work. This is a massive part of why white men typically find success so much more accessible - it's not just that the world is set up for them. It's set up to support their self-belief too. Investing time, energy and/or money into personal development makes freedom and hope more accessible, maximising your capacity for adaptability. Heal your wounds—embrace self-trust, starting with following through on even the most minor commitments to yourself consistently.

Reconnect to Your Skills

In the modern world, within the contemporary construct of linear time, we tend to leave so many old skills in the past. We're always chasing the next milestone and feel only as big (or small) as our most recent achievement. Consequently, we face new challenges feeling woefully ill-equipped, despite the wealth of experience behind us. Skills (including soft skills), freedom and hope together comprise

what we call agency - the capacity to act in the world. The great news about adaptability is that you can call on both past and future skills (as long as you immediately commit to acquiring them) to produce amazing results. Spending time reminding yourself of your skills and investing in new ones enhances adaptability.

Resource Awareness

Living a resource-aware life means you're always available to adapt. Intimately get to know your resources and how you can best mobilise them - including your energy. Think beyond money here: connections, things you've made before and can repurpose, things in the public domain, and beyond.

Interdisciplinary Thinking

Reading, working and connecting across multiple fields and disciplines is the richest and most incredible way to fuel adaptability because it requires you to practise it continually. To become proficient in adapting ideas from one field or market to fit within another. Plus, it cuts down on time reinventing the wheel!

Conversation

Don't practise alternate realities in your head; practise them in conversation with a mentor, a friend and eventually an audience. Sharing your thoughts and getting real-time responses helps you understand how others will react and respond when you do adapt - and helps them adapt with you.

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Unbecoming: Your Unorthodox Guide to Radical Wholeness



“

CLAIRE BERRY:

SOMEONE CAN
ONLY MAKE YOU
FEEL SMALL IF
YOU GIVE THEM
PERMISSION TO.

”

Fem de la Femme



everywoman

CLAIRE BERRY

Well folks, since my last blog there has been some exciting developments...

My event last month - Fem de la Femme, which consisted of a line-up of all women Comics and Spoken Word Artists was more successful than I had imagined. Unfortunately a few days after experiencing the joyous taste of accomplishment, my mental health took a nose dive. I was met with the chaos left behind from my

hyper focus, leaving me overwhelmed by the amount of neglected life admin clamouring for my attention. Alongside this, I had a cacophony of passionate voices encouraging me to run with the momentum and buzz that the event had created and crack on with the next one. Everything inside me agreed, this felt important to me, to other woman, to the arts in Liverpool where I live. However, I was exhausted, and a cloud of self-doubt and

“My mental and physical capacity felt out of line with my internal drive and passion.”

despair descended over me. How could I manage to do this every month? My mental and physical capacity felt out of line with my internal drive and passion. The project had took an awful lot out of me, I had put my heart and soul into it, but there is only so much fuel in the tank.

My therapy was also coming to an end and I shared my distress and frustration during my final session. My therapist helped me unpick some of the conflicting and complicated feelings I was having. We identified that throughout my life, the desire to follow my integrity and value system in work and play is deeply entrenched, so when I feel unable to pursue those passions a despair and despondency takes root.

Finding a little clarity, shifted the darkness enough for me to acknowledge that the only way I was going to have the capacity to develop a regular monthly Fem de la Femme night was with solid back up and support. I wrote a list of the local theatres, number 1 on the list was The Everyman, a well-loved and respected theatre space with a rich history and remit to serve the community. Underneath the stunning main theatre space lies what is known as The Bistro - a restaurant come performance space that I knew was home to a long standing spoken word night. With nothing to lose I dropped an email to the operations manager, I explained the limited opportunities

for women's comedy in this city, I summarised the success of the night and enclosed a rather sketchy video that a friend in comedy had kindly filmed, as raw as it was, It had captured the incredible atmosphere and the audience attendance. They emailed me back that afternoon saying they would love to talk...The cloud began to lift.

I was nervous, as the offer I couldn't afford mentally or financially, involved me hiring out the bistro and being under financial pressure to make the event work. On zoom I was met with two women with warm smiles, clearly eager to chat. As it turned out, not only were they offering me The Bistro space for free, they were offering me a budget in order to pay for professional acts. It became clear they wanted to invest in my project and help nurture and grow the event. Once the zoom meeting finished I jumped up and down like a small child who had been given the news that they were off to Disneyland.

The Theatre has entrusted me to run the show with the format of my choosing, they have entrusted me as a professional comedian and host to organise the event in my own way but with the backing of their marketing team and free from financial risk. They are currently developing the art work and are preparing to announce the event alongside all their other shows in July. Giving me a budget has enabled me to pull in some amazing

acts including last year's winner of the BBC comedy awards. We have outlined a plan moving forward to make Fem a de la Femme a monthly event, assessing its reception after the first 3 months. If the night is working well we will then look at myself receiving a regular fee from the ticket sales.

Excited! Me! much! Very soon one of the biggest theatres in my city will have billboard posters with my event and my name plastered on them. All being well by the end of the year I will be being paid to run and MC a project that I feel deeply passionate about. There has been many twists and turns this last year on my journey into self-employment and this twist is currently my favourite! It's been a long time since I dared trust the universe a little, my trust is still tentative but I'm starting to believe that the future could well be Yellow.

To be continued...



Comedy
became my
healing. What
is yours?

Share it with us
with
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**ALWAYS KEEP YOUR FACE
TOWARDS THE SUNSHINE
AND SHADOWS WILL FALL
BEHIND YOU.**



Ask Tammy



What would you say is the best way to decide if I should incorporate self-care into my night/morning time routine?

Self-care is essential throughout your day. It is about practising the best strategies that promote healthy functioning and enhance wellbeing. It could be ensuring you get enough sleep every night or stepping outside for a few minutes for some fresh air. Self-care isn't a luxury, it is a priority for total life enjoyment. A Yellow person would have self-care weaved into their daily routine and make it a must-do activity. Explore options to focus on your social, emotional, mental, physical, and spiritual self-care needs.

E-mail nichole@gotoyellow.co.uk with any question you would like to ask. We would love to hear from you.

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