



eNewsletter

July 2009

Welcome to the July eNewsletter from Unconscious Potential.

So much has happened since the last newsletter in May. There have been some highs including running my first public education program, and admittedly a number of lows including the death of a much loved family member. So in thinking about what to right about this month, I reflected on how I have coped over the past few months. So I choose the theme for this month to be one of making a choice around how we feel, our self confidence and self esteem.

As always, enjoy the read and seek to implement one small change that can make a difference.

Ten Choices We Can Make

When the chips are down it doesn't take much at times for us to lose our confidence in ourselves, who we are and what we stand for. At times, you just want that lucky break, that win, yet, the universe just does seem to hear and respond.

Each and every moment we make choices. Choices about what we do, where we go and most importantly what we think. Our emotional state is a choice. Being angry is a choice, being happy equally a choice. Step back and think about it. It can at times be so easy to be dragged down by our negative thoughts and the external world perceptions.

And in turn these choices have an impact on our self esteem and confidence.

What is also evident is how thought patterns and energy impact on others around us. As leaders in organisations, our own energy can often dictate that of the team. Our partners and family likewise feel the effects of the choices we make in the moment and how we act and feel.

So I thought this month to share with you some practical effective ways to lift your self esteem and confidence.

- 1) **Give Yourself a Wrap:** Send an email to a trusted confident stating 10 great things about yourself every day for 20 days. This is an activity I often have my clients undertake. The act of writing things down focuses you. The feedback from one client being.

"The daily list is forcing me to think better about myself. It has made me become very much aware of how much negative self talk I have."

- 2) **List Your Achievements:** Make a list of all the things you have achieved. Again, this can be difficult at first, but after a while, you'll develop a handy mental list of self-esteem boosting memories. And if you're thinking "But I've never achieved anything", let me challenge you with the following: passing your driving test (despite being nervous), passing exams (despite doubting that you would), Playing team sport, getting fit, Saving money for something; and so on.
- 3) **Refocus Yourself Externally:** Undertake an act of kindness. Do something for another person. Take an interest in others - move your focus from "me" to "we". Undertake management by walking around, saying hello to staff, finding our something about them that you did not know before. Spend time with your partner finding our something about them that you did not know. Notice how the world changes.
- 4) **Look for the Good in Others:** When we are lacking confidence or esteem in ourselves, we miss the magic of those around us. Challenge yourself to find three good qualities in those around you and tell them. Be authentic in your words. This act alone will not only lift the receiver but also your own energy.
- 5) **Take Action:** Do something you have been putting off. We are often our own worst critics. Knowing that we have not done or are putting off doing something just compounds in our own minds our negative self talk. Think about a time when you completed a task successfully. Get into that moment and feel, hear, and see that experience. Use this energy to make a decision, act and follow through now - write or call a



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friend, arrange that meeting, send that email, whatever it may be for you.

- 6) **Do something you are good at** – It does not matter what it is, how simple or trivial it may seem. Success breeds success and will motivate you to reinforce those positive feelings.
- 7) **Stretch Yourself** – Get out of your comfort zone. Positive moments are experienced when we grow and learn something new. Challenge yourself each day to do something that will lead you closer to your desired goal. Breaking it down into small steps will make it realistic and achievable.
- 8) **Your Physiology creates your Psychology** – When you lack confidence and esteem, how do you hold and carry yourself? When you feel great and believe in yourself, what is your physiology like? Change your body language to one of confidence and lightness. It will not only send a message to your brain to lift your mood but also to those around you.
- 9) **Be Solution Focused:** It is so easy to get dragged down by the moment. Utilise the GROW model (see March 2009 newsletter) to assess the problem. Empower yourself by refocusing on what you can influence and possible solutions.
- 10) **Relax:** When you are properly relaxed, your brain is less emotional and your memory for good events works better. A great 'rescue remedy'! If you are feeling low, anxious or lacking in confidence, the first thing to do is to stop thinking and relax properly. The method of relaxation is a personal choice – it could be exercise, a walk around the block, meditation or even an activity that occupies their mind.

New Client Testimonials.....

"Silvia is a very skilled coach. She has a keen awareness that really helps her to see to the core of an issue. If you want to see what positive intention is really running your game. Call Silvia." – Anne (Canada)

"Silvia's ability to structure the sessions in a way that made me feel comfortable was great and I always walked away feeling like I'd made significant achievements, plus a few "aha" moments.

Silvia is great at analysing our start up conversation and determine where it make sense to focus for each meeting, which is perfect when sometimes you don't know where to start.

She was very flexible and worked the timing and locations of our coaching sessions around my needs, which made it easy to slot them in.

I developed so much confidence within a short space of time with Silvia, and would absolutely recommend her to any Project Manager, Executive, or anyone who needs someone to help them achieve their goals." – Kate (Executive Client)

To Ponder.....

"Enthusiasm is self-confidence in action." (Franklin Field)

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