



What's holding YOU Back?

Life Coach Puja McClymont provides some exercises to help combat fear and help you reach your potential...

FEAR often holds us back from fulfilling our potential. Fear manifests in various guises from not having enough money, fear of failing, not having enough confidence and the usual bouts of stress and anxiety of change. As a Life Coach, I regularly see fear as the prime reason people get stuck and find it difficult to realise their plans, goals and dreams.

While fear may seem insurmountable, many coaches will tell you, it's often one of the simplest issues to work through with clients. Once this mastered using action plans and strategies to manage the challenges they may face, as well as defining the true perception of their fear, people can begin taking small steps towards their full potential.

Being confident is a wonderful thing. It takes practice. We build confidence through the experiences we encounter in our lives.

If you're gearing up to try something you're a little worried about such as speaking at an event, asking for client referrals, or making a big business decision, try these simple exercises to help move you forward with your endeavour:

Define why you are doing the activity, what value you are providing, what outcome you would like and write it down. Now ask yourself, "What's the worst that could happen?"

List what you what you want to achieve. So, if we're looking at client referrals, let's say I want to sign up six customers or if I'm speaking at an event, my desired outcome could be for people to visit my website and book me again. Then we need to visualise those outcomes, either literally or on a vision board and keep playing/viewing that over until the activity happens. Do enough of the required work to achieve the outcome you want so that you boost your confidence further.

When you want a positive outcome from a stressful event, this NLP visualisation technique is excellent to give perspective on the activity and start training your brain to better manage stressful events: Close your eyes and actually see the stressful event, then whilst looking at it, simply push that image inside your mind into the distance. Keep pushing it until it looks really

tiny. Keep doing this over and over leading up to the stressful activity and it will reduce in importance.

When you're in a trap of negative thinking, it can sometimes be hard to get out of the "I can't" frame of mind. Here's a 2-step exercise to help: Map out your life with its key events and look at the times when you successfully achieved something. Tap into what made you do it at those times, all the feelings, thoughts, smells, sounds around you. Once you have this, try to recreate that feeling for now.

Being confident is a wonderful thing. It takes practice. We build confidence through the experiences we encounter in our lives. Our experiences as adults can be confidence boosting or diminishing but it is a learned way of being. Everyone can learn to be more confident with the right support and techniques. Working with a coach can help you focus more clearly and fulfil your potential. ■

i **Puja K McClymont** is a Certified NLP Life Coach for Millennial Women (born 1977-1995) to help them get the best out of their complex lives. She also works with businesses to help facilitate change within organisations. Contact Puja via email at hello@franklycoaching.com or find out more at www.franklycoaching.com

